

TUNING INTO YOUR HEART

Inspiration Through Conscious Living High School Program

heartfulness
advancing  with kindness



15-Week Workshop Series Includes:

- Relaxation and meditation series
- Self-observation journal writing
- Happiness quotient
- Importance of prioritizing
- Becoming settled in your SELF
- Positivity and co-existing with different personalities
- Values that lead to excellence

Each workshop session is 45 minutes to 1 hour and may be taken online or in-person.

The “Tuning Into Your Heart: Inspiration Through Conscious Living” High School Program is a 15-week introductory workshop for grades 9-12, focusing on the life skills needed to tackle real-life challenges and how to cultivate attitudes and values for academic excellence and personal growth.

The Heartfulness Program for Schools meets CASEL’s Promising Program designation for evidence-based programs, indicating that it can play an important role in a school’s approach to promoting social and emotional learning. [LEARN MORE](#)



WEEK 01 Introduction to Heartfulness Relaxation and Meditation

- What is Heartfulness meditation?
- Why the HEART?
- Why should I meditate?
- How to practice relaxation and meditation
- Integrating Heartfulness meditation daily

WEEK 02 Deepening Your Heart

- Meditation and relaxation for well-being
- Focus during meditation
- Place, posture and time for meditation
- Time management with heartfulness meditation
- Transmission: A unique feature of Heartfulness meditation
- How and why does meditation work?
- Guided meditation

WEEK 03 Cleaning (A Technique to Help Us Feel Lighter)

- Managing thoughts and disturbances during meditation
- Thoughts as impressions
- Introduction to cleaning and deepening the experience of meditation
- Guided cleaning followed by self-observation
- The effects of cleaning
- Guided relaxation and meditation

Series descriptions continued on next page...

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What Is Heartfulness?

Heartfulness offers a means to tap into the heart's unlimited resources through a variety of simple and practical relaxation and inner-journey solutions. This can aid us in problem-solving and empower us to be the best we can possibly be in all aspects of our life. Heartfulness methods are practiced in more than 126 countries throughout the world, in schools, universities, corporations, communities and among individuals.

What Is Heartfulness Program for Schools?

Heartfulness Program for Schools is a program of workshops that teach simple and effective relaxation, affirmations and breathing techniques to help develop calmness from within for reduced stress and anxiety, improved focus and overall well-being. The programs range from a single workshop to a workshop series for a deeper understanding of relaxation. Ongoing support is available from Heartfulness trainers and coaches.

How Does Heartfulness Help in Schools?

In our school programs, students become:

- More relaxed and calm
- Better integrated and equipped to have healthy relationships
- More positive and focused
- Healthier and more balanced
- More creative and productive

How Much Do Heartfulness Programs Cost?

Heartfulness Program for Schools is offered completely free of charge by Heartfulness Institute, a non-profit organization. Heartfulness programs are open to everyone irrespective of religion, nationality, personal beliefs, socioeconomic background, academic ability or other demographics.

Series descriptions continued...

WEEK 04 Self-Observation

- Relaxation and meditation interactive questions and experiences session
- The importance of self-observation
- How do we self-observe?
- Introduction to journal writing
- Using the PEMS method:
 - Physical*
 - Emotional*
 - Mental and self-development*
 - Self-observation*
- Practical tips on how to observe oneself
- Guided relaxation followed by meditation

WEEK 05 Tuning Into Your Heart to Make Decisions

- Review of meditation and journal writing
- How to develop better decision making (emotional vs. logical)
- Making clear decisions when our minds are clouded
- Are we following our head or our heart?
- Looking within to make correct choices
- Breathing with awareness of purpose
- Guided relaxation followed by meditation

WEEK 06 Happiness Quotient

- What brings happiness?
- What is the happiness quotient?
- How does this science apply to us?
- Happiness and beauty in simplicity
- Heartful affirmations
- Heartfulness relaxation conducted by a student followed by meditation
- PEMS method - self-observation

WEEK 07 Recap Session

- Recap and self-reflective session
- How has your relaxation changed in the last two months?
- What changes have you and your family observed in yourself since you started Heartfulness?
- What is your feedback on this program?
- Heartfulness relaxation conducted by a student followed by meditation

Series descriptions continued on next page...

“I enjoyed the different strategies to make us feel calm, relaxed and stress-free.”

— Zach R (High School Student, NY)

WEEK 08 Importance of Prioritizing

- Review of meditation and journal writing
- Short presentations by students on their experiences
- Identifying top 5 priorities in life
- Techniques to beat procrastination
- Finding balance through Heartfulness meditation
- Relaxation conducted by a student followed by meditation and PEMS observation

WEEK 09 Becoming Settled in Your SELF

- Why is our sense of self so dependent on others' opinions?
- Achieve a sense of self without the bias or influence of others
- Finding self-confidence when doubt poisons the will and makes us weak
- Be yourself and believe in yourself
- Discover inner beauty through Heartfulness meditation
- Breathing and relaxation conducted by a student followed by meditation

WEEK 10 Fostering Positivity

- Understanding the power of positivity
- How do others influence our self-confidence and performance?
- How can we spread positivity?
- How do we resolve conflicts?
- How does meditation change us?
- Heartful affirmations and guided relaxation conducted by a student
- Meditation and PEMS

WEEK 11 Coexisting With Different Personalities

- Review of meditation and journal writing
- What is my personality type?
- Importance of coexistence
- Embracing differences
- Handling criticism and facing setbacks
- Staying centered throughout the day
- Affirmations and relaxation conducted by a student followed by meditation and PEMS observation

WEEK 12 Sleeping and Resting Well

- Review of individual meditation and journal writing with feedback and Q&A session
- How to fall asleep while filled with worries and thoughts about your daily activities
- What happens when we fall asleep with a television or other electronics on?
- Guided cleaning
- Guided relaxation conducted by a student followed by meditation and PEMS observation

WEEK 13 Attitudes and Values That Lead to Excellence

- Review of individual meditation and journal writing including feedback
- Attitude for excellence
- Positive attitude and Heartfulness meditation
- Heartful affirmations
- Guided relaxation conducted by a student followed by meditation and PEMS observation

WEEK 14 Art of Silence

- How to reduce excessive noise
- How to find peace and quiet
- Reducing noise and electronics
- Practical tips on Heartfulness techniques
- Heartful affirmations
- Breathing and relaxation conducted by a student followed by meditation

WEEK 15 Recap Session

A recap and self-reflective session. Additionally, the Heartfulness team will collect the following feedback from participants:

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



To learn more, visit
Heartfulnessinstitute.org

To learn more about scheduling a Heartfulness program at your school, contact us at edu@Heartfulnessinstitute.org