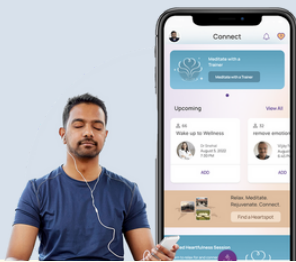


Stay Connected

Heartfulness Practice and Learning

Thank you for participating in Daaji's World Meditation Day Event. Welcome to the Heartfulness Family! As a next step, here are simple tools to help you deepen your meditative experience personally, peacefully, and profoundly. Heartfulness is always free.



Download the Heartfulness App

Access to Heartfulness trainers
24/7 for your individual free
meditation sessions.
heartfulnessapp.org



Local Heartfulness Centre (HeartSpots)

We offer 6,000+ global Heartfulness centres known as HeartSpots, where you can go and integrate with the Heartfulness community and find deeper and periodic support from members and trainers from the Heartfulness community. heartspots.heartfulness.org



Heartfulness Masterclasses

In the masterclasses, Daaji shares wisdom, knowledge, and experience through a scientific and practical approach. There are 3 masterclasses, each focusing on an essential element of Heartfulness practice. Watch here: heartfulness.org/global/masterclass

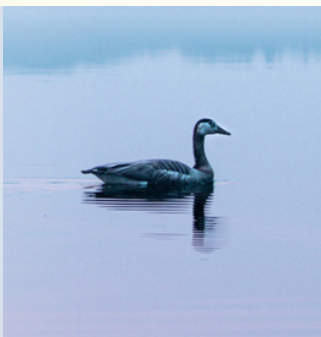
Heartfulness Magazine

A holistic lifestyle magazine featuring articles, poetry, artwork, photography, interviews, and ideas for self-development of mind, body, and spirit, along with relationships, work, nature, and the environment. heartfulness.org/magazine



Kanha Shanti Vanam

Kanha Shanti Vanam is the Heartfulness headquarters near Hyderabad, a nature-rich retreat for meditation, wellness, & spiritual training. Explore the campus, Yatra Garden, wellness offerings, and visitor facilities. heartfulness.org/kanha



Quest for Joy and Wellbeing

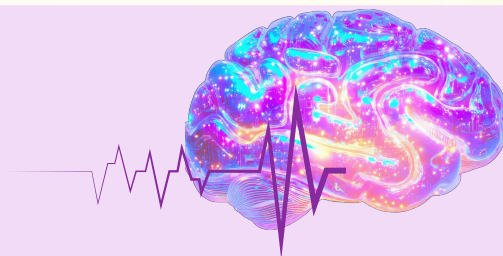
Be inspired to sustain the habit of meditation and grow joy, excellence, and wellbeing. Strengthen your practice through useful insights and guidance. Learn how meditation supports focus, stress reduction, and better sleep.

learning.heartfulness.org/courses/heartfulness-quest-1

Heartfulness Research

Explore research on meditation and its impact on mental health, cognitive function, and overall wellbeing across the globe.

heartfulness.org/research



Daaji's Messages

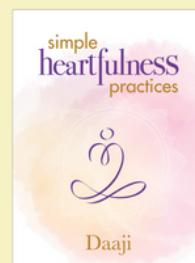
A searchable library of Daaji's written messages shared on various occasions. Browse by date, read online, or download in multiple languages for reflection.

daaji.org/daaji-messages

Download Simple Heartfulness Practices

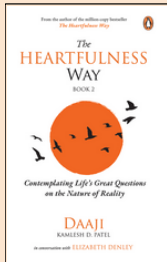
It explains the four core Heartfulness techniques and how to adopt them daily. With Daaji's clear guidance, practical Q & A, and detox practices, it is an ideal companion for new practitioners.

heartfulness.org/global/simple-heartfulness-practices



One Beautiful Thought

Receive a short, daily quote from the Guides of the Heartfulness tradition. heartfulness.org/global/subscribe-to-one-beautiful-thought



Books from Heartfulness

Discover a curated collection of books by Daaji, offering insights into Heartfulness practices, meditation, spirituality, and harmonious living.

heartfulness.org/books

Heartfulness Wellness Retreat

Individualized programs at serene retreat centres like Kanha Shanti Vanam. Immerse in meditation, yoga, and wellness routines designed for holistic wellbeing and lifestyle renewal. heartfulness.org/global/retreat



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