

Welcome to Heartfulness

Guidance for Heartfulness Meditators

Heartfulness UK takes the safety and wellbeing of its meditators very seriously. The following Guidance for Heartfulness Meditators outlines what Heartfulness offers, and what to expect.

- Heartfulness (HFN) trainers have been approved by the principal teacher of HFN, Kamlesh D. Patel, to teach Heartfulness relaxation and meditation. All HFN trainers have also undergone our own training programmes.
- HFN trainers are not trained to offer any form of counselling, therapy or advice about your personal wellbeing or health on behalf of HFN. NB - some trainers might be qualified independently to provide counselling / therapy but not in conjunction with HFN meditation sessions.
- Heartfulness meditation and relaxation is offered free and there are no charges for sessions with a trainer.
- The practice is led by the meditator who is free to choose which aspects of the practice he/she wishes to try.
- Sessions can be 1-1 or in groups (meditators are free to choose which they prefer in agreement with the trainer).
- The method does not require any special posture, clothes or equipment. Please dress to ensure that you are warm and comfortable and in a way that is respectful of other meditators. The trainer can ask anyone who is dressed inappropriately or in a way which may cause offence to other meditators to leave the session.
- The trainer and meditator(s) sit in a comfortable position (e.g. on a chair) and close their eyes during meditation and relaxation.
- The meditator(s) and trainer sit and meditate together for approximately 30-45 mins (in silence during meditation).
- The method does not require any physical contact.
- Sessions can take place in an HFN centre, a trainer's home, or in any pre-agreed and safe location.
- If a session takes place in the trainer's home, personal safety considerations for both the trainer and the meditator are paramount. At all times, our trainers follow strict guidelines regarding their professional conduct and they will make you welcome in their home. For your own personal safety however, you should let someone know where you are and how long you expect to be. We recommend to our trainers that a family member or friend should be present in their home throughout the duration of a session.

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- Meditators and trainers should always treat each other with respect and courtesy. If at any point during the session the meditator has any concerns about inappropriate behaviour or their personal safety, then the meditator can terminate the session immediately and should leave the trainer's house. Please also let us know immediately. We will also ask the meditator to set out their concerns in writing addressed to our safeguarding and equalities officer, Dr. Venkat Shenoy [safeguarding.equality@heartfulness.uk]. This will be retained by the Charity in accordance with our data protection procedures. The concerns raised will also be investigated in accordance with the Charity's safeguarding and complaints policies.
- Any information that the meditator discloses to the trainer will be kept confidential, unless there are any concerns about a possible safeguarding issue which need to be reported and dealt with in accordance with our safeguarding policies.
- Any meditator's personal details will not be shared with other parties without the strict approval of the meditator and shall be subject to our data protection policy.
- Any other problems or complaints can be referred confidentially to our safeguarding and equalities officer, Dr. Venkat Shenoy [safeguarding.equality@heartfulness.uk]. Any such complaint will be dealt with in accordance with our complaints policy and/or safeguarding policies as applicable.