



# Presence of Heart



***Co-creating new self, new earth  
Practices for accomplishing our ideals***

**Tuesdays 6 - 7:30 PM**

**near Campbell and Speedway**

***newcomers orientation, by appointment, at 5:30***

**For address and to reserve a place, contact Bonnie  
520-730-5889, [heart.prof@gmail.com](mailto:heart.prof@gmail.com), [heart4life.net](http://heart4life.net)**

## **We learn and practice meditative tools that:**

- enhance our presence, whole-hearted aliveness,
- strengthen our innate gifts and accomplishments
- develop all the dimensions of who we are
- renew vitality, inspiration, optimism, sense of purpose
- powerfully connect us to our true self, to others, to life
- harmonize our inner ideals and outer life

***We do not meditate to become great meditators. We meditate to become great human beings, serving and inspiring our communities and our world!***

**Heart Rhythm Meditation (HRM)** coordinates our internal rhythms of heartbeat, breath and brainwaves. This strengthens the connection between the mind and heart. Emotions become more understandable and choices more conscious. HRM increases our internal coherence, expanding our capacity to have a greater effect on our surroundings than our surroundings have upon us. The power of our heart can then be harnessed to accomplish our goals, help others and serve our ideals.

**HRM** has practiced for many centuries, with traces in early Christianity, Islam and Bhuddism. Wisdom traditions worldwide draw upon practices which focus upon breath and heartbeat, including heartbeat drumming in various tribal cultures. This meditative practice is valuable for people of any religious tradition and for those with no religious affiliation. **The meditative focus on heartbeat and breath has roots that are venerable, widespread and deep.**

**Class fees** go to the Institute for Applied Meditation (which provides curriculum and teacher training), to pay for use of class facilities and to cover cost of class materials. \$12/ class or \$40/5 classes. **Ask about sliding scale rates for students, seniors, non-profit employees/volunteers and other special needs.**

**About the teacher:** **Bonnie** finds Heart Rhythm Meditation a powerful tool for all aspects of life and is honored to be teaching others this method. Bonnie has practiced meditation under the guidance of senior teachers for over 30 years. She teaches people to apply Heart Rhythm Practices to their everyday challenges, to accomplish their goals and to fulfill their ideals for their own lives and for the world. Bonnie has been a university professor since 1983, specializing in water and environmental issues and resource management. **[heart4life.net](http://heart4life.net)**

Training for Heart Rhythm teachers is provided by the **Institute for Applied Meditation (IAM)**, a non-profit, educational organization founded in 1988 to help people apply the guidance and power of their hearts to meet life's challenges. **[iamheart.org](http://iamheart.org)**