

## Middle School

### 7-Week Tuning into your Heart: Self-Reflection and Integration Program

#### What is Heartfulness?

Heartfulness is a simple and practical way to experience the heart's unlimited resources. The Heartfulness Institute offers workshops to help students learn simple and effective relaxation and meditation techniques that help them develop calmness from within leading to reduced stress and anxiety, improved focus, and overall wellness of being.



#### How does this help the school?

Students are

- more relaxed, positive and focused
- better integrated, and have improved relationships
- healthier, more creative and productive learning environment

#### How do you learn this?

The Heartfulness relaxation and meditation techniques are simple and practical exercises designed to nurture individual well-being and balanced living. This involves being seated comfortably for 10 minutes in quiet repose with closed eyes, to simply tune inwardly through the guided suggestions given by the facilitator. It is available to students of all socioeconomic backgrounds from ages 6 onwards, regardless of academic ability, and is offered completely free of charge by trained Heartfulness volunteers.



#### How to integrate this in the school?

The practice can be easily integrated into a student's daily routine, and school schedule without any disruption. It is open to all students from ages 6 onwards irrespective of religion, nationality, personal beliefs, socioeconomic backgrounds, academic ability or other demographics.

A Heartfulness program can range from a single workshop to a series of workshops, providing a deeper understanding of meditation. Ongoing support is available from Heartfulness trainers.



**Heartfulness Institute** offers this method in over a hundred countries throughout the world for schools, universities, corporates, communities and individuals. The program is offered free of charge by trained Heartfulness volunteers. There is no cost for the practice at any stage or any other commercial interest.

## **Heartfulness Meditation and Relaxation Program for Middle School Students**

### **7-week Program**

#### **Tuning into your Heart: Self-Reflection and Integration Program**

##### **Week 1: Program- Introduction to Heartfulness Meditation and Relaxation**

What is meditation? What is Heartfulness Meditation?

Why the HEART?

Why should I meditate?

How to practice relaxation and meditation?

How to **integrate** this into daily routine?

##### **Week 2: Program- Self-Observation**

Review of relaxation and meditation (A self-reflective session)

Interactive session on questions and experiences on individual relaxation and meditation including importance of 'Why the HEART'

Why do we need to observe ourselves? What is the importance of self-observation?

How do we do self-observation? Introduction to journal writing and the importance of using PEMS method: Physical, emotional, mental and self-development for self-observation. Practical tips on how to observe oneself

Guided Heartfulness Relaxation followed by meditation

### **Week 3: Program- Tuning into the heart to make decisions**

Review of individual meditation and journal writing

Tune your mind to the heart to achieve the highest

How to develop better Decision Making

- Emotional vs. logical decision making
- Difficult to make clear decisions when our minds are clouded with a billion thoughts
- Are we following our head or our heart?
- The importance of going within to making a correct choice

Heartfulness Relaxation conducted by a student followed by meditation

PEMS – Self-observation

### **Week 4: Program- Fostering positivity**

Do we understand the power of positivity?

How do others influence our self-confidence and performance? How can we spread positivity?

How do we resolve conflicts? A few tips...

How does meditation change us from the inside? How does this change foster positivity?

Guided relaxation conducted by a student followed by meditation and PEMS observation

### **Week 5: Program- Importance of a good night sleep**

Review of individual meditation and journal writing including feedback and questions: an interactive session

The importance of a good night's sleep for physical and mental well-being

Why Can't I Fall Asleep? !

- Thoughts!
- Consistently filled with worries, thoughts, emotions, activities of the day, previous day, next day, etc.
- Electronics—habit of falling asleep with cell phone/television on.
- The smallest disruption of sleep can throw off our entire sleep pattern.
- How do we empty our minds and feel relaxed for a sound night of sleep?

How can meditation and relaxation help in sleeping better?

Guided relaxation conducted by a student followed by meditation and PEMS observation

### **Week 6: Program- Art of Silence**

Review of individual meditation and journal writing including feedback and questions: an interactive session

The Art of Silence

- Reducing the amount of noise that we are surrounded by.
- Cell phones, television, music.
- Era of technology – excessive noise is a by-product.
- How can we internalize in order to find peace and quiet?

Practical tips on how to self-observe, introspect and tune to the HEART using the Heartfulness meditation and relaxation

Guided relaxation conducted by a student followed by meditation and PEMS observation

## **Week 7: Program- Recap**

Review of the following:

- **Individual meditation and relaxation**
- **Self-Observation- PEMS Journal writing- Diving into our heart**
- **Tuning into your heart to make decisions**
- **Positivity: inside and outside to build healthier relationships**
- **Sleep and rest well**
- **Art of Silence**
- **Recap**

Each life is unique. Each life has a story to tell. Each life has its own set of lessons, experiences, and perspectives. Share them.

Review of the last seven weeks: a self-reflective session to be collected and reviewed by the Heartfulness team:

- How has your practice of meditation and relaxation changed in the last three months?
- What changes have you and your family observed in yourself since you started Heartfulness?
- What is your feedback on this program?

(The 7-week module could culminate to a community project)