

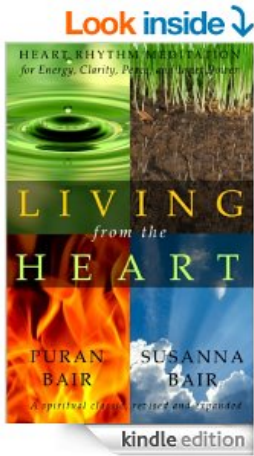
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Puran Bair (Author), Susanna Bair (Author)
(32 customer reviews)

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Book Description

Publication Date: **February 1, 2010**

Living from the Heart is one of the few spiritual books to offer a systematic way to use heart-based meditation in your life; using the energy of the Four Elements (Air, Fire, Water, and Earth) present within your body, mind, and heart, you can energize the part of your being that is needed to respond to life's challenges.

Since the time Living from the Heart was first published in 1988, it has emerged as a spiritual classic. This is the book that first revealed the method of Heart Rhythm Meditation in its modern form.

Through the Institute for Applied Meditation, the school they founded in 1989, Puran and Susanna Bair have taught Heart Rhythm Meditation to tens of thousands of people all over the world. Heart Rhythm Meditation has a proven record of improving the physical, emotional and spiritual health of those who practice it.

Let Puran and Susanna share with you the method which reveals the power and sensitivity of the heart.



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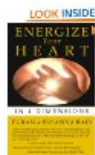
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Editorial Reviews

Review

The heart is a hologram of the individual. Living from the Heart provides the framework for you to integrate the multidimensional energetic power of the heart. --Dr. Norm Shealy, 90 Days to Self-Healing

About the Author

Puran Bair has personally changed tens of thousands of lives over the past three decades, having led numerous meditation workshops, conducted seminars, and co-founded the 20-year-old Institute For Applied Meditation. Energize Your Heart In Four Dimensions, which highlights a ground-

breaking method that utilizes unique heart-centric meditations to decrease stress, reduce disease risk, and energize the body. His prior book, released by Random House, *Living From The Heart*, was praised as being one of the most important texts ever written on meditation. The Tucson-based meditation master has traveled across the nation and Europe, including England, Germany, The Netherlands, and Austria, teaching the Heart Rhythm Practice to CEOs, teams and individuals, and has worked with leading researchers on the different stages of meditation, including metabolism, heart rhythm, brain waves, light emission, and electromagnetism. The American Sufi mystic has undertaken lengthy retreats, including spending 28 days alone in a cave without eating or drinking in the French Alps. He holds the spiritual rank of Pir, the Teacher of Teachers in the Sufi tradition. He has created four Web courses for The Institute for Applied Meditation, Inc. These courses use innovative software to integrate the instructional material with a worldwide forum for dialoging with a live teacher on a daily basis. Puran, who holds a BS degree in electrical engineering from Bucknell University and an MS degree in Computer Science from the University of Pennsylvania, has spoken at the United Nations Environment Program, The ISSSEEM Conference numerous times, the Omega Institute, The Institute for Transpersonal Psychology, The World Conference on Humanity, and at numerous schools. Susanna Bair, who has helped tens of thousands of individuals to attain better health through a revolutionary process called Heart Rhythm Meditation, reveals her method in this new book, *Energizing Your Heart in Four Dimensions*. Recognized as a Sufi master by the Sufi Order of Mysticism, she is the co-founder of the 20-year-old Institute for Applied Meditation, where she served the last decade as its president. For two decades she also served as a leading representative of Sufi Order International, having been appointed by its head, Pir Vilayat Khan. For 19 years, through 2006, she enjoyed a private counseling practice in Boston and Ipswich, Massachusetts. Susanna designs transformational retreats for individuals that range from three to 24 days each. She leads retreats for 120 days per year. She also supervises 15 mentors. She has conducted local, national, and international seminars to businesses and individuals. Susanna also presents at national and international conferences, teaching the Heart Rhythm Meditation process. She taught meditation over the course of seven years, at three different schools, including an elementary school and a high school. Susanna, a former real estate broker, was also an actress who performed in television films in Vienna. She was the director of the Leinen Buchne (Women's Experimental Theater) of The State Theatre in Switzerland. Susanna studied in New York City with Lee Strasberg at the Actor's Studio, and Stella Adler at the Stella Adler Conservatory. She earned a Master of Arts in Counseling Psychology at Antioch University in New Hampshire, and an A.B.D. in Psychology at University of Vienna in Austria. She worked at the Children's Psychiatric Clinic of the General Hospital of Vienna, and at the Health and Education Services near Boston.

Product Details

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4.9 out of 5 stars
- “ *It will change your life by opening your heart to the possibilities of love, harmony, and beauty.* ”
Angela Smith | 10 reviewers made a similar statement
- 5 star 30
4 star 1 “ *Great for the beginning or advanced student of meditation.* ”
Paula Diane Luther | 8 reviewers made a similar statement
- 3 star 1
2 star 0
1 star 0 “ *If you are looking for a blueprint on how to understand and change your life, this book is it.* ”
Crystal Hill | 4 reviewers made a similar statement

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A Universal Meditation Practice July 19, 2010

By [Netanel Miles-Yepetz](#)

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IN SEPTEMBER 1910, AN INDIAN SUFI MASTER and classical musician departed India on a ship bound for America intending to fulfill the last direction he had received from his own master: "Fare forth into the world, my child and harmonize the East and West with the harmony of your music. Spread the wisdom of Sufism abroad, for to this end art thou gifted by Allah, the most Merciful and Compassionate." Thus, over the next 17 years, Hazrat Inayat Khan (1882-1927) evolved a harmonizing approach to spirituality that was essentially universalist in both view and practice. Though Sufism continued to be at the heart of his teaching, it was longer exclusively bound to Islam; for it was his belief that Sufism was something perennial, an approach to spirituality that one could use to enhance and activate one's own spiritual practice, no matter if

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Very insightful book which gives clear directions on the mechanics of heart centered meditation while also providing examples of its' effect on the lives of practitioners. [Read more](#)

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life changing book

This is an excellent book for anyone wanting to learn to live from their heart. It teaches heart centered meditation with instructions that are clear and easy to follow. [Read more](#)

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one was a Muslim, a Christian, or a Jew. Thus, the teachings, prayers, practices and lineages that he inspired are now commonly distinguished from Islamic-oriented Sufism as Universal Sufism.

Today, his spiritual heirs have spread his universal message of "love, harmony, and beauty" all across North and South America, Europe and Australia, and his teachings have even filtered back into the land of his birth in the Indian subcontinent where the practices of Universal Sufism also have their origin. While all of the lineages inspired by Hazrat Inayat Khan continue to practice zikr or 'remembrance' in various forms, they also have in common a number of breathing techniques developed long ago in an early InterSpiritual fusion of Muslim Sufi and Hindu Yogic 'spiritual technologies'. [Read more >](#)

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Wonderful for beginners...hitchhiker's guide to starting meditation

October 15, 2010

By [Goldberg](#)

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I found this book very helpful in teaching myself to meditate. The directions are clear and easy to follow. The steps are broken down into nice sized chunks. The breathing practice itself is helpful for relaxation, emotional healing, and increasing concentration. Enjoy!

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5 of 5 people found the following review helpful

Meditation from the Heart July 5, 2013

By [Robin Carpenter](#)

Format: Kindle Edition | [Verified Purchase](#)

Great for anyone wishing to truly live from the heart. Easy steps to follow. Inspiring and helpful support and classes available.

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4 of 4 people found the following review helpful

The Best Meditation Book I Ever Read July 29, 2013

By [Kathleen](#)

Format: Perfect Paperback | [Verified Purchase](#)

Susanna and Puran Bair are master teachers for accessing the power of the heart. This book explains how to use the four elemental energies of air, fire, water and earth to increase the capacity of the heart. This book includes the material they teach in their online web courses. The explanations in this book are clear, accessible and very practical for applying meditation in daily life. This is a book about embodying the divine in practical life rather than transcendence. The passion and emotions of the heart are used for spiritual development. This is a radical departure from mindfulness meditation techniques. I LOVE this book.

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meditation book October 24, 2013

By [m from Austin](#)

Format: Perfect Paperback | [Verified Purchase](#)

Fantastic book. Good for both beginners and experienced meditators. It is easy to understand, but deep in its knowledge of mysticism and psychology.

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Very informative September 18, 2013

By [Cathy Schneider](#)

Format: Kindle Edition | [Verified Purchase](#)

I love this book. It offers simple yet powerful techniques on how to meditate. I have already used some of these techniques to help me and others through stressful situations and had amazing

Changed my life!

I read this book about two years ago and it resulted in my journey into Heart Rhythm Meditation. I have tried meditation in the past, but it never really took. [Read more](#)

Published 2 months ago by Trent Everett

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Published 2 months ago by Mick Malek

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This is a practical, detailed book for meditating in a way that matters to the way we interact with people. [Read more](#)

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Living from the Heart is the best meditation book you can buy. It is simple, clear and it comes from the heart. It is not just for reading but for actually meditating. [Read more](#)

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I have decades of experience meditating with a meditation technique from India. I love my meditation practice but it is definitely a mental practice. [Read more](#)

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Path of the Heart

Living From the Heart is a wonderful introduction to meditation and the path of the heart. The meditation practices explored in the book are simple with profound results. [Read more](#)

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The Bairs present a comprehensive overview of, and detailed instructions on how to create, a heart-centered life. [Read more](#)

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Meditation explained September 7, 2013

By [Michele Stackley](#)

Format: Perfect Paperback

I've always wanted to learn to meditate but was daunted by the thought of pretzel-like positions or hours of sitting. But the heart rhythm meditation presented in this book by Puran & Susanna Bair includes a few minutes of normal sitting position while simply breathing in time with your heart beat. I was so relieved to find it simple to follow and was surprised at the results. It really is true that when you focus on your heart, it will reveal to you its secrets. What a blessing. I recommend this book to anyone wanting to reconnect with his/her heart.

Michele Stackley

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Wonderful March 21, 2014

By [Steve S](#)

Format: Perfect Paperback

This book amazes me. As someone who is new to Heart Rhythm Meditation, I was impressed with the way it eloquently introduced, then gradually immersed me in the practice. Both practice techniques and and spiritual concepts are explained lucidly, often with memorable anecdotes to reinforce them. The explanations were repetitive enough to help me feel I had a comfortable understanding of the rather difficult concepts being presented. I particularly enjoyed the thorough and powerful discussion of the four Elements. I would strongly recommend this book.

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