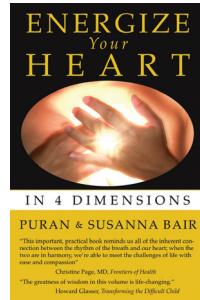


**The Institute for
Applied Meditation** is a non-
profit spiritual school that develops
and applies Heart Rhythm Meditation
for integrating physical, emotional and
spiritual life to consciously create
love, harmony and beauty.



Puran and Susanna Bair
published *Energize Your Heart*
together in the Fall of 2007.

In this remarkable book,
Puran and Susanna Bair
describe a powerful,
authentic method for
giving your heart the
energy to heal your
heart's wounds,
recognize the

greatness within yourself and others, and
become who you truly are. The authors
show how energy in the four dimensions
of the heart develop qualities such as...

- *tolerance and cooperation
(width),*
- *integrity and compassion,
idealism and courage
(depth and height),*
- *initiative and purposeful
drive (forward)*
- *peace and the ability to
embrace change (inner).*

"This clear but simple vision of the heart's
immense power to foster healing brings
fresh hope to all who suffer distress of
body, mind or spirit."

- Dr. Catherine Warrick, Educator and Interfaith minister



IAM
Institute for Applied Meditation
Energize your heart for a better world!

www.IAMheart.org
E-mail: heart@appliedmeditation.org
P.O. Box 86149 ◦ Tucson, AZ 85654
1-888-310-7881

HEART RHYTHM MEDITATION

The Heart is a candle waiting to be lit. ~Rumi



IAM
Institute for Applied Meditation
Energize your heart for a better world!

HRM is and applied, heart-centered practice in which you become conscious of your heartbeat and your breathing. This is accomplished by causing a shift in attention and breath rhythm to create a connection between the nervous, endocrine, respiratory and circulatory systems - literally uniting the heart, mind and body. It is an authentic, ancient path offering grounded spirituality.

Your Heart is Your Treasure.

You have a great treasure within you, that no one can ever take from you and upon which you can draw continually. This treasure is your own heart, and its heartbeat is a constant reminder of its presence within you.

The heart has an extraordinary ability to expand when given attention and energy. The method of Heart Rhythm Practice will develop your heart with dramatic results in your health, relationships and accomplishments.

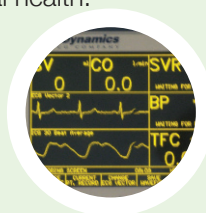
Heart Rhythm Meditation is the Meditation of Our Time.

- Connects the physical, emotional and spiritual aspects through conscious awareness of the heart
- Values the body, mind and ego
- Based on an ancient tradition of unity
- Scientifically verified

Heart Rhythm Meditation is specially designed to provide simultaneous, practical benefits to one's physical, emotional, and spiritual health.

Physical Benefits

- Gain a more regular heartbeat
- Improve circulation
- Decrease fatigue
- Improve immune response, lung function, and central nervous system activity
- Improve quality of sleep
- Strengthen the body's ability to handle stress
- Lose weight over time through consistent practice



Emotional Benefits

- Increase understanding of emotions
- Improve concentration
- Heal the heart's emotional wounds
- Restore optimism
- Harness the power of your emotions
- Deepen your relationships
- Develop an inner happiness that does not depend upon outer circumstances



Spiritual Benefits

- Access the heart's guidance and power to accomplish your heart's wish
- Develop the heart's nobility and integrity
- Discover the purpose of your life
- Experience union with all things



Instruction in Heart Rhythm Meditation is available through:

- Group classes and seminars
- Internet-based meditation courses
- Group and individual retreats
- Individualized mentoring

In addition, training and certification is offered for IAM instructors and mentors.

Check out the web site for seminar dates and additional course information.
www.IAMheart.org

Energize your heart for a better world

