

## Heartfulness Meditation Support 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.



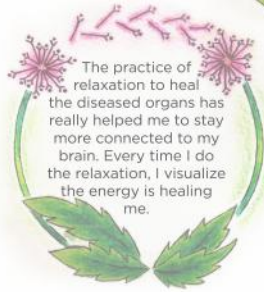
Today, I had  
my lunch well  
without any difficulty.  
After almost one  
month I am having my  
food normally. Thank  
you so much.



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 : [meditationsupport@heartfulness.org](mailto:meditationsupport@heartfulness.org)

**ALL OUR SESSIONS ARE FREE OF CHARGE.**