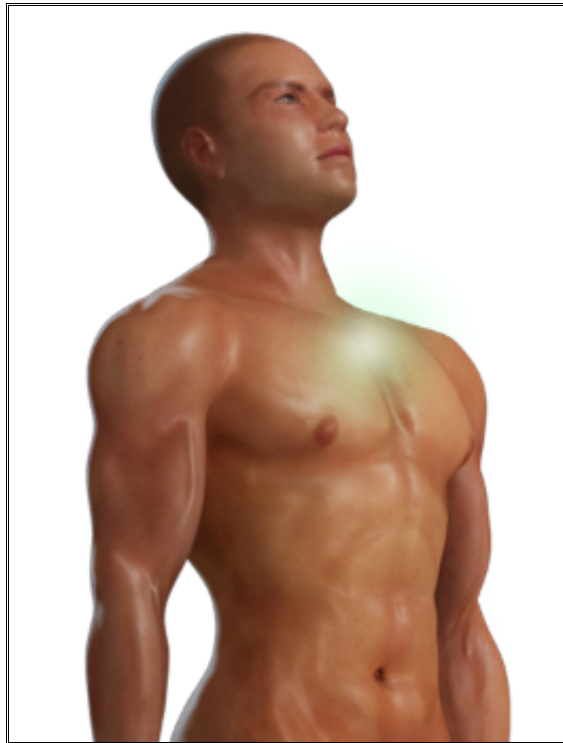


# Heart Soul Meditation



## Guided Meditation With 3D Animations

Learning the meditation takes around two hours,  
is easy to follow and no previous meditation  
experience is required.

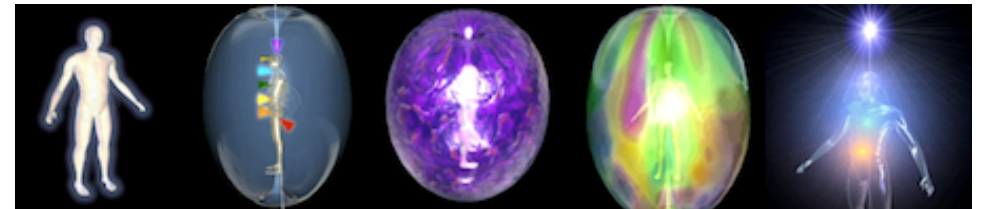


### About Heart Soul Meditation

The Heart-Soul-Meditation can easily be learnt within 2 hours and no previous meditation experience is required. It is a guided meditation that takes approximately 24 minutes. During the session we will learn about the complete human being - including some of its major subtle bodies.

### The Complete Human Being

In the scripts of ancient vedic sciences it is explained that human beings have a physical body in physical level, subtle bodies (e.g. energy body with chakras and meridians) in cosmic level and soul centres in microcosmic level. While these are beyond the physical plane, they will be explained using 3D animated movies from which you can see some still photos as follows:



### Agenda

1. Uses of Meditation, why and how it works
2. Meditation in Yoga & Mahasiddha tradition
3. Pranayama (breathing exercises)
4. The complete human being
5. Soul and microcosmic energy centres
6. Explaining the procedure of Heart Soul Meditation
7. Practical

### Why do Heart Soul Meditation?

The Heart-Soul is considered as a centre of higher emotions (e.g. unconditional love). The Heart-Soul Energy therefore has a "self conscious". One of the important properties of this energy is the cleansing of negative energies from the physical and all subtle bodies. The Heart-Soul-Meditation significantly lowers stress-levels on body and mind as during meditation the brain waves reach their theta state which causes deep relaxation and a feeling of bliss.

Heart Soul Meditation is brought to you by two charitable foundations: The [World Angel Healing Foundation](#) and the [Baleno Foundation](#).

Entry is free, suggested donation is \$20.

