Let's Meditate Heartfulness App

Let's Meditate App

Existing Practitioners needs to click on "Already a practitioner of Heartfulness Meditation"

Click REGISTER - Practitioners having an Abhyasi ID card can do the registration.If you are an abhyasi but not having Abhyasi ID, please click http://www.sahajmarg.org/resources/forms/id-card-form

Click LOGIN - If you already registered
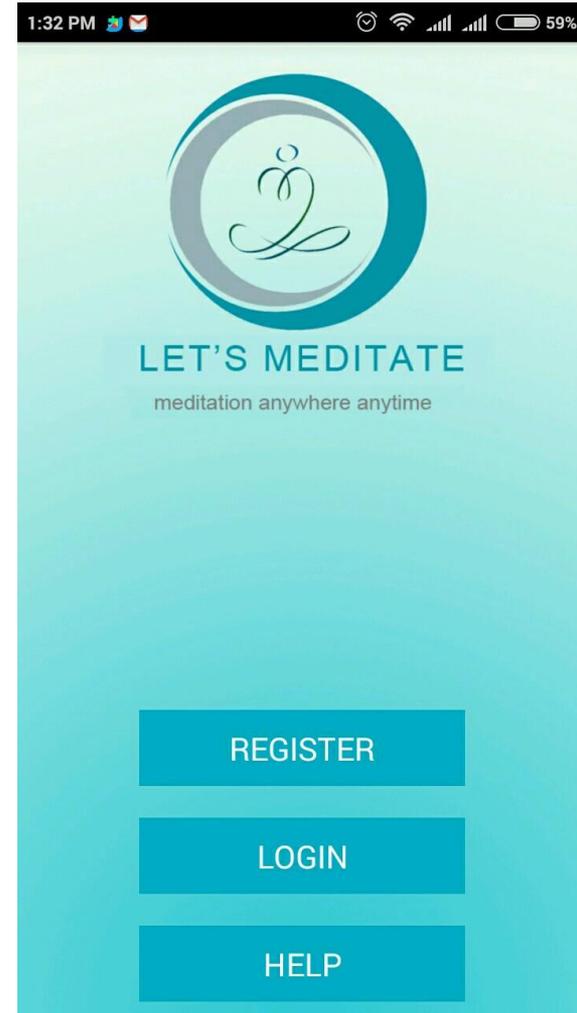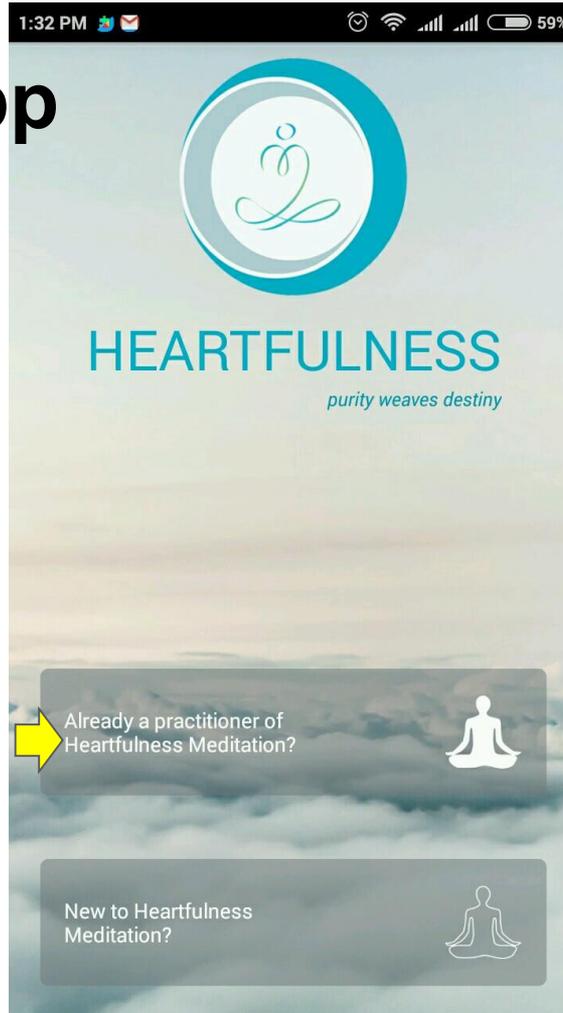
Let's Meditate - Sign In

If you are having MySRCM ID/Password, please use it. If your Abhyasi ID is not getting registered due to some reason, please write an email with your Abhyasi ID, Date of Birth, Center details to letsmeditate@heartfulness.org and the team would help accordingly.

And/Or You can click on Forgot Password and give your registered email ID which you mentioned at the time of registration. A Reset Password email would be triggered
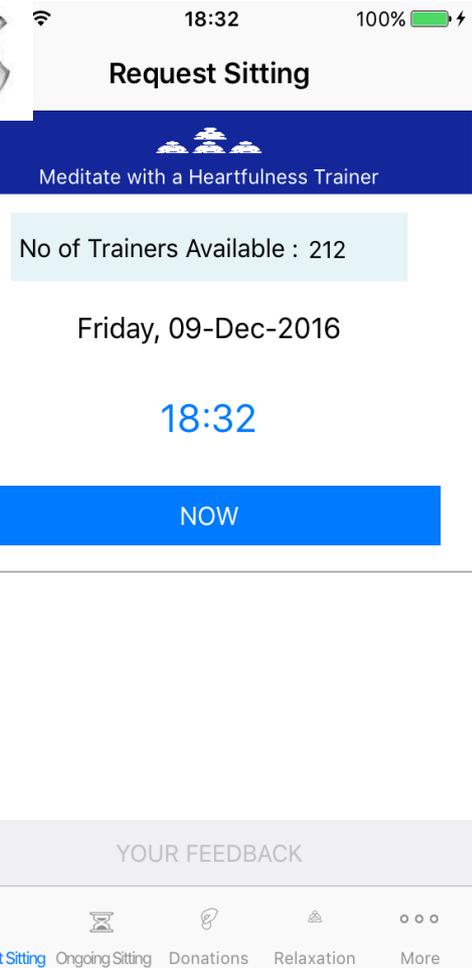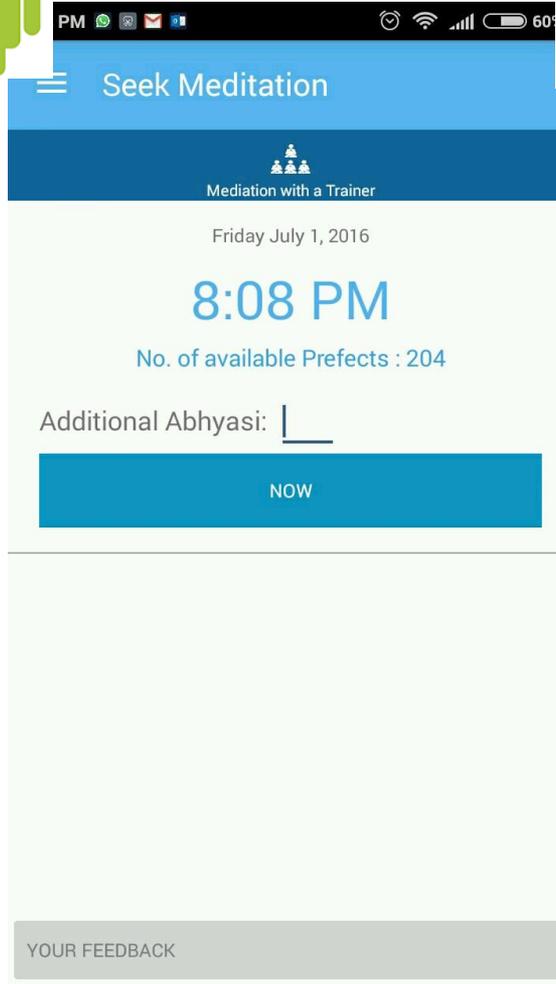
Seek Meditation

When the Practitioner is ready to take an Meditation session with a Trainer, He can request from his side by clicking NOW button. If there are additional practitioners sitting along with him, he can give the count (Excluding him).

Seek Meditation

Mediation with a Trainer

Friday July 1, 2016

8:08 PM

No. of available Prefects : 204

Additional Abhyasi: |

NOW

YOUR FEEDBACK

Request Sitting

Meditate with a Heartfulness Trainer

No of Trainers Available : 212

Friday, 09-Dec-2016

18:32

NOW

YOUR FEEDBACK

Request Sitting   Ongoing Sitting   Donations   Relaxation   More

Ongoing Meditation

A Confirmation screen is displayed for Consent. It's adviced to take Individual sitting with a Trainer weekly once. Unless the Practitioner really feels to have another in a short duration of time.

The request notification is sent to all available preceptors online and an Ongoing Meditation screen with 00:00.
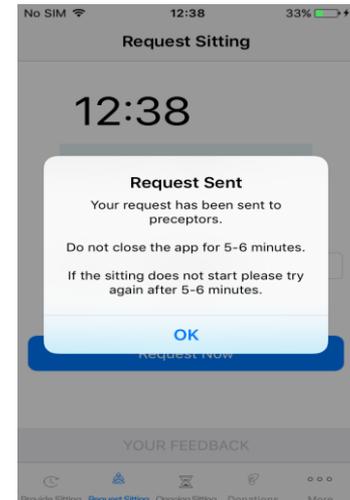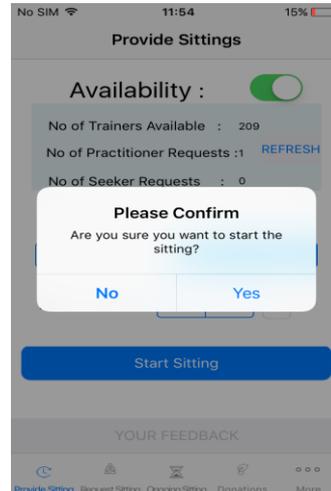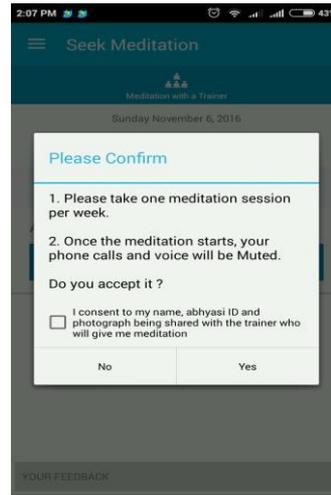
Ongoing Meditation

Once the Trainer accepts the request, a 15 seconds delay will be displayed which will help, to sit comfortably and relax before meditation. Trainers picture or Learn to Meditate Symbol will be will be displayed on the screen with Timer on top.

"Start Now" will be heard and that's when the meditation session with the Trainer is going to start.

"That's all" audio will be heard, when the Trainer stops the sitting.
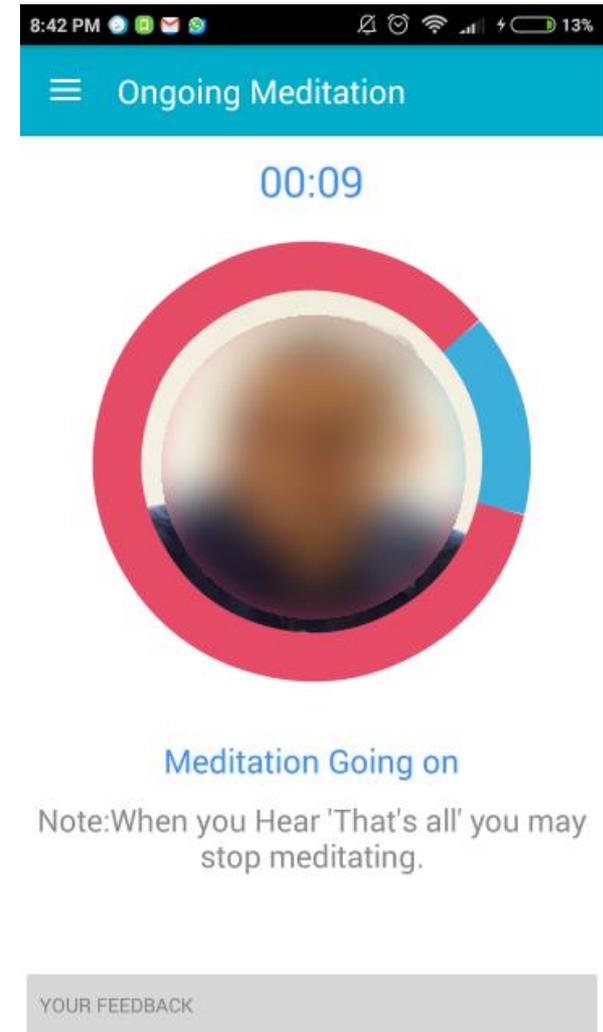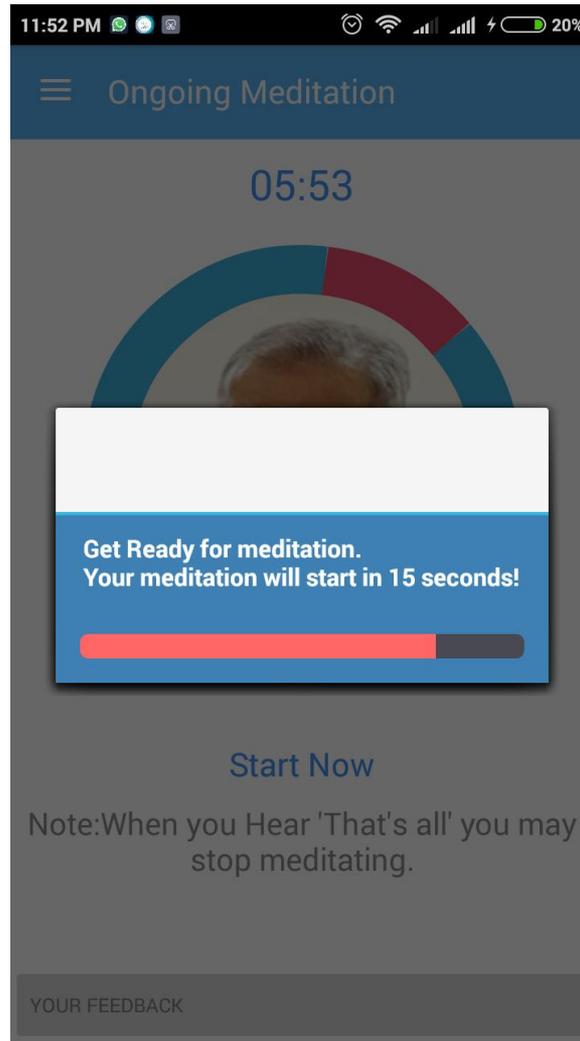
Feedback

Once the Trainer stops the sitting, a Feedback screen pops up.

Practitioner is suggested to fill in the Experiences and his observations during the Meditation session. This will be shared to the Trainer. Note: Trainer's feedback currently is not displayed to Practitioner.

After submitting, That's All screen will be displayed
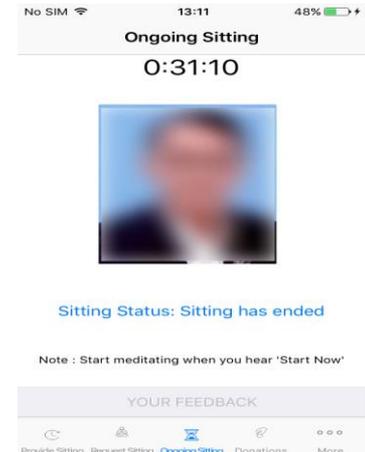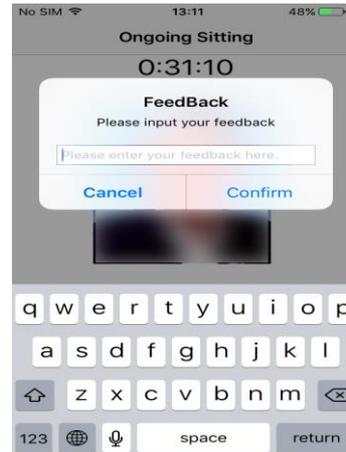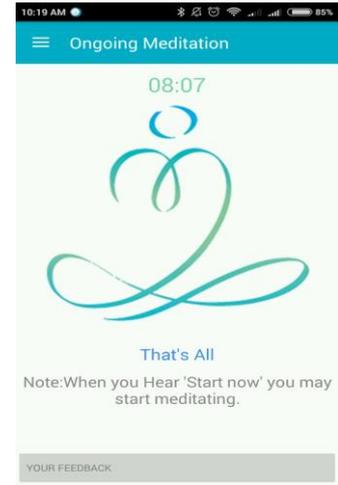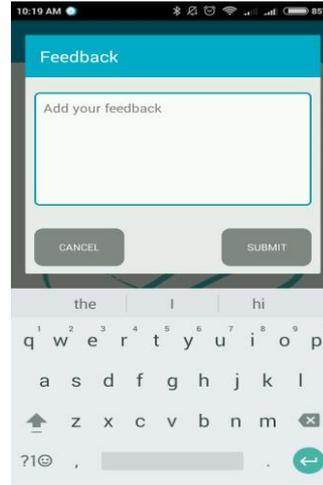
Menu

Clicking the Left Side of the App will display Menu.

Practitioner can click any of the Options and accepting the Disclaimer can experience Relaxation Audio or Unwind.

Unwind is preferably to be done after in the evenings after the days work is completed.
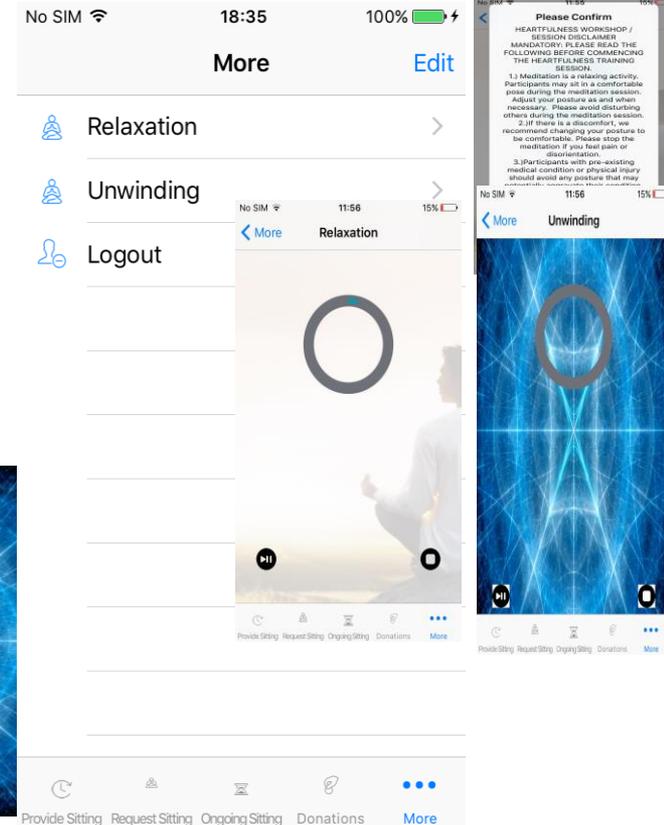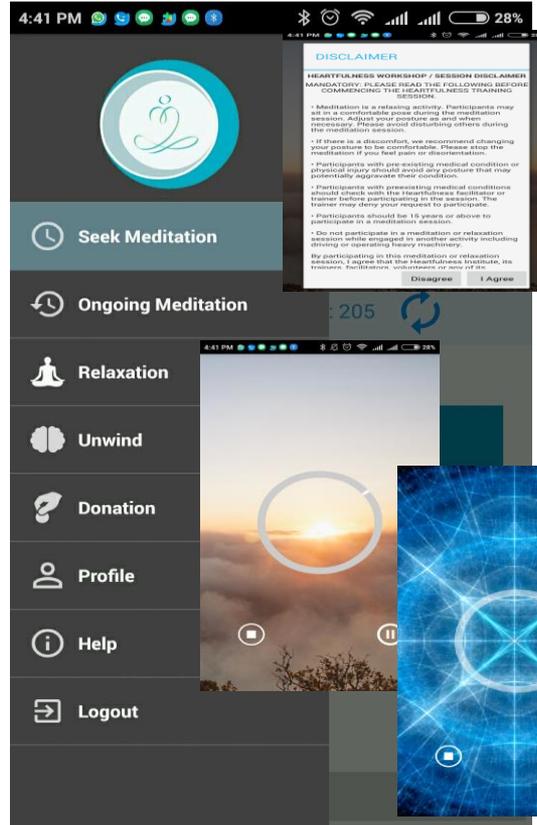
Heartfulness
Through meditation, peace

Let's Meditate App Questions?

Any queries or for further details, please write to us in detail to
letsmeditate@heartfulness.org

THANK YOU