



# 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 14

### Healthy Living

*“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity”.*

- World Health Organisation

#### Concepts

1. The Healthy Triangle
2. Physical Health
3. Mental Health
4. Social well-being
5. Overall well-being

#### The Healthy Triangle

The **3** sides of our health are connected like the three sides of a triangle.

- **Physical** health relates to the **body**.
- **Mental** and **emotional** health deals with **mind, brain, thinking** and **feeling**.
- **Social** health refers to **interacting** / relating to people.

All these 3 aspects are equally important for healthy living.

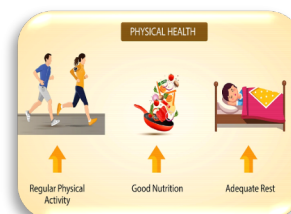


#### Physical Health

**Sports, Exercises & Yogasanas** – These physical activities keep one fit.

**Nutritious** & balanced diet helps in both physical and mental health.

**Adequate rest and sleep** enhances the physical and mental abilities.



#### Sleep & Electronic Gadgets:

Most of the youngsters are using **electronic devices before bed time**. The **blue light** emitted by screens on these cell phones, computers, tablets, and televisions is the **shortest** and **brightest** wavelength. This means that blue light is able to intensely pierce human **retinas' photoreceptors**. So, when the **human brain** senses blue light from a smartphone, it “sees” it as **sunlight**, and then “thinks” it’s **daytime**.

This **blue light** restrains the production of **melatonin**, the **hormone** that controls one’s **sleep/wake** cycle. **Poor - quality sleep**, in turn, can have a significant impact on physical health, including an increased risk of **heart disease, diabetes, obesity**, and certain **cancers**.

**Overcome** these issues by giving yourself a **technology curfew**:

- **No screen time** within an hour before bed,
- Switching to an old-fashioned **alarm clock**, and
- keeping your **phone** in **another room** overnight

<https://www.youtube.com/watch?v=NqG-9iL2ISI>



#### Mental Health

Mental well-being involves the regulation of - **The mind, brain, thinking & feeling**.

Regulation refers to the following:

1. Coping with Stress
2. Realizing one’s Intellectual & Emotional Potential.
3. Working Productively & Fruitfully.
4. Making a Contribution to One’s

Practicing the above with **joy, peace and happiness**, will result in a ‘**Healthy Mental Well-being**’.



### Social well-being

Social well-being is the way we relate and interact with people - family, friends and community.

It sounds easy but it is not so. The relationship and interaction should be smooth, friendly, positive and as per the need of the situation.

### Overall well-being

Let's learn two simple yogic exercises which help in the **overall well-being**.

The first is a beautiful and simple way of two breathing exercises.

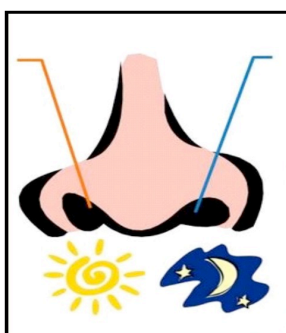
This helps us in two ways.

1. Breathing through the left nostril or Chandra Nadi, relaxes the mind.  
This also has a cooling and calming effect, and helps to reduce anger.
2. Breathing through the right nostril or Surya Nadi increases energy and activates the mind.

#### Surya Nadi- (Pingala)

Activates the Mind

Increases Energy



#### Chandra Nadi - (Ida)

Relaxes the Mind

Helps to Reduce Anger

*Shall we practice this simple breathing exercise?*

#### Breathing Exercise 1

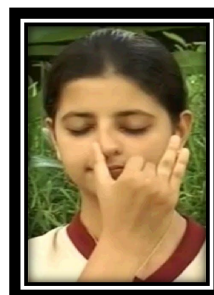
To be relaxed calm and cool or reduce anger!

Sit erect and look straight. Gently close your eyes.

Close your right nostril gently with the thumb.

Breathe in and breathe out slowly through your left nostril.

Do it 5 times. Feel relaxed.



#### Breathing Exercise 2

This helps one to be energized & active.

Sit erect and look straight. Gently close your eyes.

Close your left nostril gently with the thumb.

Breathe in and breathe out slowly and deeply through your right nostril.

Do it 5 times. Feel energized and active.



#### Heartfulness Tools - Relaxation, Meditation & Cleaning

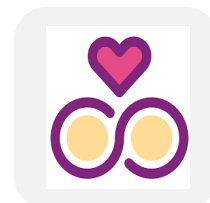
One more simple and effective way for overall well-being is the practice of:

**Relaxation** which relaxes the body and calms the mind

**Meditation** which regulates the mind, enhances focus, concentration & memory.

**Heartfulness Cleaning** which helps to **de-clutter the mind**.

On the whole these bring about **physical, mental well-being and emotional balance**.





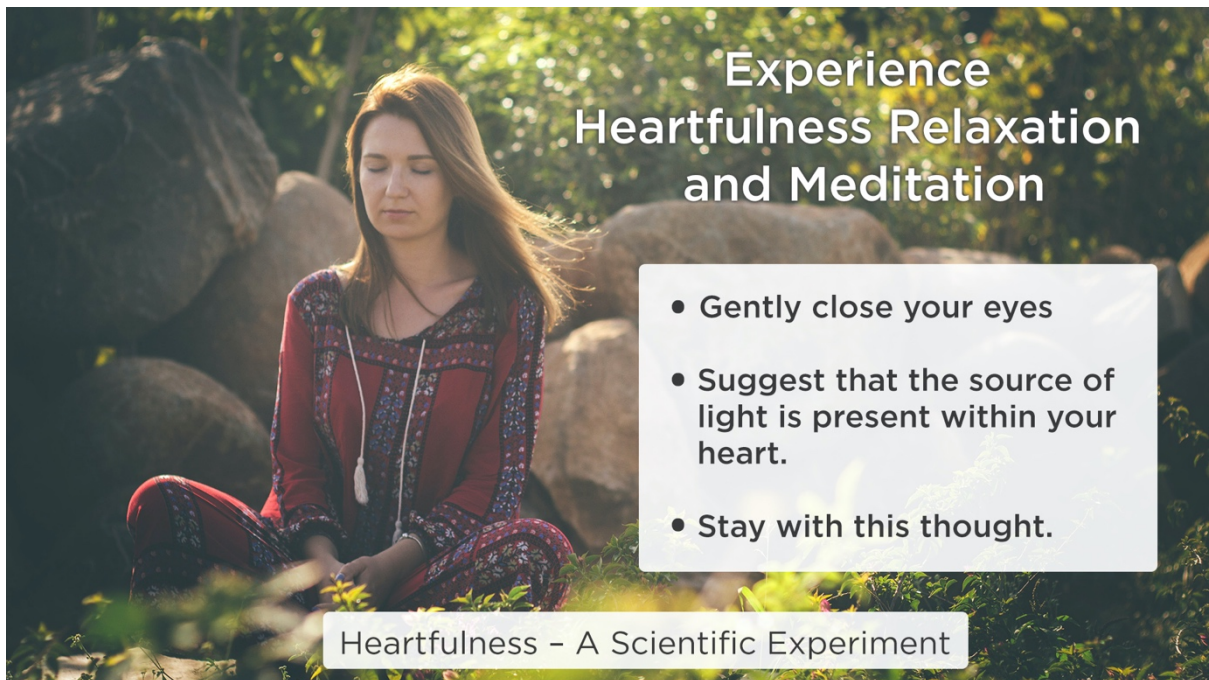
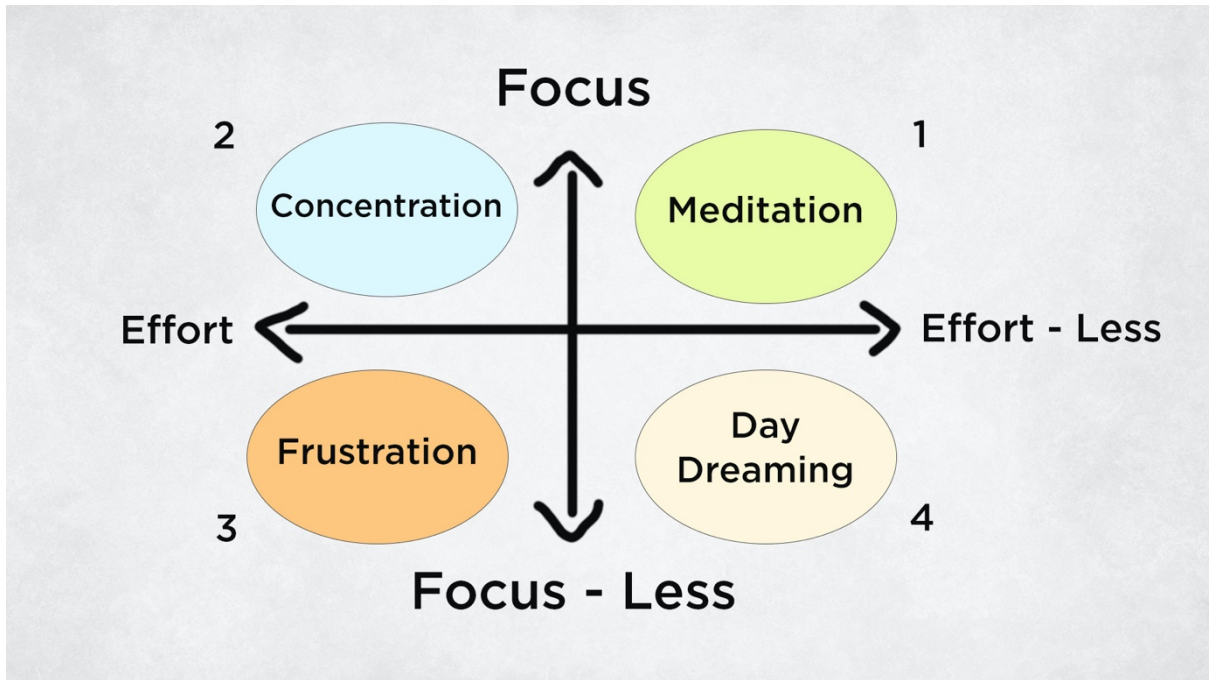
## Heartfulness Cleaning

Do the cleaning practice at the end of your day's work, preferably not too close to bedtime. This process will rejuvenate you and purify your system of any accumulated heaviness. There are a few steps to the cleaning process, so in the beginning it is best to practice them in the following sequence:

- Sit in a comfortable position with the intention to remove all the impressions accumulated during the day.
- Close your eyes and relax.
- Imagine all the complexities and impurities are leaving your entire system.
- Let them flow out from your back in the form of smoke, from the area between your tailbone (at the base of your spine) and the top of your head.
- Remain alert during the entire process without brooding over the thoughts and feelings that arise. Try to remain a witness to your thoughts.
- Gently accelerate this process with confidence and determination.
- If your attention drifts and other thoughts come to mind, gently bring your focus back to the cleaning.
- As the impressions are leaving from your back you will start to feel lighter.
- Continue this process for up to twenty to twenty-five minutes.
- When you feel light within, you can start the second part of the process.
- Feel a current of purity coming from the Source entering your system from the front. This current is flowing into your heart and throughout your system, saturating every particle.
- You have now returned to a more balanced state. Every particle of your body is emanating lightness, purity, and simplicity.
- Finish with the conviction that the cleaning has been completed effectively.



## MEDITATION IS EFFORT-LESS FOCUS





## Rich Man's Problem

Once there was a very rich businessman who was kind and generous. He used to help everyone and everyone liked him, but still his family and friends were worried about him because he was very lazy.

He used to work from home and spent days, weeks in bed without getting out anywhere or doing any physical work to keep himself healthy because of his laziness. Soon, he got fat and used to get tired very easily, and a time came when he was not even able to move himself. His family and friends got worried about him and contacted many doctors to get him back to his feet but nothing worked.

One day family got to know about a holy man visiting the city. The rich man's family went to holy man and asked him if he can help. Holy man said he can easily cure the rich man and family was very happy to know this. They requested the holy man to come and visit their house to cure him but the holy man refused.

The holy man said, "I will cure him but in order to get cured, the rich man will have to come to him and visit the holy man's place"

Next day, after strenuous effort, the rich man was taken to the holy man house and there he meet the holy man. Holy man complimented him saying that he was a kind and generous man and in order to have a good life, he should regain his health.

The rich man was very happy to meet the holy man and agreed to his suggestion. The holy man asked him to come the next day for treatment but he will treat him only if he came to him by foot.

The holy man residence was at a far-away place from the rich man house but in order to get the treatment, the rich man who was not able to walk even a few steps properly, with great effort and family's help, walked all the way to the holy man house.

Unfortunately the holy man was not there. One of his disciples came outside and asked the rich man to come again next day for the treatment.

The rich man was sad to hear this as he took great effort to reach there but he agreed to come again next day. Next day, the rich man took great effort to reach there but again was not able to meet the holy man for treatment.

This repeated for 2 weeks but still the rich man was not able to meet the holy man and get his treatment.

As the rich man was returning to his home, he realized that he felt a lot lighter while walking and he has also lost some weight just in these few days. Now, the rich man understood that this was indeed his treatment and also understood the importance of being healthy and fit.

The rich man was thankful to the Holy man for helping him and returned back with resolve to getting his health better. Soon, he regained his health and all his friends and family were happy to see him active and happy.

**Moral:** We should Understand that for better Life only Wealth is not everything. We should pay Attention to our Health too.