



Heartfulness

Through meditation, peace

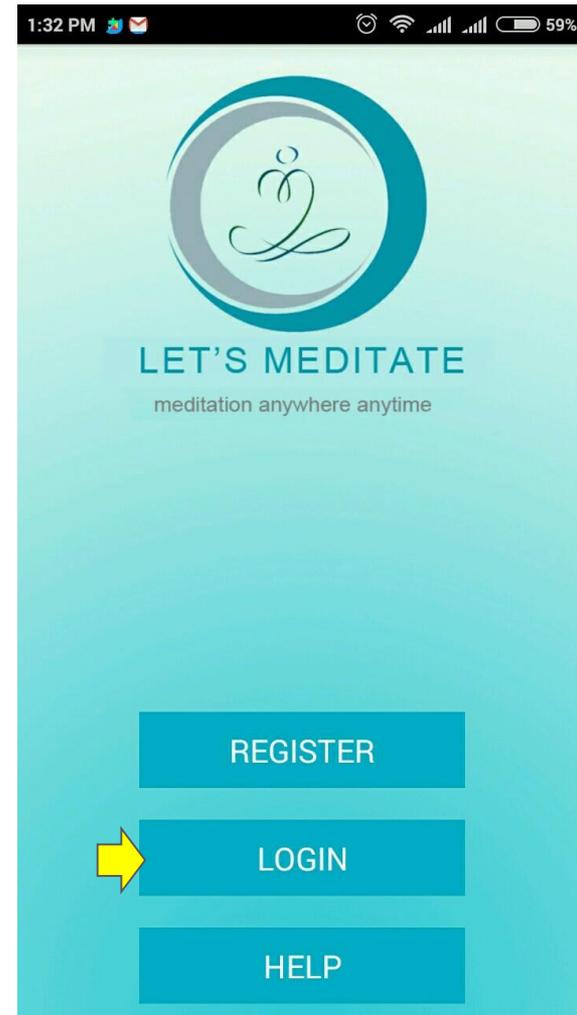
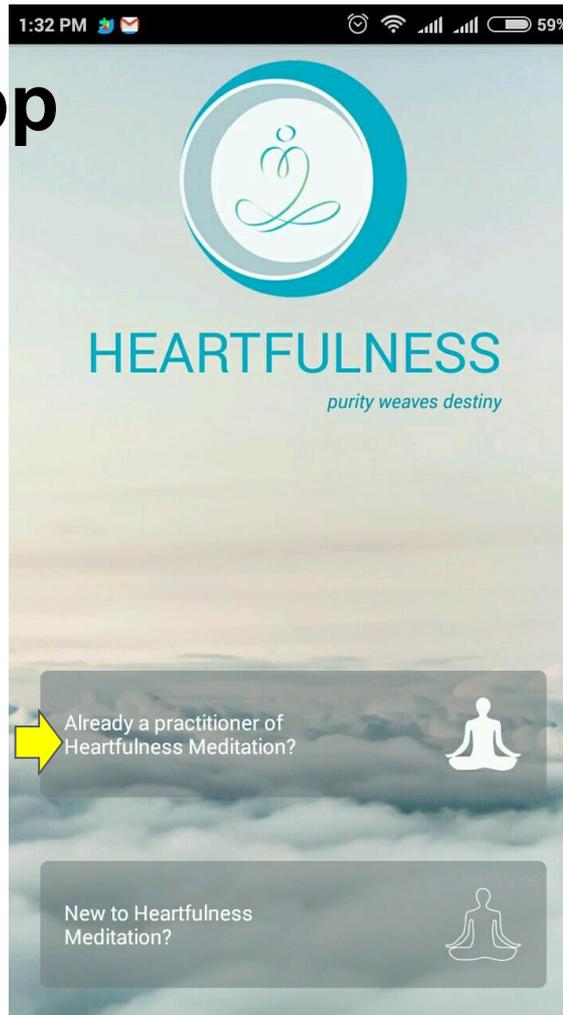
Let's Meditate Heartfulness App

Trainer's Guide

Let's Meditate App

Trainers needs to click on
“Already a practitioner of
Heartfulness Meditation”

Click Login



Let's Meditate - Sign In

Trainers.

If you are having MySRCM ID/Password, please use it. If not, please write an email with your Abhyasi ID to letsmeditate@heartfulness.org and the team would create one for you.

You can click on Forgot Password and give your registered email ID which you mentioned at the time of Becoming Trainer. A Reset Password email would be triggered

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MySRCM [menu icon]

Sign In

E-mail*

Password*

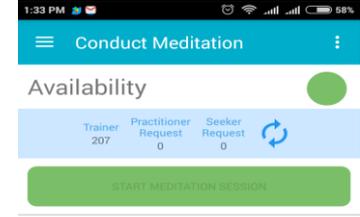
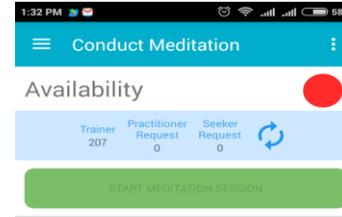
Remember Me

[Sign In](#)

[Forgot Password?](#)

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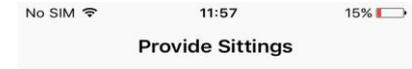
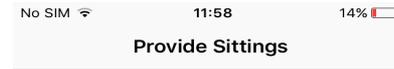
Let's Meditate



Conduct Meditation

Trainers.

Trainers need to make themselves available by clicking the RED icon on the top, and it will turn Green and will make themselves available.



A message will be displayed below saying “Thanks for being Available”. If no meditation requests are there, it will display “No Meditation request available now”

There are currently no requests for sitting.

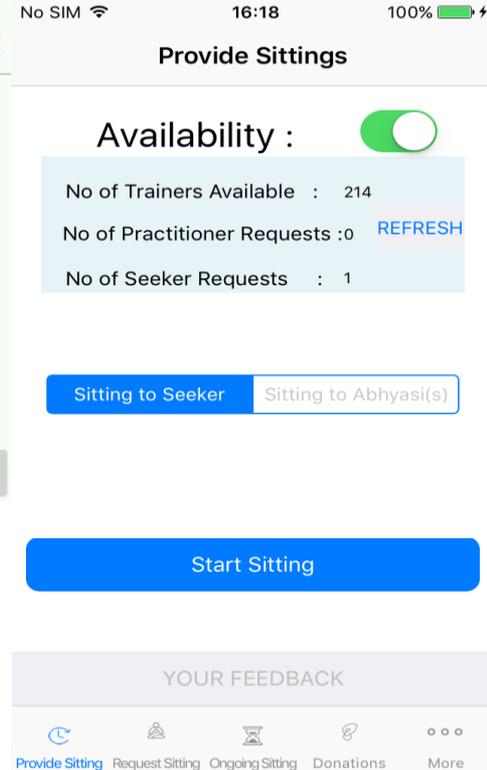
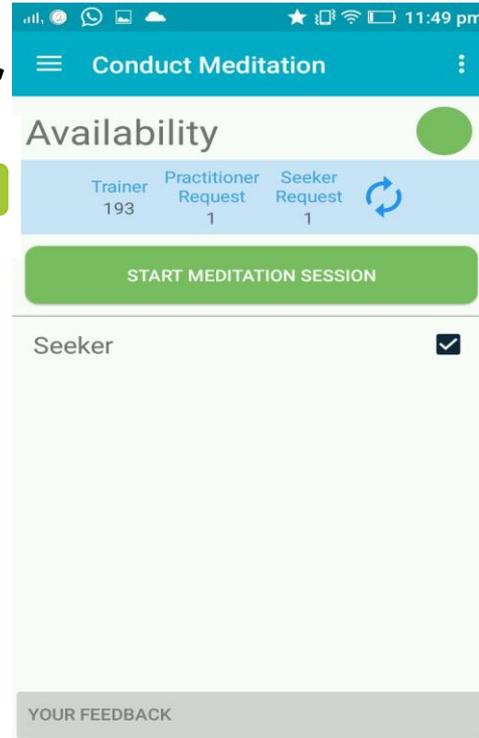


Let's Meditate - Seeker



You can see the Practitioner's Request count and seeker Request count in the small table. The data is refreshed instantly when new requests are available.

If there are any seeker requests a check box is given. Select the Checkbox and click on "Start Meditation Session". One single request only be shared with a Trainer to give sitting.

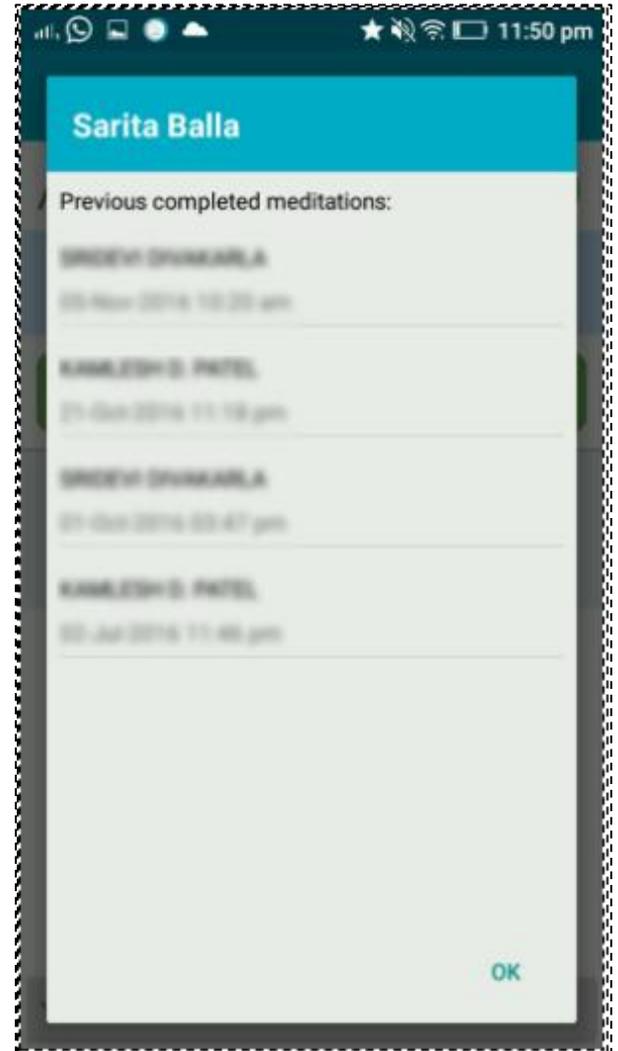


Let's Meditate - Seeker

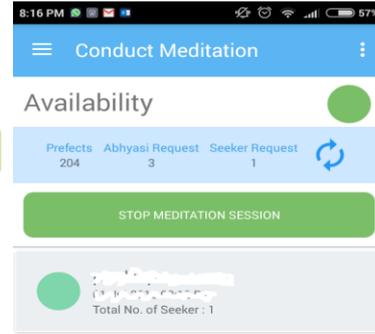
Seeker Request History.

If the seeker has taken prior sittings, a History Screen of the prior meditation sessions is shared with the Trainer. This will help the Trainer to understand about the seeker prior sessions and give the 2nd or 3rd or nth sitting.

If it's the first sitting, then the History will not be displayed. On clicking the Name of the Seeker, It will show No Prior History available.



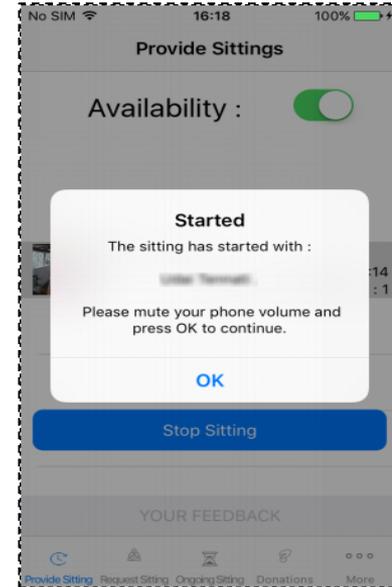
Let's Meditate - Seeker



Seeing this screen, you can now start the introductory sitting. Your picture will be displayed in the Seekers Mobile App.

After you feel the Introductory sitting is complete, click on "STOP MEDITATION SESSION". A confirmation page will appear and click on OK.

Note: Touching the Seeker Name, will pop-up the History Screen, so that the Trainer can understand/plan what sitting the seeker needs to be given.

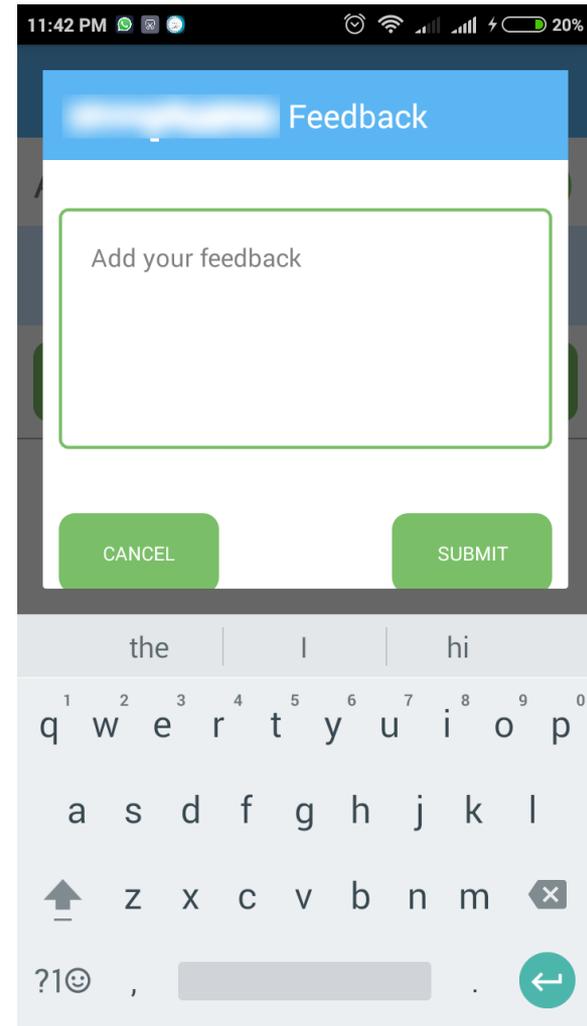
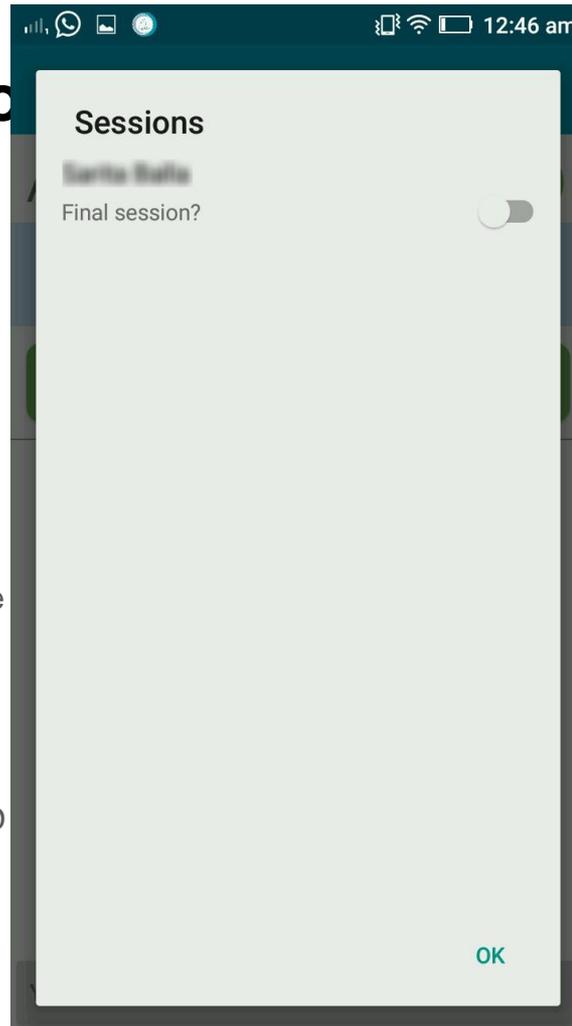


Seeker - Final Session

If the Trainer has given Final sitting, He can mark it by Selecting Final Sitting as Complete by touching the toggle button and Click OK. Then he can share his feedback.

Next time the seeker logs in after the final sitting, he will be asked to enter further details like DOB to give him eWelcome ID card number. If its 1st or 2nd sitting only, then click on OK and proceed further to give your feedback.

Important: Not all seekers will be doing the registration for eWelcome Cards. The app doesn't mandate, to fill the form for giving ID Card. So if the Trainer sees multiple sittings being given prior, then he can give a sitting like an Abhyasi and after completion of sitting, Trainer will not be seeing Final Toggle Button.

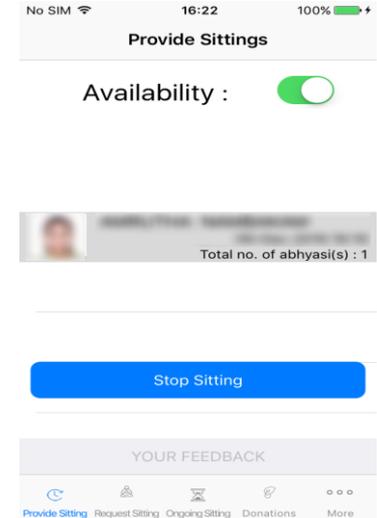
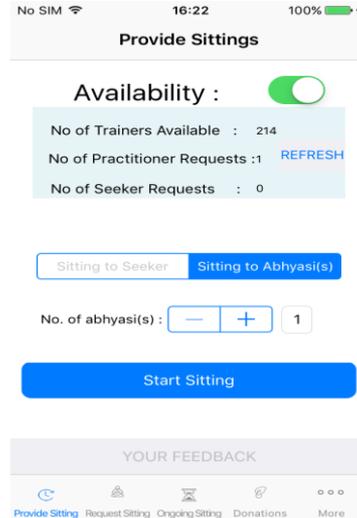
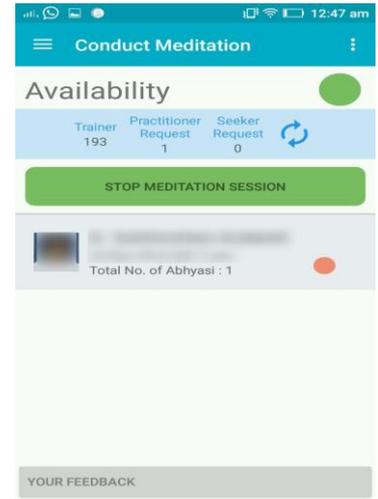
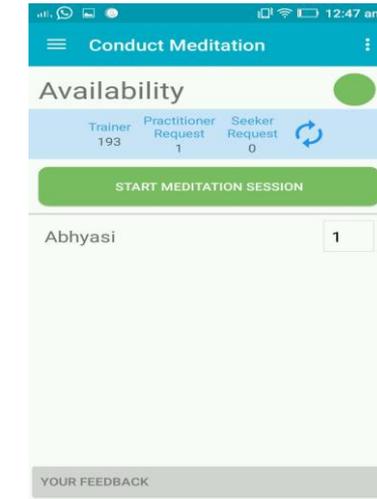


Practitioner

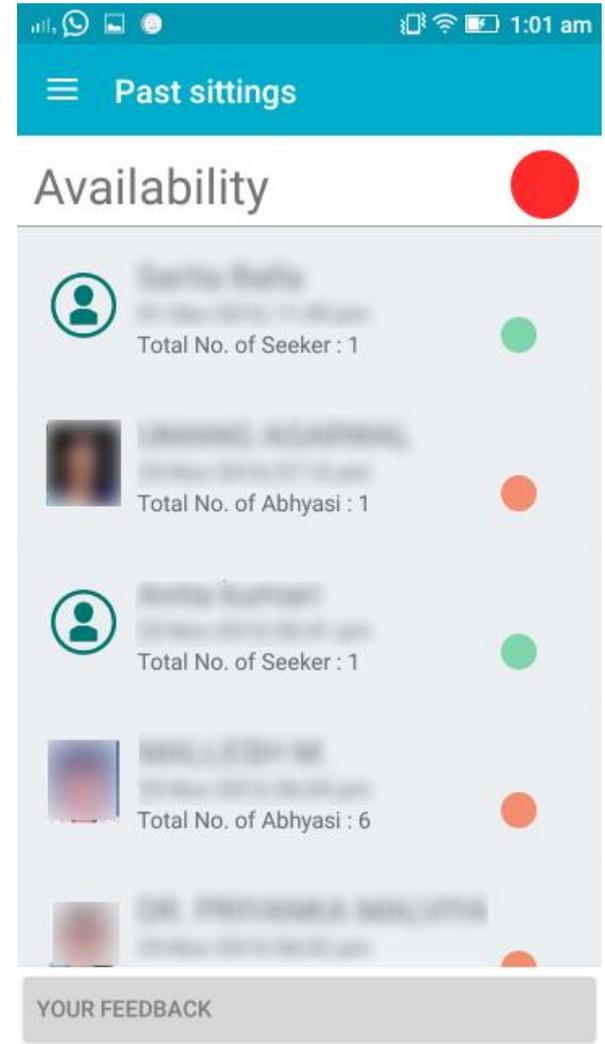
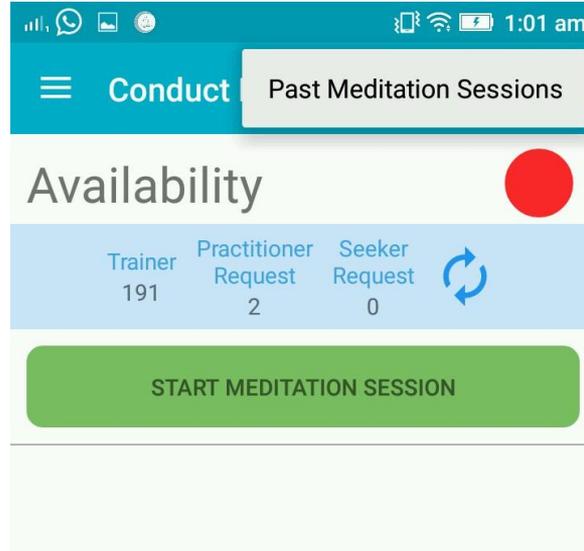
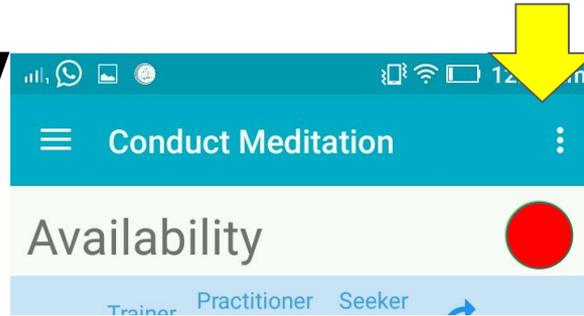


If there are Practitioner requests, there will be a Text Box available for the Trainer to enter the Count of Abhyasis he wants to give sitting. Trainer can pick up 1 or edit to available count of Practitioners requests and start giving the sitting. It's suggested to give the available count shown in the Practitioner's request.

On the completion, Trainer can click on Stop Meditation Session and share his feedback about the meditation. Please note, the feedback entered by the Trainer will not be shared with the Practitioner/ Seeker. It will remain in Trainers phone only. It's just for his own reference



Sittings given by Trainer



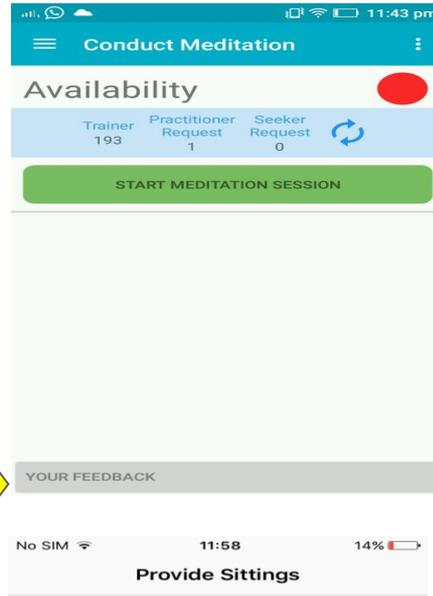
Past Sittings Option is viewable for Trainer by clicking on the 3 Dots on the Right side.

He can see all the sittings the Trainer has given.

Note: Green color - Seeker

Red color - Abhyasi

Feedbacks

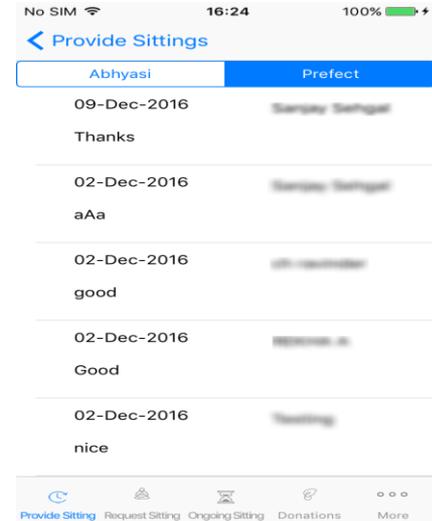
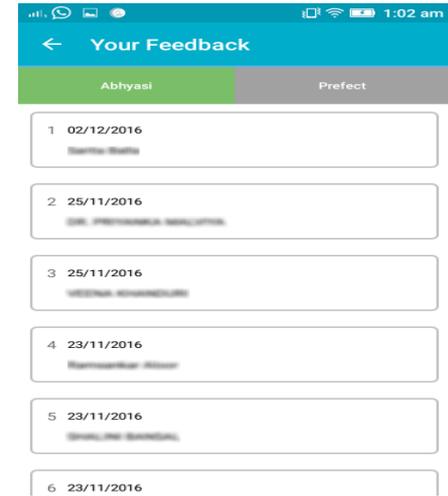


Feedback's given by Practitioner's or Seekers can be viewed by clicking the YOUR FEEDBACK. It shows up Abhyasi / Prefect Tab.

Abhyasi Tab contains feedbacks being submitted by Practitioners or Seekers with their Name and date.



Clicking on Prefect Tab will show the Trainers feedback for his own reference.



Let's Meditate App

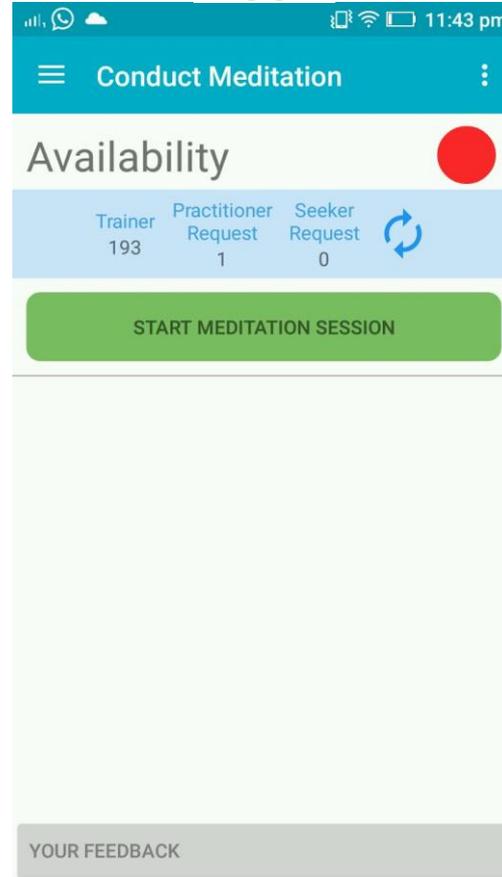
Availability.

Trainers are suggested to make themselves Unavailable when they are done giving sittings. When needed they can turn it on again.

Red - Unavailable

Green - Available

Note: If the availability is Green, and this count will be shown to all. So this is showing a wrong count for others.



Menu

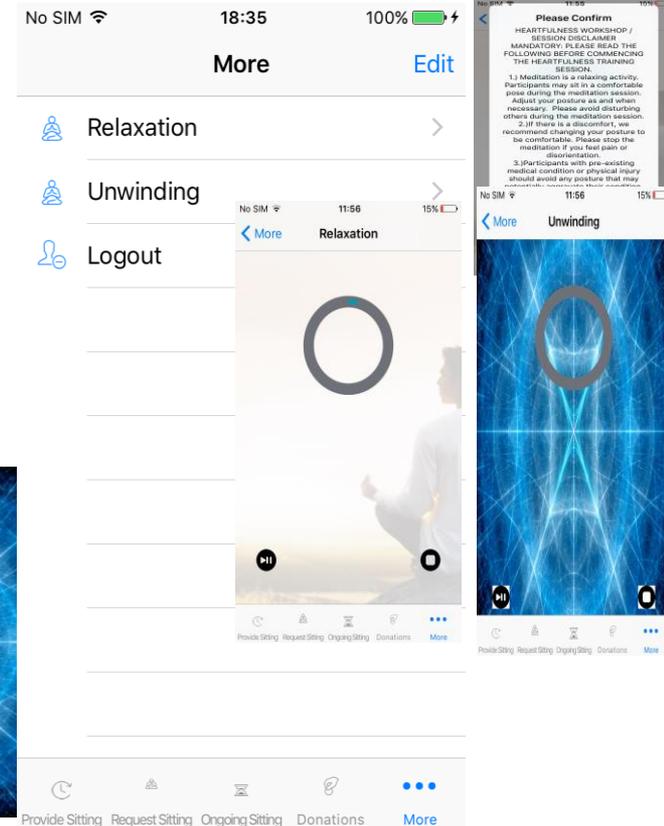
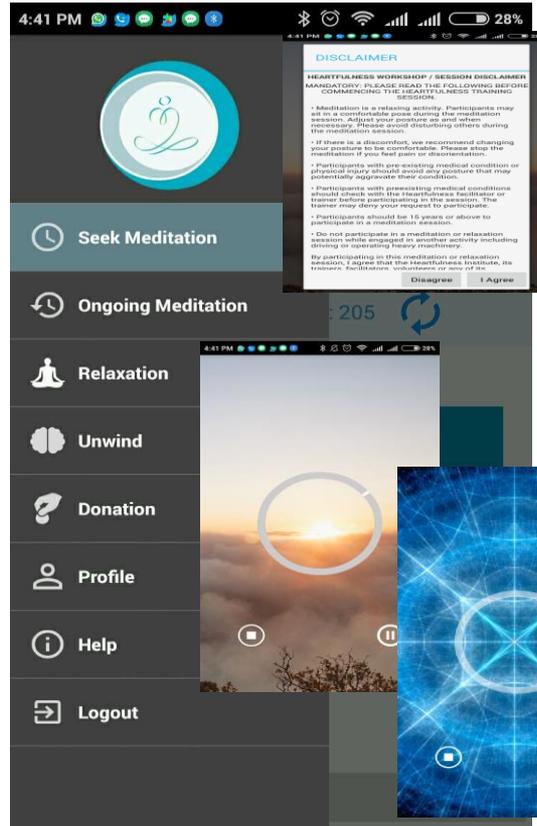


Clicking the Left Side of the App will display Menu.

Trainers can take sittings through the App by clicking Seek Meditation. He needs to first make himself unavailable and then Click NOW button

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.





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Let's Meditate App Questions?

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

THANK YOU