



HELP

Heartfulness - Experience of Life's Potential



Dear students,

Welcome to the ONLINE HELP program. As informed to you all, we will be sharing reading materials as part of every session. The reading materials will be a short collection of notes, stories, quotes, and other inspiring material that will help all of us to deepen our understanding and experience of essential life-skills that are necessary as part of our lives. Please see the reading materials below.

Read and Enjoy, Do and Feel and Become

Yours affectionately
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HELP SESSION 7

Balance

“Life is like riding a bicycle. To keep your balance, you must keep moving”

- Albert Einstein

Concepts

1. What is balance?
2. What happens when you lose your balance?
3. What is needed to maintain balance?
4. Are you healthy and balanced?



Balance is to maintain a steady and stable state so as to prevent someone or something from falling.

When we lose balance, we fall. Things collapse.



As the saying goes, “Life is like riding a bicycle”.

To keep your balance, you must keep moving.

How to maintain balance in our lives so that we do not fall and at the same time we can keep moving forward towards our goals? The key is in applying the 3H formula: the Health, the Head and the Heart.

1. Health

Physical Activity

Healthy Eating

Quality Sleep





“Sleep early if you can. In fact, if you can discipline your sleep cycles it will change your life. If you want to develop yourself, adjust your sleep patterns, otherwise you will struggle with this fundamental thing all your life.”

- Shri Kamlesh D Patel, Global Guide of Heartfulness

2. Head - Mental Health

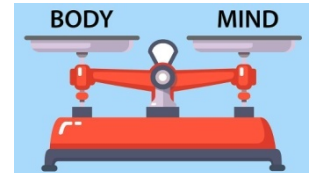
Confidence

Clarity

Calmness

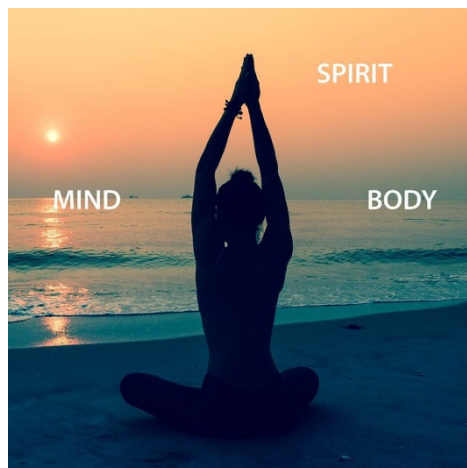
“Mens sana in corpore sano” - a healthy mind in a healthy body

A healthy mind is defined as a state of mind that has the power to change negative thoughts and feelings into positive, rational, motivating thoughts. In doing so, a healthy mind creates a healthy body.



3. Heart

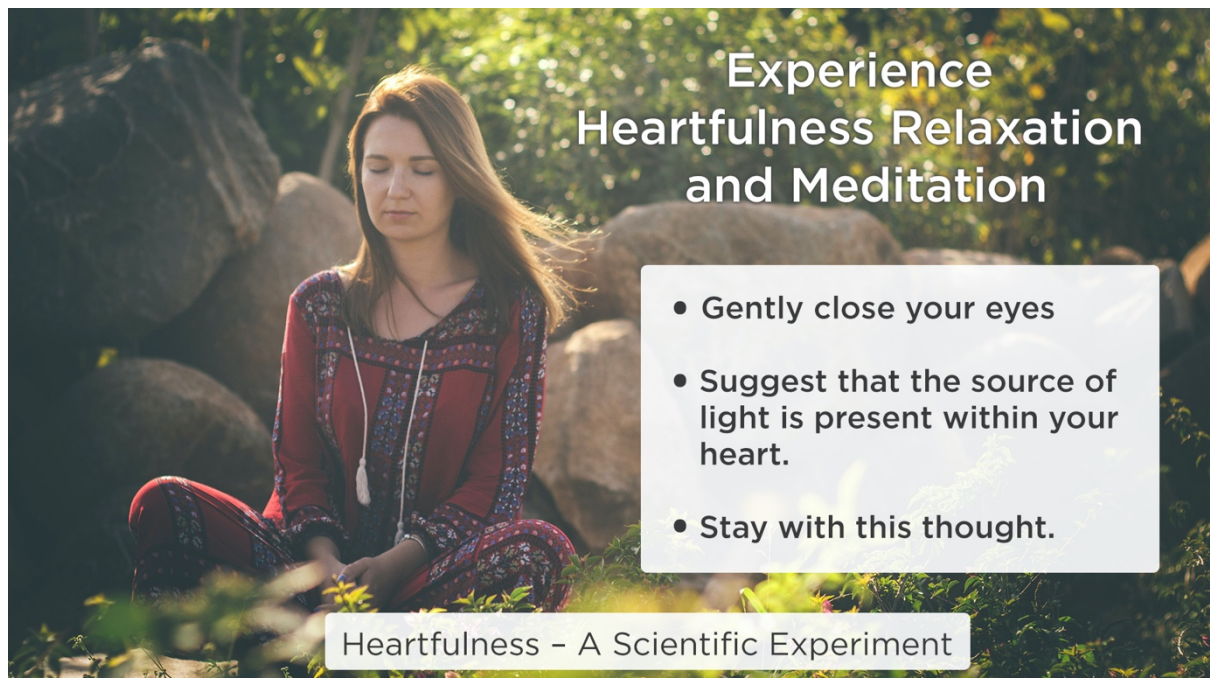
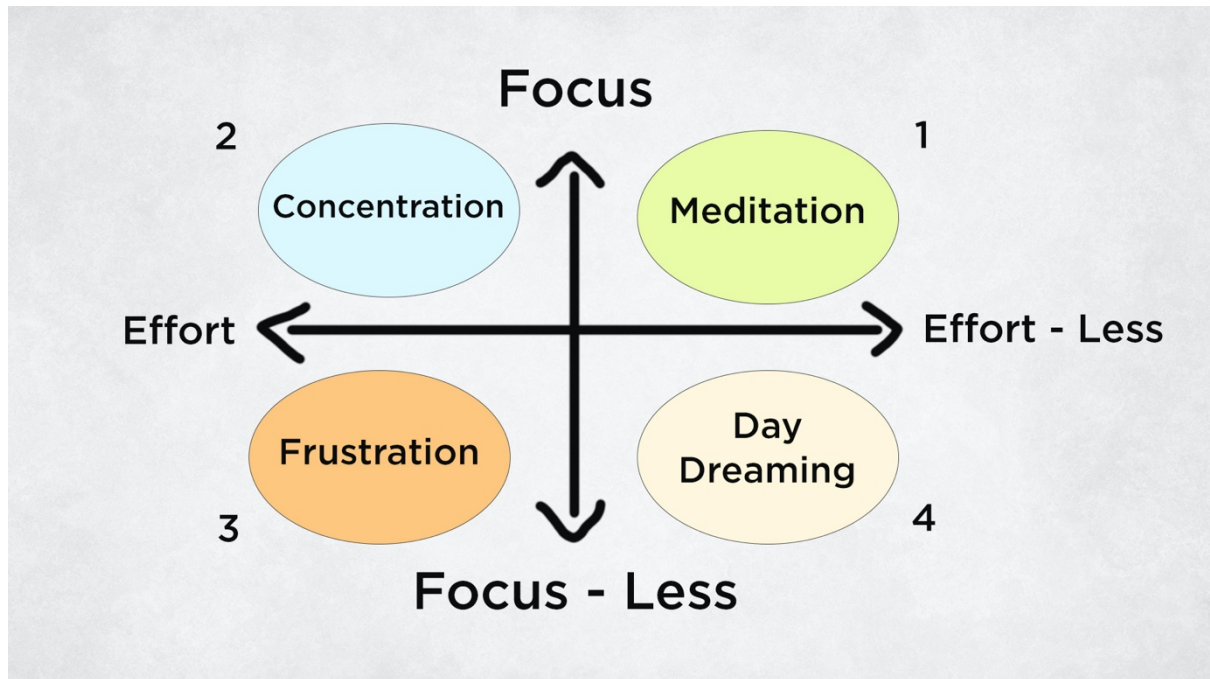
- Deals with feelings and the subtle aspects of life
- A place where feelings of love, joy, compassion, empathy, friendship, caring and sharing, and deep inner peace resides.
- The power of the Heart extends much beyond the capacities of the body and mind put together. It can be only felt and experienced



For an overall growth and well-being of an individual, it is extremely essential to balance all the components of the 3H - healthy body, a well-regulated mind and a pure heart.



MEDITATION IS EFFORT-LESS FOCUS





The Mexican Fisherman – A Story about Balance

An American businessman was on holiday in Mexico.

As he relaxed on the beach, he noticed a fisherman coming in on his boat. The American complimented the fisherman on his catch and asked him how long it took him to catch that many fish.

“Not long.” was the reply.

“Then why didn’t you stay out longer?” asked the tourist.

“Because this is enough for me and my family.” explained the fisherman.

“So what do you do with the rest of your time?”

“I sleep late, fish for a while, play with my children, take a siesta and spend time with my wife. Then in the evening, I go into the village to visit my friends, I have a few drinks, play the guitar and sing a few songs. I have a full life.”

The American was surprised. “I have an MBA from Harvard and I can help you. You should spend more time on the water fishing, then you can sell the extra fish, make more money and buy a bigger boat.”

“And after that?”

“With the extra money from the bigger boat, you can buy two or three boats and eventually hire more people to operate a fleet of fishing trawlers. Instead of selling your fish to a middle man, you can start to negotiate directly with the processing plants. After a while you would be able to open your own plant. Then you could leave this little village for Mexico City and eventually, New York! From there you could operate the whole enterprise.”

“How long would that take?” asked the fisherman.

“20-25 years.”

“And after that?”

“Well my friend, that’s when the fun starts.” explained the tourist, “When the business gets really big, you can sell stock in the company and make millions!”

“Wow, millions. What happens after that?” asked the fisherman.

“After that you’ll be able to retire on the coast, sleep in every day, do some fishing, play with your grandkids, take a siesta and spend time with your wife. In the evenings you will be able to go out drinking and singing with your friends.”

The fisherman just shrugged his shoulders and walked away!