

# *The Dangers of Meditation*

*How To Avoid Them*

*Or Heal Yourself From Them*

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# What Is Meditation?

*Meditation is a state of being,  
not an activity*

*Meditation is the experience  
of unity*



EDITATION IS USUALLY THOUGHT OF as an activity designed to calm the mind. Yes, this is an apt description of the beginning of meditation, but meditation is a state of being, not an activity; meditation is the experience of unity. There are many activities designed to bring about this incredible experience, an experience of individuality being left behind, as the limited aspects of the self are overshadowed by the infinite. Your sense of individual identity is blown away, and you experience the nature of reality: Oneness.

We long to experience the unified nature of being, yet we hesitate to give up our individuality, even for a moment. The self we have created is all that we know, even though it is a great limitation, it is also a great comfort.

The methods used to attain the state of meditation teach you the ability to focus, to breathe, to relax and let an experience wash over you, yet to stay in control of the incredible range of feelings and sensations that are unleashed as you turn your gaze within. Spiritually, the purpose of meditation is to unite with the One Being, to communicate with the One Being, and to manifest the One Being in life.

Meditation is the key to unlocking your inner greatness, discovering and manifesting the incredible potential within each one of us.

But the techniques used in meditation are powerful. Though most people may try meditation with no ill effects, if practiced without qualified guidance, things can go wrong.

# Meditation Can Be Dangerous

I

ISN'T THAT INCREDIBLE? Sitting quietly by yourself, altering your breathing, changing the focus of your attention, holding a certain intention, and producing certain sounds can actually damage your body, mind, and emotional well-being. Consider this story:

*Four months ago I went to a Gypsy psychic near where I live for advice, she ended up talking me into getting a spiritual cleansing for my family and I. After 2 days of the start of the cleansing I started feeling extremely sped up and wound up, and started getting pressure headaches, dizziness, shakiness all over the body, tinnitus (which is ringing in the ears), and even my blood vessels and muscles feel very tight and constricted constantly. It's very uncomfortable to feel like this, and at this point I fear what being like this for so long is doing to my health. I've tried everything I can think of: energy and Reiki healings, prayer, meditation, Hatha yoga (which actually just made it worse), sea salt baths; nothing has helped. Someone just told me she might have awakened the Kundalini energy in me. I'm desperate to find a solution to this.*

Problems like this have no obvious solution. Medical doctors generally treat these sorts of symptoms with drugs, which is often ineffective, or the drugs successfully deal with the symptoms, but leave the root causes untouched. Alternative healers sometimes find success, but if the patient stops treatment, the symptoms often return. Most spiritual guides have no idea what to do. Some therapies and methods even make these symptoms worse.

This guide is all about the dangers of meditation, how to avoid them, and how to heal yourself from the major problems meditative methods can cause.

*This guide will help you avoid the dangers of meditation and heal yourself from the major problems meditative methods can cause.*

# What Are The Dangers of Meditation?

*Until recently, meditative methods were closely-guarded secrets*

**M**

EDITATION IS NEW TO Western culture. Until recently, many meditative techniques were closely-guarded secrets, available only to a select group of students. By working on a personal scale and monitoring the progress of students carefully, as well as living and meditating in an atmosphere of solitude or in a monastic setting, meditation teachers were able to avoid many of the problems that can arise.

Beginning in the mid-20th century, there was a great surge of interest in the esoteric spiritual practices of the east, and many more people began to learn, practice and teach these arts, often without the personal guidance of a qualified teacher. Some dabbled in different methods that were never designed to work well together; others pierced the veil of secrecy out of curiosity and desire for knowledge, and were opened up to phenomena outside their experience. Others were looking for stress-relief, and discovered that these techniques are not always beneficial.

Consider Rob's story:

*I had never meditated in my life. I always felt totally fine, but I had read about Transcendental Meditation and was curious about it, as I've heard its supposedly a really healthy practice. Anyhow, I came across this website for "Natural Stress Relief" which advertised a meditation similar to TM.*

*I figured what could it hurt, so I ordered it and tried it. I meditated for 15 minutes. As soon as I opened my eyes I felt electric shock-like sensations all over my face, had a huge headache, and just felt like my anxiety system kicked into high gear as I was just completely anxious and started getting anxiety attacks.*

*“I never experienced anything like this in my life, and it’s so awful and frustrating.” -Rob*

*I then went to many doctors who could find nothing wrong with me, so they tried to put me on antidepressants, which I resisted vehemently. Since that time, I have went for acupuncture treatments (11 total), and went to a chiropractor (5 treatments) who specializes in heads, and he states he has been “adjusting the pressure on my brain.” The anxious, tense feelings have mostly dissipated, yet the head pain/pressure is still there over 11 weeks later. I have never experienced anything like this in my life, and it’s so awful and frustrating. I had assumed it would’ve just gone away by now, but clearly that’s not the case.*

Rob’s experience is fairly typical. But the stories of others add their own unique dimensions. For example, Robin wrote of her experience:

*I had just woke up, and was lying in bed when I began to feel a weird sensation like dizziness overcoming me. I began to slightly panic. After approximately 20 minutes, I sat up. I became extremely dizzy and immediately had to lie back down. After another ten minutes, I was OK. I had done Kundalini Yoga for about 2 1/2 hours the previous night. I suspected the yoga had something to do with it. I feared having to call 911.*

*“I began to feel a weird sensation like dizziness overcoming me.” -Robin*

These types of problems are often associated with the practice of Kundalini Yoga, so much so that there is a term ‘Kundalini syndrome’. Kundalini practices are designed to develop the energy centers of the body (see pp. 8-10) in an upward direction, as we’ll discuss in .

Majidah wrote to us with her experience:

*I have developed an extreme sensitivity to energy. I usually feel pressure in my head. Yesterday I tried a meditation technique in which I tried to go into a place of*

*silence. I succeeded and stayed there for about ten minutes. During that time I felt no head pressure, but instead, a very thin, refined feeling. Eventually, I began to let thoughts return, and with them returned the head pressure, which feels like very uncomfortable bulges of mass going through my pituitary gland, crown, back of my skull, etc. What also arose was a feeling of general irritation and being judgmental.*

Tom wrote to us with great urgency, telling us that in 2004, he began to experience rising energy sensations from his practice of yogic meditation:

*Since that time I have been searching for guidance and direction. The workaday life that I knew at the time, began to consume my soul and I ran screaming from those definitions of me. I know that those paths do not serve me anymore but I cannot find direction and I am reaching a point where suicide is looking like the answer. I practice yoga and teach and that seems in alignment with my new self, but I don't see a way to make life sustainable.*

We can group the negative effects of meditation into two broad categories: sensory and physiological symptoms, and mental and emotional symptoms.

*“I am reaching a point where suicide is looking like the answer.” -Tom*

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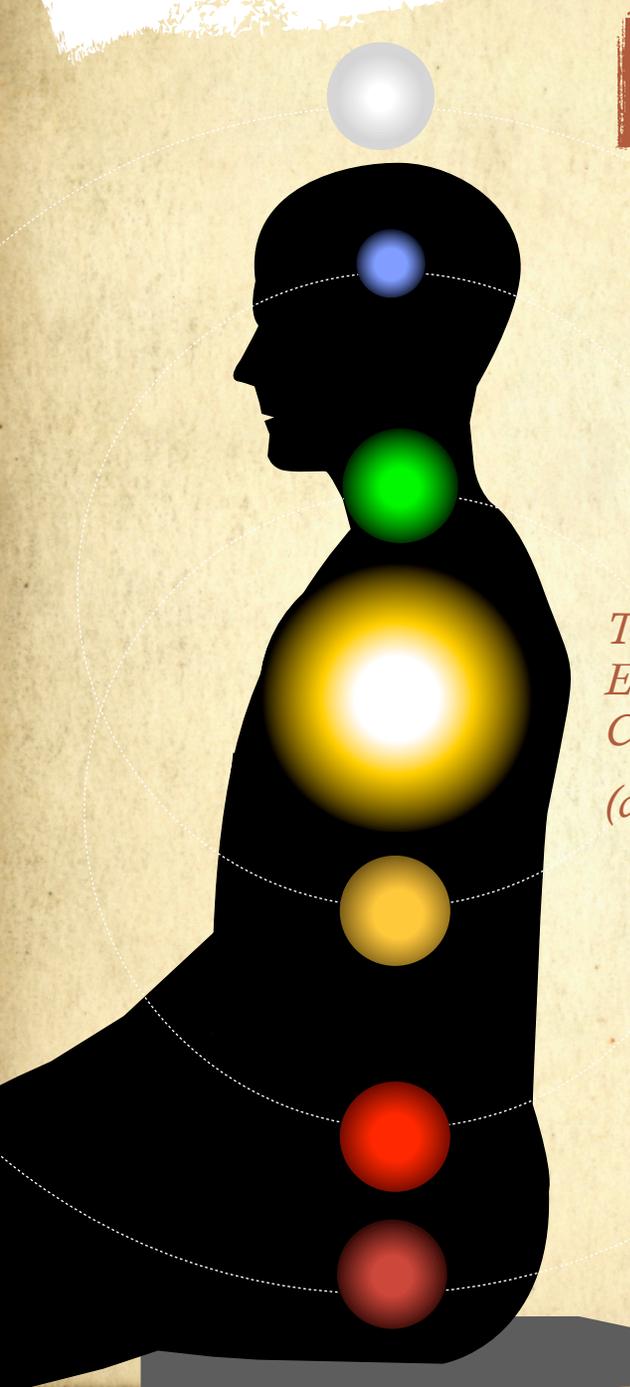
# *Sensory and physiological symptoms*

- (1) A feeling of energy, heat, or tingling sensation running up the spine or in the lower back
- (2) A feeling of pressure in the head or sensation of fullness or bulging
- (3) Dizziness or loss of balance
- (4) Sensations of itching, tingling, or vibration under the skin
- (5) Sensations of hot or cold moving through different areas of the body
- (6) Spontaneous urges to move or take unusual postures or positions
- (7) Localized pain that begins and ends abruptly with no external cause
- (8) Spontaneous changes in breathing pattern and rate
- (9) Abrupt changes in heart rate, including tachycardia (rapid heart rate), and bradycardia (slow heart rate), and other kinds of heart arrhythmia
- (10) Unusually abrupt and intense sexual sensations, pains, and urges
- (11) Temporary blindness
- (12) Urticaria and rashes
- (13) Allergies

# *Mental and emotional symptoms*

- (1) Anxiety attacks
- (2) Confusion
- (3) Intense emotions, particularly intense emotional swings
- (4) Psychotic symptoms, including ideation
- (5) Spontaneous speeding and slowing of thoughts
- (6) Spontaneous trance states, where awareness of external surroundings and conscious control are very limited
- (7) Unwanted and uncontrolled paranormal experiences such as psychic or clairvoyant activity
- (8) Suicidal and homicidal thoughts
- (9) Urges to self-mutilate
- (10) Inability to talk
- (11) Difficulty concentrating
- (12) Insomnia
- (13) A sense of one's own thoughts and emotions being foreign and invasive

# Where Do These Symptoms Come From?



LUCKILY, MOST PEOPLE EXPERIENCE only a few of the symptoms described in the previous section. Experiencing even one of these problems is enough to make a person want to give up meditating.

But why do these problems occur?

The symptoms come from subtle energy moving through a human being in an unbalanced, chaotic, and disharmonious way. In order to understand why these symptoms occur, we must consider how energy moves through a human being, and how spiritual practices can alter the movement, direction, and intensity of these energetic flows. Then we'll have an idea of how to restore balance to the energetic system.

## *The Seven Energy Centers (chakras)*

A human being has reservoirs of energy that are both spatial and non-spatial, called *chakras*, or simply energy centers. There are ways that energy can accumulate in and flow through the energy centers that is correct, in the sense of harmonious and balanced, and there are ways that are incorrect, that can lead to the kinds of symptoms described previously.

Lets look at the energetic system of a human being:

Each energetic center is associated with a different frequency or vibration of energy, and each is associated with certain qualities. (More on this in our [Course #105: The Seven Energy Centers](#)).

*The first three centers make it possible to live on earth*

*The heart is the center of the energetic system*

1. The **root** chakra is your connection with the 'seat' of your being, and is associated with qualities of stability, security, basic self-esteem, and the sense of having a place in the world. A lack of development here makes a person lack confidence, and is often seen in an inability to manage your financial affairs or career.
2. The **sexual** chakra is associated with creativity and pleasure, with the ability to say 'yes' to life. A lack of development here makes a person inhibited, dull, and unhappy.
3. The **solar plexus** is the center of will-power, and the depth of the heart. If the sexual chakra was about saying 'yes', the solar plexus is about saying 'no'. A lack of development here is seen in a lack of power and discipline, in indolence, indulgence— basically, being unable to say 'no'.

The first three centers make it possible to live on earth, and a lack of development in any of them will create many practical difficulties in life.

4. The **heart** is the center of all emotion, and is also the center of the energetic system, and holds the energy of the other centers. A lack of development of the heart makes you out of touch with your emotions, numb, unable to sympathize or empathize with others.

Because of its important role in the body's energetic system, the development of the heart can cure energetic problems that may arise in meditation. The heart is the bridge between the physical world and the world of spirit, connected to the upper three centers. The first three centers are about life on earth; the upper centers are about the life of the spirit and the realm of subtle energy.

*The upper centers are about the life of the spirit*

*The energy centers are developed by our experiences in life*

5. The **throat** is center of communication, especially of subtle communication with the world of spirit. The connection with the spirit world is felt here. A lack of development of the throat center makes you out of touch with the spirit world, unable to connect to others on a spiritual level.
6. The **third eye** is the center of perception, insight, intuition, and understanding, particularly related to the subtle levels of perception and insight. A lack of development of the third eye makes your thinking and perception dense and linear.
7. The **crown** is the center that holds your connection to your timeless essence, your soul, and to the One Being. A lack of development of the crown makes you out of touch with your true being and with the unity of creation.

All of the energy centers are developed by our experiences in life, and are also very responsive to spiritual practices. We have often seen people develop of a particular center within a few months of daily practice. (Part of the **mentor's role** is to diagnose the state of development of the centers, and then to give the mentee a practice which will bring about the development of the center that is needed at the current time.)

*An energy center can be developed quickly through spiritual practices*

The energy centers can be overwhelmed and unbalanced by too much energy, or by energy that is not appropriate for that center. With the guidance of an experienced meditation teacher who understands the body's energetic system, problems like this are much less likely to occur. But it is common for people to experiment with meditative techniques alone, with no personal guidance.

To get a sense of how the centers can be unbalanced, let's look at the flow of energy through the centers, and look at the direction and intensity of the energetic flow.

# How Energy Flows Through Your Body

**T**

HERE ARE TWO ENERGETIC flows through the body in the vertical direction: one that moves upward and one that moves downward. (There are other energetic flows as well: forward and backward, spreading out, expanding and contracting, as described in *Energize Your Heart*) As the energy flows, it moves through each energy center, depending on how the energy is directed; the flow of energy can be controlled, but most people are unaware of how to do so.

Let's consider the downward flow first. Energy flows downward through the chakras as matter is created from energy, as your being manifests from your spiritual essence. You began as an entirely formless being of pure spirit, and as a ray of light from the sun of the One Being, you are both the ray of light (manifestation) and light itself (perfection).

*Energy flows downward through the centers as matter is created from energy*

As you come to earth, you take on a body and your energy centers develop with your life experience. In your early life, you work mostly on the lower centers. As infants, we work on developing the root chakra, a basic sense of self and stability, mostly through our connection with our mother. (I have two small children, and I can see how much being held has mattered to their sense of selfhood).

Your sense of self continues to develop through your life, and so does your root chakra. The sexual center develops through your life as well, from the sensory pleasures of childhood, to sexual maturation, and to the co-creation of life that occurs with parenthood, as well as through other experiences involving creation, particularly that you connect with emotionally, such as creating art.

At the same time as the centers develop through life experience, they can develop incompletely or unevenly depending on your interests. We notice for example, that people who are very successful in business have well-developed root, sexual, and solar plexus centers. Being successful usually means being comfortable with money, sex, and power, which is a kind of blunt shorthand for the first three centers. (This doesn't mean everyone who is successful behaves well when it comes to money, sex, and power, just that they are developed, in the same way that having a well-developed musculature doesn't mean you'll always use your strength for a good purpose).

People who are more interested in the world of spirit sometimes neglect the first three chakras. The interest in the unseen world means the upper chakras (crown, third eye, and throat) are often more developed.

It's rare to see a balance of development between the upper and lower chakra. Spiritual people often have a certain sense of pride about neglecting the material world. The heart is the key to even development of all the energy centers, and when your heart is strong, your heart moves energy to the other chakras to balance them.

So there is a downward flow of energy that follows the path of manifestation that created you and continually recreates you; the downward flow of energy doesn't just happen once, it's happening continually. There is also an upward flow of energy that is all about your being rising through the levels of manifestation to return to the state of unity.

*The heart is the key to even development of all the energy centers*

*“I was experiencing severe pain at the heart chakra; this sensation just become more intense over time.”*

Your spirit longs to reconnect to the perfect freedom, infinite bliss, and eternal happiness that is your true nature. Problems arise when the upward flow of energy is suddenly energized through meditation, without a strong enough foundation in heart and the lower chakras, causing energy to move through the chakras in an unbalanced way, as in this account:

*This has started some 5 years ago in meditation. I do energy work and work cautiously. I feel the chakras rotating in meditation and prayer from the root chakra to the heart chakra. I have felt energy zig-zagging up my back and I have felt energy from the heart to the throat and sensations at the base of my skull at the back. I have stopped meditating for a bit as I was experiencing severe pain at the heart chakra; this sensation just became more intense over time.*

The heart-pain this person is experiencing indicates that the heart needs more energy to connect the lower and upper chakras. Practices which awaken the heart and energize it will ease the pain in the heart, and practices to develop and strengthen the lower chakras will give a solid foundation on which to build a reliable way to experience unity, allowing the upper centers to develop further.

Now that we have a sense of how energy flows, let's look in a bit more detail at how meditation methods work; then we'll look more deeply at upward and downward meditation methods.

# How Meditation Methods Work

*Every method of meditation uses some combination of the Six Powers*

*Position*

*Intention*

*Attention*

*Inspiration*

*Sensation*

*Invocation*



HERE ARE MANY METHODS OF MEDITATION, but every method can be understood in terms of the Six Basic Powers, discussed in *Energize Your Heart*, pp. 98-105. Every method of meditation uses some combination of the Six Powers, because these powers are all you have (and all you need).

1. **Position** of your body: the spine, acting as a conductor, plays a central role in the movement of energy, which is why most methods of meditation stress the importance of making the spine straight and vertical. (In *Living from the Heart*, there is a good discussion of the role of the spine on pp. 100-101). Of course, making the spine straight and vertical simply facilitates the movement of energy, it doesn't specify the direction.
2. **Intention** plays an important role in the movement of energy. When you sit down to meditate, the way you plan to move the energy causes it to move that way. (Of course, for those unaware of what happens in meditation, there may have been no clear intention.)
3. Where you place your **attention** also plays an important role. If you're aware of the energetic flow, you can more easily choose to pay attention to the direction you want to emphasize. The kinds of things you think about and the direction of your thought also has an impact. Some kinds of thoughts and patterns of thoughts move upward, such as thoughts of rising above, thoughts that move toward abstraction, and thoughts that are paradoxical. Other thought patterns have a downward direction, such as thoughts of love, dedication, purpose, and responsibility.

4. **Inspiration**, or breath, is an important way of changing your energy, as you know from the different way you breathe when you laugh, yawn, exercise, or sleep. When you straighten your spine, and concentrate on your breath with an intention to move energy, you have a very potent combination of the four powers discussed so far.
5. Some meditative methods also produce **sensation** in the body through the use of sound. One purpose of chanting or producing sounds is to cause a vibration in your body that energizes one or more of your energy centers; these self-produced sounds also help you to concentrate.
6. **Invocation** is what beings and qualities you call upon in your meditation. If you pray to Jesus Christ, then you invoke the being of Christ, with all the qualities he has, while invoking Shiva gives you access to a different set of qualities. The little-known power of authentic methods of meditation is that by doing the practice, you invoke a whole line of beings who have spent lifetimes using that method. That creates a very powerful effect, even if you are unaware of it. (Of course, if you use this effect consciously, that is far more effective).

Now that you understand the Six Powers, let's look at upward and downward meditation methods, to get a sense of the differences and how they affect your energy.

# Upward Meditation

U

UPWARD MEDITATION IS ALL ABOUT the rising flow of energy, and uses the Six Powers in certain ways to bring out that effect. The following table gives some examples of upward meditation practices in terms of the Six Powers. Though not every method uses all aspects discussed here, the table gives an idea of how upward methods work.

## *Position*

Lotus posture or half-lotus posture to close off the energy flowing through the legs; tip of tongue touching the roof of the mouth; roll eyes upward; hold tension in certain areas to move energy (*bhanda*)

## *Intention*

Rise above all that is limited; 'I am not my thoughts, I am not my desires, I am eternal and timeless'; connect with your soul

## *Attention*

Use of abstraction to focus on larger world of spirit, focus on the energy rising up the spine (*kundalini*)

## *Inspiration*

Use of very thin, refined breathing; directing breath toward upward movement along spine, through the chakras; holding the breath after the exhalation may also be used, or very rapid, shallow breathing

## *Sensation*

Use of certain sounds to activate the higher chakras and pull energy upward

## *Invocation*

Use of mantras, chants, prayers to invoke those beings who have risen above and achieved enlightenment, transcended limitation

# Downward Meditation

**D**

OWNWARD MEDITATION IS ALL ABOUT the descending stream of energy that flows down through your energy centers. Notice the differences between upward and downward meditation methods by comparing the two tables. Heart Rhythm Meditation is the premier form of downward meditation. Other methods may employ some of the following aspects; HRM uses them all.

## *Position*

Sit in a chair or stool that allows for a straight spine and feet flat on the floor; tongue is relaxed; eyes are relaxed forward; sit upright with chest open

## *Intention*

To open your heart, listen to your heart, identify yourself with your heart, discover all that exists within your heart

## *Attention*

Focus on the physical heartbeat and pulse, focus on the energetic part of the breath, breathe in and out through your heart

## *Inspiration*

Use of deep, rhythmic, full breath

## *Sensation*

Use of certain sounds to activate different chakras, always seeing the heart as the center, enveloping all the chakras

## *Invocation*

Invocation of beings who have achieved illuminated hearts through the perfection of love

# *Problems of Each Direction*

## *Upward meditation*

Most of the problems caused by meditation come from upward meditation techniques, usually due to practices done either with no guidance from a teacher, or with guidance, but from a teacher who does not understand the energetic flows or the student.

All the mental and emotional problems listed on pp. 8-9 are caused by upward meditation techniques, done without proper training, in the wrong setting, or at the wrong time. The problem is not with the techniques themselves. The methods of meditation used in most kinds of upward meditation have been in use for a long time, and have been tested by thousands of aggregate years of human practice. The problem is always with the way the technique is studied and practiced. All methods have their time and place, and we are deeply grateful for the time and dedication the great masters have put into the ancient methods of upward meditation.

## *Downward meditation*

The one great problem that is caused by downward meditation is pain in the heart. It is common to get very intense physical sensations of pain in the chest when doing heart-centered practices such as Heart Rhythm Meditation, even for advanced practitioners. The challenge is to sit with the sensation, and learn from it. What is the lesson in the pain? In this sense, even the great danger of downward meditation is an opportunity for growth, when approached with the right attitude. Even though downward meditation methods are safer, they are still best practiced under the guidance of an experienced teacher who has practiced the method personally for some time.

# How To Heal Yourself



HERE IS A SIMPLE, POWERFUL PRACTICE that works to quickly heal 'Kundalini syndrome' and most of the energetic problems of upward meditation, including headaches, head pressure, tingling sensations, rapid thoughts, and emotional volatility.

## *The Water Breath*

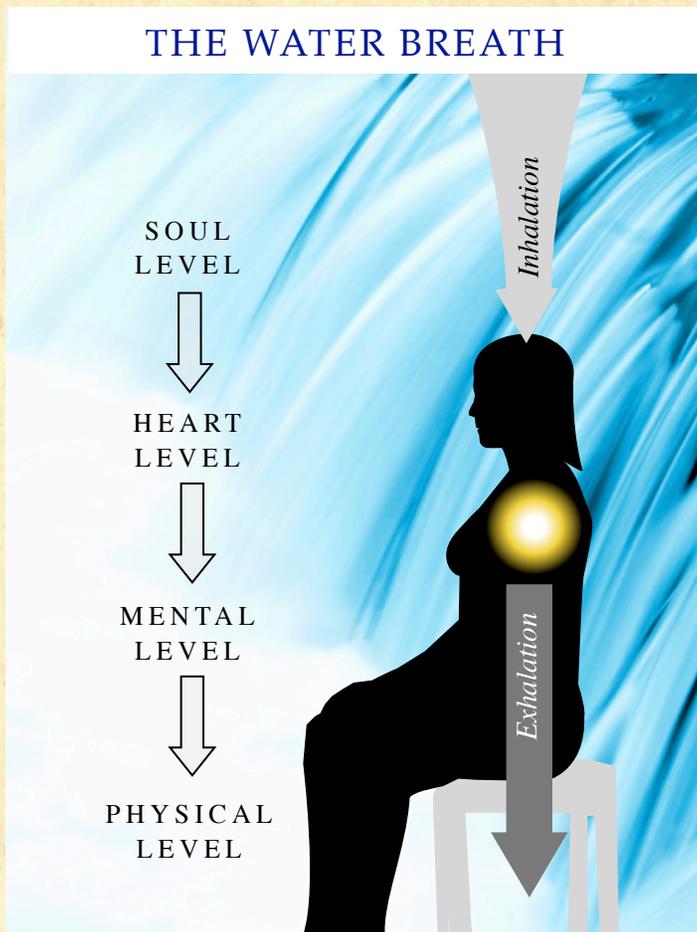
Breathe in through your nose, and out through your mouth.

As you inhale, feel the downward stream of energy raining down on you, through the top of your head, and collecting in your heart as wonderful clear water.

As you exhale, continue to send the energy downward, washing your solar plexus, internal organs, sexual chakra, root chakra, legs, and feet with healing, revitalizing energy which connects you to the earth. Let yourself feel heavy and substantial.

The physical form of water is heavy; water flows downward, and moves in a graceful, fluid manner. This is the perfect antidote to the choppy, chaotic energy of the kind of problem Ron was having:

*Over the last 3 months I have been having trouble with uncontrollable convulsions when I meditate. Is this something that I should worry about? How do I deal with it?*



Louise tried the Water Breath and wrote the following to tell her story:

*I practiced Transcendental Meditation for many years. I have practiced many other forms of meditation all to make the energy go up, of course. Leaving that to work with a teacher who studied with Gurdjieff, combined her own methods. And later I practiced with someone who had us doing deep fire breathing for long periods of time. One day I was at a Holotropic Breathwork seminar and had done a lot of breathing. I was sharing with the group when all of a sudden I felt like a sting moving through my body starting at my feet, it was not the nice energy feeling, this was in my body. I couldn't talk I couldn't hardly hear people talking to me, and it moved upward and seemed to stop in my chest or throat not sure. I was too shaken to really be sure.*

*I have never been the same since. In earlier years I had something else that changed me and caused my heart to close a lot toward my teacher. The Holotropic Breathwork felt like it reconnected me to my heart, but I have never been the same since the heartbreak of that experience. I have also worked with mindfulness (Vipassana) in the last years... you name it, I've tried it. My heart has haunted me for years.*

*What happens at night is that I feel like I am waving... my body is waving, moving, and then I have electrical waves that come and go, and even during the day now. I can feel pulses through out my body at night.*

*I can now report that after working with the Water breath last night and before sleeping I had a much calmer night. I feel so relieved to have found this method.*

It will take time for the Water Breath to work completely, though some have reported good success right away. Stay with the practice, and do some Water Breath each day, particularly at night. The Water Breath is also very good for problems getting to sleep, because of the heavy nature of water, tapping into the water element through the Water Breath brings relief from anxiety and insomnia. The Water Breath is described in detail in *Living from the Heart*, pp. 73-82, and 239-257.

# How To Heal Another

## THE WATER BREATH: *El-En-T*



**T**

TO HEAL ANOTHER PERSON from the problems associated with too much rising energy, do the Water Breath while breathing out and down into the other person's heart, as in the diagram.

You can see from the diagram to the left that the energetic path travels from your own heart, through your arms, through your hands, into the heart of your friend, and down her body, energizing and revitalizing while gently connecting her to the earth.

If your friend can also do the Water Breath, exhaling downward through her heart, this will work even better. Healing another person requires the skill of sending energy, which we develop in all our courses at the IAM University of the Heart, but particularly in [101](#), [102](#), and [104](#).

Sending the breath of water through the heart of another is an example of a practice we call *El-En-T*, which stands for "Elemental Energy Transfer". As the name suggests, the practice can be done for any of the elements: Earth, Water, Fire, Air.

# Spiritual Growth

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N THE SHORT TERM, THE WATER BREATH is the best way of reversing the problems of upward meditation. In the longer term, the development of your heart will prevent any future physiological and emotional problems associated with unbalanced energetic flow.

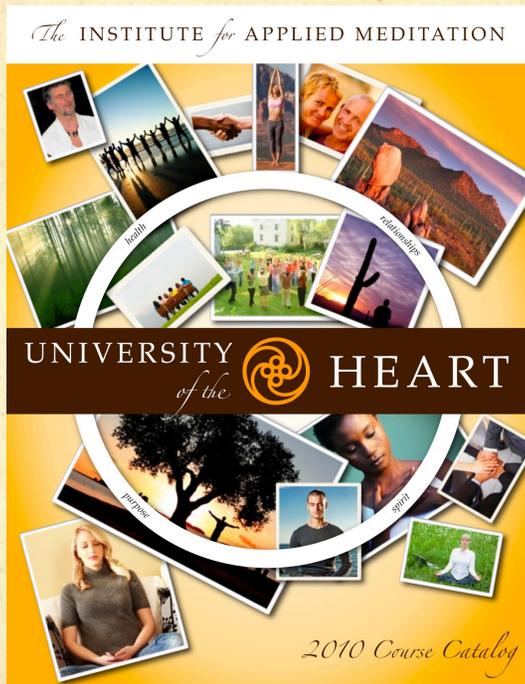
While every spiritual path is about inner growth, not all paths emphasize the heart. Some spiritual schools focus on the third eye or the crown chakra, while others do not focus specifically on the chakra system, but contain teachings that are harmful to the development of the heart. Teachings that stress passivity with regard to goals, detachment, and letting go of desires, are messages that sap your heart of its power.

The IAM University of the Heart was created to provide a comprehensive, two-year program of spiritual development focused on the heart. Our program has five overlapping areas of instruction:

1. webcourses,
2. mentoring,
3. skill development,
4. group retreats, and
5. individual retreats.

We have found that this holistic approach to spiritual development is safe and effective.

We invite you to visit our website to learn more: <http://www.IAM-U.org>



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