

Heartfulness Institute Australia

Welcome to Heartfulness – Guidance for Meditators

Heartfulness Institute Australia takes the safety and wellbeing of its meditators very seriously. The following guidance outlines what Heartfulness offers, and what you can expect when participating in Heartfulness meditation.

What Heartfulness Offers

- **Approved trainers:** Heartfulness trainers have been approved by the principal Guide of Heartfulness, Kamlesh D. Patel, to teach Heartfulness relaxation and meditation. All trainers have also completed dedicated training programs.
- **No counselling or therapy:** Heartfulness trainers are not trained to provide counselling, therapy, or advice about your personal wellbeing or health on behalf of Heartfulness. (Note: Some trainers may be independently qualified as counsellors or therapists, but these services are not offered in conjunction with Heartfulness meditation sessions.)
- **Free of charge:** Heartfulness meditation and relaxation are always offered free of cost. No charges apply for sessions with a trainer.
- **Choice-led practice:** The practice is led by the meditator, who is free to choose which aspects of the practice they wish to try, while the trainer provides guidance and makes the final decision on what is appropriate.
- **Flexible formats:** Sessions can be one-on-one or in groups. While meditators may express a preference, the trainer will guide the format and their decision will be final.

How Sessions Work

- **No special requirements:** The method does not require special posture, clothing, or equipment. Please dress comfortably and respectfully. Trainers may ask anyone dressed inappropriately or in a way that could cause offence to leave the session.
- **Meditation setup:** Trainers and meditators sit comfortably (e.g., on chairs), close their eyes, and meditate together in silence for approximately 30–45 minutes.
- **No physical contact:** The Heartfulness method does not involve any physical contact.
- **Venues:** Sessions may take place in a Heartfulness centre, a trainer's home, or another pre-agreed safe location.

Safety Considerations

At a trainer's home: When a session is held at a trainer's home, personal safety is important for both meditators and trainers. Trainers are expected to follow strict professional conduct. For your own safety, we recommend:

- Inform someone you trust of the location and expected duration of the session.
- Trainers are advised to have a family member or friend present when hosting a session in their home.

Respect and courtesy: Meditators and trainers must always treat each other with respect. If a meditator feels unsafe or experiences inappropriate behaviour, they should immediately terminate the session and leave. Concerns should be reported immediately to Heartfulness Institute Australia by contacting the Secretary at au.secretary@heartfulness.org.

Confidentiality and Complaints

- Confidentiality: Information shared by meditators will remain confidential unless a safeguarding concern arises, in which case it will be addressed under our safeguarding policies.
- Data protection: Meditators' personal details will not be shared with third parties without their explicit consent and will be handled according to Heartfulness Institute's Data Protection Policy.
- Complaints: Any concerns, problems, or complaints can be raised confidentially with the Secretary at au.secretary@heartfulness.org. These will be investigated in accordance with the Complaints Handling Policy and, where applicable, the Safeguarding Policy.