

Heartfulness Care for Patients and Families



Heartfulness meditation is a simple and focussed practice that supports your recovery, helps you find inner strength, restores your balance, nurtures peace and courage and guides you to overcome challenges with positivity.

Experiences after Heartfulness session



Deep change in
my attitude and
confidence.



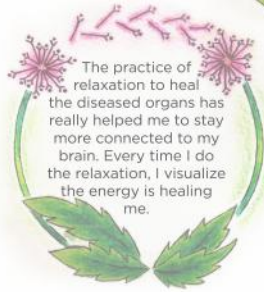
Today, I had
my lunch well
without any difficulty.
After almost one
month I am having my
food normally. Thank
you so much.



After long
time, I feel less
tired today.
This system is
amazing.



Once I started
practicing meditation,
I experienced changes
both in body and mind.
My insomnia problem has
gradually come down. I
am feeling a sense of light
heartedness that
I never experienced
before ...



The practice of
relaxation to heal
the diseased organs has
really helped me to stay
more connected to my
brain. Every time I do
the relaxation, I visualize
the energy is healing
me.



The best part
for me is the
cleaning. By the time
I finish the full leaning,
I get into a beautiful
thoughtless state, which
is difficult to describe.



Relax

Your mind and body

The Heartfulness Relaxation is adapted to patients in treatment. This practice is soothing and enables a feeling of lightness and restfulness.



Meditate

To develop inner strength

Learn to gradually develop a calm mind, explore the deep reassuring silence of the heart, and experience the peace and courage within.



Mental

Detox To feel light

This simple and unique cleaning technique allows one to feel a deep rejuvenating effect in their entire system. At the end of this process, a feeling of lightness and harmony is restored.



Connect

With your inner self

At bed time, we connect to the Higher Self within us with the Heartfulness prayer. This connection invokes a sense of higher purpose, enriching and transforming our lives.

Why Heartfulness?

Heartfulness is a simple and experiential practice that offers peace and courage during challenging times. The practice adapts easily to the patient's rhythm. With practice, patients have reported an increase in their ability to manage pain, improved vitality and better sleep.

Heartfulness sessions:

Heartfulness sessions can be done either face-to-face or online, based on the patients comfort and requirements. These sessions are generally very refreshing and supportive. Ongoing sessions with the trainers enable patients to feel the deeper aspects of the practice.

The program is available to any patient who would like to support themselves holistically. It is also offered in select hospitals, online platforms, NGO's, and through select oncologist referrals.

How do I start?

Heartfulness trainers are available in over 130 countries. The trainers provide continuous support with the Heartfulness practice.

Contact us : care@heartfulness.org

ALL OUR SESSIONS ARE FREE OF CHARGE.