

## *Welcome to Anahat...*

Dear Student,

I am honored to have you hold this first set of lessons in your hands. I cannot even begin to tell you what you are about to get into, but I know that you will be glad that you did. Before you begin these lessons, there are several important points to keep in mind from now on:

- You are about to be initiated into a very sacred tradition. Please honor its methods of instruction to ensure that the integrity of the system remains intact.
- Do not teach this information to anyone or share the workbook lessons. If someone you know wants to learn the system, have them read *The Sacred Geometry of Meditation*, listen to *An Introduction to Anahat* audio recording, and then, if they desire to learn the system, they can order their own copy of these lessons.
- Feel free to browse through the workbook first before doing anything else. When you are ready, begin working through the workbook by listening to the enclosed audio recording for the first lesson. The recording will take you step-by-step through the process of learning the system properly.
- Take as long as you need to learn Lesson One. Spend at least one month on this practice before applying for the next lesson. If you practice as instructed, then one month per lesson is a reasonable time period before going to the next lesson. However, please be honest with yourself and take longer if you feel you need to. This is not a competition. If you are not proficient in each lesson, then you will not be ready for the next one. Anahat Meditation Center keeps track of your order dates and will not send the next lesson until after at least one month.
- Each lesson includes a workbook and an audio recording containing teachings and a related guided meditation. After going through the workbook and its audio recording, then practice the meditation.
- Please know that you are not alone in this path. Feel free at any time to contact a Certified Anahat Meditation Teacher if you have questions or need support.
- Practicing alone is important, but so too is practicing in a group. Please contact us about how to find or start a group in your area. The benefits of practicing with others cannot be stressed enough. With a teacher, a core set of teachings and a community of practitioners, your practice will be much stronger than if you practice alone.

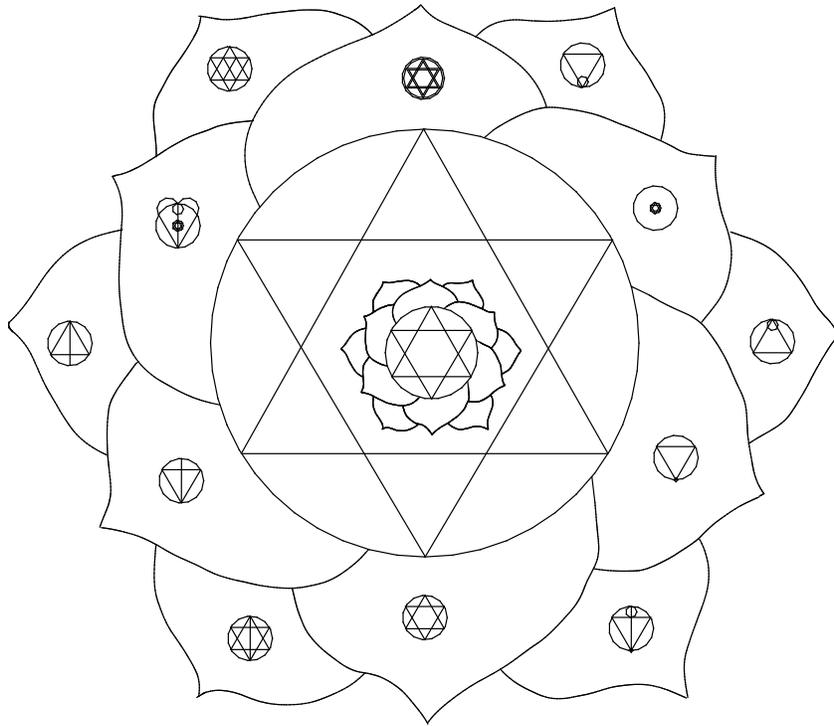
You are now entering into a sacred wisdom tradition...many blessings on your path.

In Gratitude,

Matthew Brownstein

# Anahat Meditation Lessons Workbook and Audio recordings

*THE ANAHAT TEACHINGS*



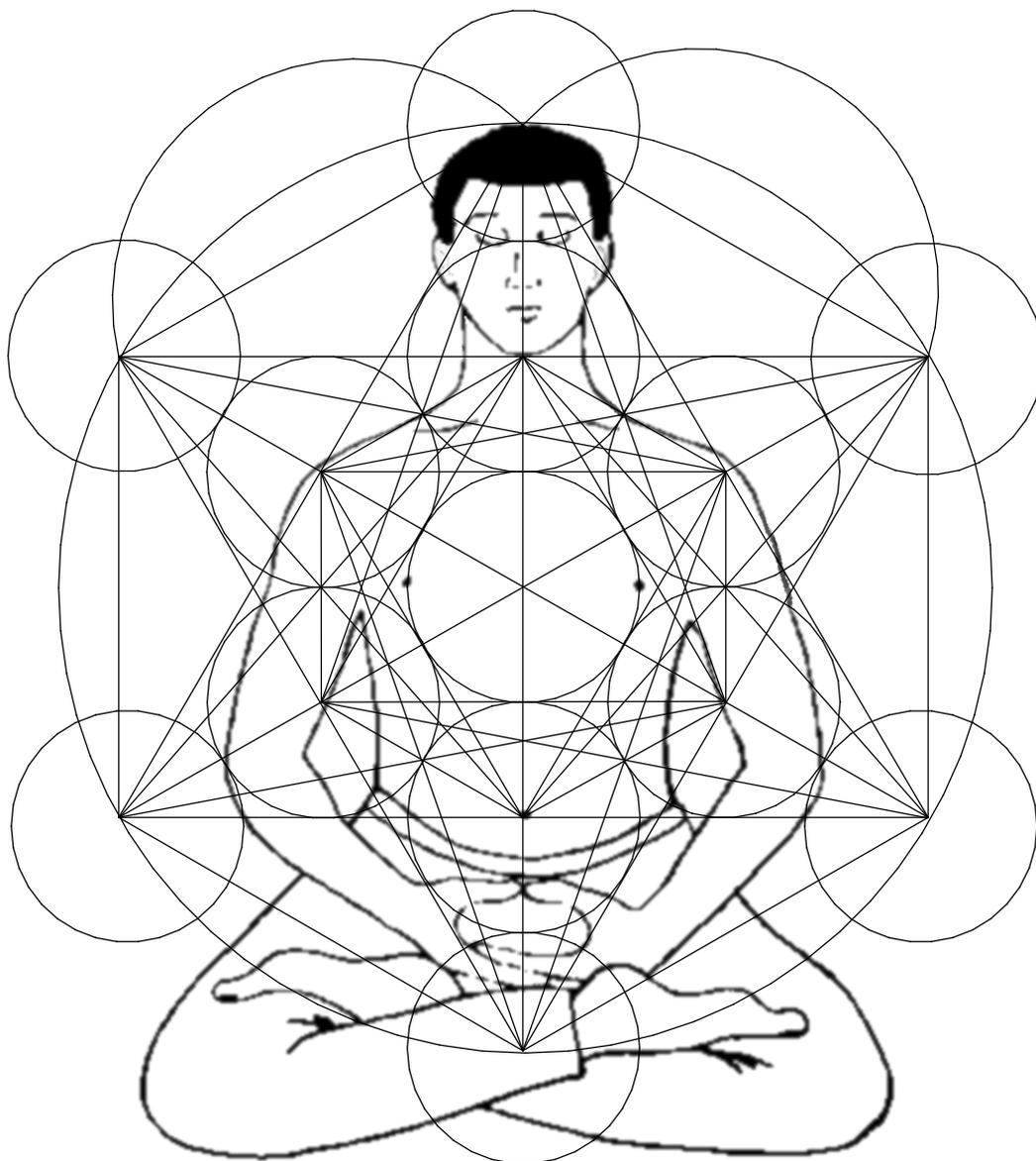
Lesson One – Meditation Number One - Descending

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# CHECKLIST

Lesson Number	Starting Date	Date of Proficiency
1		
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12		
13		
14		
15		

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# INTRODUCTION

Welcome to the lessons for Anahat Meditation. You are about to enter into a most profound system of meditation that truly will transform your life. If you are reading this, then you have already been introduced to the system. By now, you should have read *The Sacred Geometry of Meditation* and listened to *An Introduction to Anahat* audio recording. Please do not proceed until you have thoroughly reviewed these materials. There is a very specific way to learn this system to get the most out of it. If it is done improperly, then you will not get the maximum benefit from your efforts, and the system itself will lose its efficacy for you.

Please consider this an initiation into a very sacred tradition that should be honored and respected. It is very important that those who practice this system honor its means of instruction. You will therefore be asked at the outset not to teach what you are learning here and not to share these lessons with anyone. There is nothing secret about the Anahat Meditation System; it is meant for anyone who wishes to learn it. However, it is very important that it is learned properly. Therefore, only Certified Anahat Meditation Teachers may teach the system, and students should only learn by going through these workbook lessons.

The system is whole and complete in and of itself. How it is to be practiced and how it is to be taught are very clear and by following the system exactly you will get the most out of its practice. There are clear stages that the beginning practitioner will need to go through to fully grasp what will happen through these meditations. Learning them or memorizing them is not enough. The system as a whole could be taught in a matter of days, but the energetic shifts and levels of mastery that need to occur happen over years. To fully absorb this system, its means of learning should not be rushed. Take your time, digest it slowly and practice it diligently. There should be no rush because ideally this will be a practice that you spend a lifetime diving deeper into.

In the beginning there is no way to understand how profound the system will be, and these lessons are not meant to convince you of that. Having read *The Sacred Geometry of Meditation* and having listened to the introductory recording, your motives for practicing should be clear to you. Without a clear reason to practice, you will give up after awhile and never finish these lessons. When the practice gets hard, or when you find a certain meditation difficult, then you will simply stop engaging the practice. However, if you are very clear about your reasons for doing this, you will push through and finish the system because you truly know where it can take you.

This practice will give you many benefits. It will help you to:

- feel grounded and solid in your body
- open your heart and clear out old emotional blocks
- attain a seat of Higher Consciousness—also known as Witness Consciousness
- tap into the power of the sexual energy and transform it into higher spiritual energies
- clear out and balance the chakra system
- clear out and balance the meridian systems
- integrate your spirituality into your daily life
- establish a clear connection to Source/God
- purify the system in preparation for Kundalini Awakening
- realign the sacred geometrical grids that underlie the human form
- acquaint you with the wisdom contained within these grids
- develop a clear, precise and focused mind
- align the energy system to open to profound mystical experiences including out-of-body experiences
- fully integrate the physical, etheric, astral, mental and causal bodies with Spirit
- move through the stages of Samadhi into Absolute Oneness with God.

These reasons should be enough for you, but they have to come from within. Whenever you may feel that you are getting lazy or undisciplined in your meditation practice or in the study of these teachings, please revisit this list and remember why you are going through these lessons. Please take a moment and get very clear on why you have chosen to begin these lessons, and then take your time and write this down on the lines below to help in establishing your commitment to practice.

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You are beginning a long process, and proficiency can take years of practice. Simply take your time, be diligent in practicing the meditations and working through the lessons. Always feel free to contact a Certified Anahat Meditation Teacher if you ever need more support in your practice in any way.

# LEVELS OF PRACTICE

Level One – Core Meditations		
Meditation Number	Meditation Name	Lesson Number
1	Descending	1
2	Heart-Centered	2
3	Ascending	3
4	Sexual Energy	4
5	Circulation	
6	The Six-Pointed Star	5
7	The Star Reversed	6
8	Upper Body Meridians	7
9	Lower Body Meridians	
10	Wings	8
11	Integration	
12	Structure	
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15	Ascending Energetics	
16	Sexual Energy Energetics	
17	Circulation Energetics	
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19	The Star Reversed Energetics	
20	Upper Body Meridian Energetics	
21	Lower Body Meridian Energetics	
22	Wing Energetics	
23	Integration Energetics	
24	Structure Energetics	
Level Three – Advanced Teachings		
Stages of Samadhi		11
Astral Projection		12
Advanced Sexual Energy Practices		13
Cosmic Consciousness and Ascension		14
Level Four – Certified Teacher		
Certified Teacher		15

## Meditation Numbers

Each meditation has a corresponding number. There are twelve core meditations and twelve energetic meditations.

## Meditation Names

Each meditation has its own name based on the energetic of that meditation.

## Lesson Number

Meditations are learned individually or in groups. A lesson can consist of working on one or more meditations or teachings at a given time. Advanced lessons are learned and practiced as you gain proficiency in the preceding lessons.

## Levels

There are four levels of Anahat Meditation.

# LEARNING THE SYSTEM

Anahat Meditation Levels One, Two and Three are best learned over a period of one year or more through the support of books, recordings, workbooks, a Certified Anahat Meditation Teacher and working with a group in the context of regular meditation sittings, classes and workshops.

Learning the system properly and getting the most out of it consists of following these steps, ideally in this order:

1. Read *The Sacred Geometry of Meditation*.
2. Listen to *An Introduction to Anahat* recording.
3. Contact a Certified Anahat Meditation Teacher.
4. If possible, attend regular group meditations and classes.
5. Begin with the *Anahat Meditation Lessons – Workbook and Audio recordings*.
6. Attend lectures, workshops and seminars as desired.
7. After practicing a workbook lesson for at least one month, then apply for the next lesson. It is important to feel proficient in each lesson before moving to the next. A minimum of one month is required before new lessons will become available to the practicing student.
8. After at least two years of practice (determined from the date of your enrollment for the first lesson) and completion of Levels One, Two and Three, you may choose to apply to become a Certified Anahat Meditation Teacher. Only then can you begin to teach the system to others.

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# SITTING POSITIONS



Quarter Lotus

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Half Lotus

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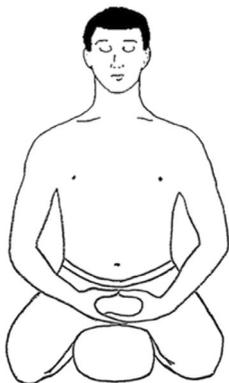
Full Lotus

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# MEDITATION NUMBER ONE – DESCENDING

❖ Inhalations and exhalations to the hara with a focus on grounding.

Meditation Number One – Descending is practiced as the foundation of the entire meditation system. It is meant to assist the practitioner in cultivating *yoriki*, or concentrated power. This focused energy is that which will be moved throughout the rest of the system’s energetic flows. Descending helps one to develop a clear, focused and precise mind. The first month, or longer as the case may be, is spent embracing one’s humanness. Here we lay a solid foundation for the rest of the practice and allow a place to come back to— to ground our energy and still function as a solid human being while we move on to the higher spiritual planes.

## DESCENDING

For at least one month, the beginning practitioner is encouraged to practice only Meditation Number One to become fully aware of what it means to fully descend. Not only is a powerful concentrated energy being developed, but a solid meditation practice is being formed where the practitioner learns to pull his energy back down into the body, to ground and anchor it.

Descending is more than just a mechanical process of moving energy back down into the physical vehicle, because it involves a psychological willingness to be fully human. The Anahat Meditation System begins right where we are with our bodies and asks us to be fully present and open to the human experience. Only by knowing what it means to be fully human can we appreciate what it means to be fully Divine. Descending is about being real, open and honest. It is about cultivating self-love and self-respect while being deeply intimate with one’s physical existence.

A deep maturity comes from this practice in that it asks the spiritual seeker to first know what it means to be a human being. At first this seems so obvious, and one would claim that they have always been a human being, but this is not the case at all. Most people try to avoid being human and live in their heads with ideas of trying to be something that they are not. So few people live fully in the moment, completely present to their senses and deeply connected to life through the vehicle of the physical body.

This is the beginning of Anahat Practice and the beginning of every meditation session. Descending is the basis of our practice and becomes an exceptional meditation to ground and focus our energy after the more intense practices that will follow in the meditations to come.

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# KEY COMPONENTS

Eyes and Chin

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Arms and Hands

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The Tongue

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Practice Times

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The Breath

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The Mind

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Discipline

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# JORIKI AND SANYAM

Concentrated Power

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Dharna

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Dhyan

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Samadhi

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# RECOMMENDATIONS FOR DESCENDING AND LESSON NUMBER ONE

Review *The Sacred Geometry of Meditation*

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Proper Nutrition

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Proper Exercise and Body Practice

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Handling First-Chakra Issues

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# ENGAGING ANAHAT MEDITATION

On Your Own

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In Groups

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With the Audio recordings that Accompany the Workbooks

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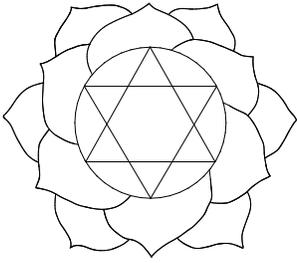
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## *Congratulations...*

Thank you for taking the time to have come this far in the training. If you have practiced Lesson One – Meditation Number One – Descending for at least one month and feel proficient in its practice, then you are ready to order your next set of lessons. However, you may be asking, “How will I know if I am ready or not?” The following points should be used as a checklist:

- You simply feel that you are ready and want to continue.
- You have been practicing morning and evening for at least ten minutes on a regular basis.
- You have some sense of what the word *Joriki* means from direct experience.
- You feel that you understand what it means to Descend and to bring your energy into your body.
- You have spent some time during this first stage to improve your physical life, including your diet, exercise routine and life in general.
- You have gone through the workbook and the accompanying audio recording for Lesson One at least twice.

You will know in your heart if you are ready or if you have any doubts. If you are not ready, then do not worry, just keep practicing and move on when you are.

*If you are ready, then go to [www.anahatmeditationcenter.com](http://www.anahatmeditationcenter.com) and log in with your user name and password. Then click on Workbooks. On the left side of the page, you will see a Categories box that contains product listings such as books, recordings and workbooks. In that section you will also see an AML link, which stands for Anahat Meditation Lessons. Click on the appropriate lesson and add it to the shopping cart. Go through the checkout process and indicate whether you want your lessons mailed to you or if you want to pick them up at Anahat Meditation Center. Please order your next set of lessons only if it has been at least one month since your last set of lessons arrived.*

*If you are not using the internet and would like to place your order over the phone, then call 352-378-5746 or 800-551-9247, or just come into the Center in person – you are always welcome.*

## The Vision of Anahat – A Vision of Oneness

1. Establishment of the Principles of Anahat
2. Establishment of the Principles of Anahat Shabd
3. The Order of Manifestation
4. The Acknowledgment of Suffering
5. The Acknowledgment of the Enlightenment
6. The Acknowledgment of Service
7. The Anahat Teachings on Sacred Geometry
8. The Anahat Meditation System
9. The Anahat Order of Sacred Service
10. Mission and Purpose
11. The Movement into Life Mastery
12. Creating and Manifesting Anahat Center

## 1. Establishment of the Principles of Anahat

*Anahat* is our source prior to all manifestation. It is God Beyond the Beyond—Absolute, eternal and forever unchanging.

Anahat is the very heart of our being. It is God the Father—one without a second. Forever the same—beyond birth and death. Beyond time and space.

Anahat is Love—the essence of all that is. It is the only reality—the All-in-All—non-dual with its creations.

Anahat is Peace—it is silent, still and eternally at rest. It is bliss beyond measure. It is undying Divine Sweetness.

Anahat is beyond all description and theological speculation—it may or may not be believed in or agreed on—yet it is there for all to experience directly.

It is the mystery of the Light.

Anahat is pure Spirit.

Anahat is the Heart.

Anahat is Love.

## 2. Establishment of the Principles of Anahat Shabd

The *Anahat Shabd* is the Anahat Sound. It is the Silent Light of God. It is the first movement into manifestation. It is the Silent Word of God. It is God in the Beyond State.

The Anahat Shabd is the first movement into Creation. It is the Son of God containing all of the perfect and right ideas of Creation. It is the Child of God.

The Light is non-dual with its Source. Sharing all its qualities, the Light is a perfect reflection of its Source. It is eternal and forever unchanging.

The Light of God is the Child of God. It consists of all perfect and right ideas and collectively contains all the children of God as a oneness without separation.

The Light of God is the Mind of God. It is Divine Mind, and it is only One. Its children share in only this One Mind and One Will.

There is nothing but this. Only God and God's creations are real.

## 3. The Order of Manifestation

As a creative force, Spirit manifests itself. The thoughts of Divine Mind externalize themselves through a movement in the Light.

Through the Sparks of Creation, ideas begin to gather form unto themselves. All thought inevitably manifests. Light, sound and geometry unfold into perfect and eternal realities.

Thoughts in Divine Mind are perfect and right ideas expressing perfect and eternal realities of Love, Light, Oneness, Harmony and Peace. In Truth, there is only this. Only these creations are real.

God's child is given the same creative power and creates as his Father creates.

True creation is effortless and in harmony with All That Is. It is governed by One Will.

#### 4. The Acknowledgment of Suffering

As the Reality of God is the only reality, all other manifestations are only apparent realities and exist in the relative field of perception.

As all thought inevitably externalizes itself, thoughts that are based on wrong ideas manifest illusions of suffering, sickness and death. These are not God's creations and do not exist in reality.

The deluded children of God believe themselves to be separate from their Source. Their thoughts are not aligned with Divine Mind, and they suffer from a nightmare of false beliefs, negative emotions and dreams of sickness, pain and confusion.

Those caught in this cycle of illusion believe themselves to be separate individuals with separate minds. They believe themselves to be bodies that are born, grow old, get sick and die. No longer remembering who they truly are, they suffer in a world of make-believe. No longer aware of their Source, they believe themselves to be other than as God created them.

They live under the terrible illusion that they are alone, helpless, powerless, betrayed, abandoned, lacking, unloved, unlovable, sinful, guilty, worthless, useless, unimportant, bad, without purpose, without meaning, a failure, needy, hopeless, trapped, stuck, incapable, less than others and subject to sickness and death. They live in an illusory world and are completely convinced of its reality.

These erroneous beliefs manifest emotions that trouble the deluded mind even more. From these false views of self, the deluded children of God suffer from fear, anger, hurt, sadness, loneliness, jealousy, lust, envy and impatience.

Unaware of how to be truly free, they suppress these feelings and create a subconscious mind that, in their deluded state, temporarily governs all their conscious thoughts, behaviors and life patterns. Feeling disconnected, vulnerable and alone, they live in constant conflict with themselves and their brothers and sisters and always live believing that they are bodies that have a beginning, a period of decay and an eventual end. They live with an unbearable fear of death.

Suffering is to experience oneself as separate from God temporarily. It is an illusion where separate individuals dream that they live in a world of darkness and hopelessness. They live in a nightmare of birth, sin, sickness and death—fostered by guilt, lack, need, fear and pain.

## 5. The Acknowledgment of the Enlightenment

There comes a time, at the pinnacle of separation, where the deluded mind begins to question the reality of the world that it perceives. It begins to long for more than this nightmare of an existence and begins to open its mind to true help.

When this apparent individual begins to long to be free, a willingness is established that allows for true help to enter his nightmare. This help comes from those who are already awake yet who temporarily function consciously in the dream world without believing in the reality of the dream —these are the true awakened servants of God.

Relationships develop where teacher and student begin a process of working through illusions where the teacher gently guides the student to question his faulty views of himself, his feelings and his world. It is a sacred relationship where apparent individuals come together with the shared interest of finding freedom, truth and love.

It is a relationship of healing, gently and always governed by Spirit, where two people come together to awaken together—both are healed in the process.

These relationships are based on a unified purpose where beings of Light work together to remember the Truth of who they truly are. Some appear to walk more alone than others, and no one appears to walk the same path. Yet we all walk together because we are all going to the same place.

Those who consciously work for this collective Vision of Oneness are true servants of God. Through various modalities, teachings and techniques, they hold a single intention to relieve the suffering of all beings and to bring them to the Truth of who they really are.

The enlightenment is this realization. It is the remembering of the One Certain Truth of God. It is the transmutation of all error into Truth, all fear into Love, all sadness into Joy and all dreams of separation into Oneness.

The enlightenment is the remembering of who one truly is as a perfect child of God. It is one who lives with a fully open heart, a mind directed only by God and a Vision of Oneness that sees everyone and everything as One's very own Self. It is a non-dual Vision where nothing exists but God. It is the world seen through the eyes of Enlightened Love.

## 6. The Acknowledgment of Service

Everything is God. There is suffering. Therefore we serve.

The enlightened being knows only of Oneness. He knows that only God is real and that countless numbers of beings suffer from their erroneous belief that they are other than this One Truth.

Those who are awake see only One Self, and in this world they live with an unbearable compassion to relieve suffering. Seeing only One Self, those who are awake and who know themselves as Love can do nothing but work in the mighty crusade to assist those in apparent need.

The enlightened mind understands that we all go together or we do not go at all. As long as there is the illusion of suffering, then no one is truly free. The true servant of God understands that, until all beings are free from suffering, the work must continue.

## 7. The Anahat Teachings on Sacred Geometry

The Descending Triangle represents the expressive nature of Divinity. Macrocosmically, it represents the infinite worlds created in Divine Mind. Microcosmically, it represents the child of God's apparent manifestation into form.

The Descending Triangle represents the order of manifestation. In Truth, it represents the Triune nature of God as Father, Son and Holy Spirit. In its seven-fold manifestation, it represents the illusory world of man's experience in the world with a human body.

The Ascending Triangle represents the unifying nature of Divinity. Macrocosmically, it represents the truly created joining with their Creator. Microcosmically, it represents the enlightenment of those who believed they were separate from their Source.

The Ascending Triangle represents the reverse of the order of manifestation. In Truth, it represents pure knowledge and pure devotion where the children of God know themselves to be one and know themselves to be one with their Source. In its triune aspect, it is simply the perfect knowing of God by his children. In its seven-fold manifestation, it represents the apparent Ascension of man's return to God—a Home that he in Truth never left.

The Six-Pointed Star represents the union of these two dynamics. It is the balance of Ascending and Descending. In Truth, it is simply the perfect relationship of God and God's children in an eternal dance of devotion, love and adoration. It is the intoxicating love of the lover and the Beloved—the drop merging into the Ocean and the Ocean merging into the drop.

The Six-Pointed Star is the heart of our being. It is the true and complete geometry of Anahat. It is the center of our being, and it rests deep within the heart of the human being. It is an open heart—a fully blossomed lotus—radiant with love, full of light and joyfully serving God as the many beings.

## 8. The Anahat Meditation System

Those who work for their own awakening and for the awakening of humanity can consciously work toward enlightenment and reduce the amount of time required to become free and for all beings to become free.

The Anahat Meditation System works to descend the energy of God into the human experience. It works to open the heart and to free one of emotional blockages that block the flow of love and joy within us. And it works to Ascend the consciousness of the practitioner back into his Source to experience directly the essence of what Anahat truly is.

The System centers around sacred geometry of the Divine manifestation. It brings balance and peace to the body, heart and mind and awakens the practitioner to the Truth of his own being.

It inevitably leads to freedom; and, therefore, it inevitably leads to service.

## 9. The Anahat Order of Sacred Service

The Vision of Anahat, which is the Vision of Oneness, unifies people together to work for the larger vision of relieving suffering and anchoring the presence of the Light more and more into the lives of all beings. It consists of helping each individual to blossom into his fullness and to share in a Vision far greater than the illusion of being a separate individual.

The Vision of Anahat unifies minds into the reality that they are already joined and that they follow One Vision, One Will and One Truth. Through this intention more and more people join to serve the world in their own unique way where each individual expands into the greatness that lies within.

The Anahat Order of Sacred Service consists of those who utilize the Anahat Teachings and practice the Anahat Meditation System. Its members consist of those who have taken a sacred vow to serve until all beings are free from suffering. It involves a level of commitment to the larger Vision where one's life is dedicated solely to the plan for salvation. Not all who work with Anahat formally take this vow.

It is a temporary establishment that actively works to unify minds to come together in a more powerful way to serve the world. In the end, it is meaningless and joyfully dissolved with all the other illusions that it worked to shatter.

## 10. Mission and Purpose

*Anahat* is a Sanskrit word for the energy center (chakra) of the heart. Anahat Center is a place of the heart based on universal truths that speak to the essential spiritual needs of the human race. The center of our being lies in our heart. The Anahat teachings are a way to bring awareness to that which we already are—to that lying hidden within each of us. In unity, love and service, these teachings are not a new religion or philosophy, yet are rather an infusion of the Divine Presence in every aspect of our lives. Anahat, the energy of the heart, is rooted in love. Only love.

The aim and sole purpose of Anahat Center is to infuse the world with the Divine Presence in unity, love and service. In unity we are united with all that is, in love we love all that is as our very own self, and in service we dedicate our lives to the relief of suffering. The mission of Anahat is to integrate universal truths in a way that anyone can accept without religion, dogma or over-intellectualized philosophy.

Direct experience is the only way to know Truth. Words can only guide a seeker to the goal of their path. Without attachment to concepts, we see through their limitations and touch the living reality that lies beyond them. To discover the truth of one's own being and to live from that center is all that we are here to do. To know ourselves as the Divine and then to go out and serve ourselves as the Divine is the aim of our work.

The mission of Anahat Center is to bring health, wealth and enlightenment to individuals and groups by unifying local and national organizations into a whole that is greater than individuals working alone. With the highest integrity, Anahat Center works to relieve the suffering of all beings and to assist all beings in reaching their full potential.

## 11. The Movement into Life Mastery

Life Mastery consists of the Self-actualized life. It is a life lived fully and completely—a life of success in all categories.

It consists of a person who is spiritually aware; living with an open and clear heart and mind; a healthy and strong body; an experience of career and financial intelligence and success and relationships that are harmonious, loving and beneficial for all beings.

Life Mastery consists of knowing one's own mission; life principles; universal laws; life categories prioritized; long-term, mid-range and short-term vision; and a daily life of proactive success, accomplishment and service.

Life Mastery leads to a life of service. When an individual is whole and complete—free of lack and suffering—then he is exceptionally well suited to serve all beings as Spirit directs him.

Life Mastery involves prioritizing oneself and reaching one's own individual potential. From here, he can be of the greatest service.

The service work involved in Life Mastery occurs during the Self-actualization process—and does not wait until it is complete. The healer is healed in the process of healing. The servant is enlightened in the process of enlightening—and, as we all go together, we all achieve mastery in the process. We go as equals, and we go with God.

## 12. Creating and Manifesting Anahat Center

True Creation already exists. All that ever was, is or will be eternally exists in the Mind of God. Anahat already exists. Silent Light already exists. God's unified children already exist. The plan for salvation already exists. Therefore the Vision of Anahat is not to create what God already created, but to manifest it into our life experience.

Love already exists. Peace already exists. Harmony already exists. Joy, abundance, health, happiness and grace all already exist. The mission of Anahat Center is to manifest this into the hearts, minds and lives of all beings.

Anahat Center is a place of the heart. It is the essence of our being as God. It is the center of our being at our heart center in our chests, and it is a place where we come together to join as brothers and sisters.

Anahat Center is a location that exists everywhere, and its buildings represent a shared locale where people with a mutual intention come together to heal, serve and live fully and completely.

The Mother Center of Anahat houses all the many aspects of what the Vision of Anahat Center is, while satellite centers work to unify communities throughout the world.

Each Center is meant to house holistic health services with healers who work within their respective modalities and skill levels, and each Center is also meant to house healers who work with the principles of *The Sutras of Healing and Enlightenment* to directly heal the minds of those asking for help.

Each Center is meant to house classes and workshops in spirituality, health and healing. Centers are meant to teach personal, social, economic and environmental health and prosperity.

Each Center is meant to house IGE Networking Groups, which unify the local business community with a deeper sense of spirituality and heart-centered connections.

Each Center is meant to house Silent Light Publishers books, audio and video products and Anahat Center's magazine customized to each area's general location.

Each Center is meant to have a reading room that serves as a library for Anahat materials as well as containing the works of other authors. The use of these rooms shall be free of charge and open to all who wish to use them.

Each Center is meant to have a meditation room for people to meditate in as they desire. These rooms shall be free of charge and open to all who wish to use them.

Each Center is meant to serve as an outreach to the community through Anahat Corporate Solutions, Anahat Senior Solutions, and working to serve the homeless and others in need.

Each Center is meant to tithe a percentage of its income to organizations that work toward the relief of suffering in the world.

Each Center is meant to encourage the growth of its individual members to actualize their full potential, while honoring their uniqueness and life path and seeing them as part of a shared vision.

Each Center is meant to encourage its members to honor each other as equals where no one is inferior or superior to anyone else.

Each Center is meant to house the Anahat Teachings and the Anahat Meditation System, yet no one involved in the Center needs to know about the teachings, practice the teachings or ascribe to them in any way. The Teachings are there for those who feel called and are not for everyone. Each member of Anahat is encouraged to walk his or her own path.

Each Center is meant to be a place of the heart. It is meant to be a place of love, healing and service. Its view is a universal and unified spirituality. Its message is love.