



GokarajuRangaraju Institute of Engineering and Technology (Autonomous)

Report of the Event

Title of the Event: Workshop on “HEARTFULLNESS”

Organized Date: 13th July 2016· IEEE WIE-AG,GRIET

Faculty: Dr Y Vijayalata

Summary:

Heartfulness : Living by the Heart

By tuning in to our heart, we learn to be centered in our highest self.

Strengthen that connection and cultivate an inner knowing that wisely directs and guides our lives. Grow to face the challenges of life with courage and acceptance. Live by the heart, and become what we're meant to be.

Explore and experience:

Feel the lightness and joy of your true nature. Heartfulness meditation is simply taking the time every day to tune into that internal presence.

In a short while, you'll learn to remain connected to that gentle support throughout the day.

There are no prerequisites other than basic mental health and an attitude of openness and wonder. Heartfulness.org does not serve or represent any commercial purpose.