

Review of talk on Heartfulness meditation
at the Body, Mind and Spirit Expo in Aarhus on 6.10.2019
by Lisbeth Ejlertsen

We are welcomed warm-heartedly with a calm, smiling intensity signalling something deeply relevant based on personal experience. A wish to impart something valuable is felt. All attention is immediately aroused.

We were told that only three quarters of an hour had been allocated for the talk, as opposed to the expected hour and a half. So there was not so much time to go into more depth. In spite of having less time, we were still given a comprehensive, well-structured and compelling account of Lisbeth's travels in her youth to the mystery-filled India in her search for a path to spiritual development. A fascinating story of various spiritual masters and their teachings, of palm leaf readers who - based only on a fingerprint without any information on her name - retrieved thousand year old, written palm leaves which amazingly could tell about her current life, right down to details like names, places and events. Also about future events that would later prove to occur. Deeply thought provoking. How is that possible?

We hear about the path she later comes to follow, Heartfulness meditation, about the master who rediscovered a yogic technique, transmission, that had been lost for millennia. Through transmission the master is able to transfer divine energy to another person and thereby lift his or her meditation and entire development. An aspect which makes Heartfulness meditation something quite unique. We hear of the succeeding master who found a way to enable experienced meditators to also be able to conduct this transmission, so that today there are thousands of such experienced Heartfulness trainers across the globe. We hear about the master who spread Heartfulness meditation globally to almost every country, and finally about the current master whose aim, among other things, is to make Heartfulness meditation known to all people all over the world with the opportunity to learn this form of meditation.

She explains calmly how Heartfulness meditation has developed her, changed her life and given her the strength to be able to get through several major crises unscathed, at the same time as having to give her little girl a good and safe upbringing as a single mother.

All this was stated with a quiet, smiling seriousness, with no pause for thought and in no hurry, her eyes are never searching and distant, but always in vivid contact with the audience.

Amazing how much valuable information can be shared in such a short period of time, especially considering that it was not just a talk, but a workshop where about half the time was intended for a guided relaxation exercise with subsequent meditation where the above mentioned transmission was performed. It was experienced as a quiet but powerful inflow of energy. However, during the subsequent discussion about the meditation it emerged that not everyone experiences this transmission at the start. Comprehensive and empathetic answers to all questions.

One feels well informed on the subject of meditation. Absolutely a rewarding experience. Presentation at a high, but nevertheless understandable level.

Helge Falk-Kammeyer