



THE HEARTBEAT

MARCH 2025



Photo: Community gathering hosted by iamHeart student Monica Castillo and her husband Steve in their beautiful Arizona home.

Spring Renewal &
Action in Community

COMMUNITY OF HEARTS

A thriving, open community isn't built by chance—it's created through intentional action.

This year, we have already seen many of you stepping up to share in the community of the heart with others outside the organization; whether hosting your own events, volunteering to teach, or chatting online.

Flourishing happens when we show up and commit to making a difference beyond the work in our individual classes.

We invite you to cheer the efforts of your peers highlighted in the following pages, and to find inspiration to share your heart, whether through art, conversations with friends or contributing on our new online community.

Every interaction helps us open our doors to all, as we strive to reach 1,000 new hearts.

With gratitude,

Gerred Clarke, Executive Director
Susanna Bair, Co-founder
Puran Bair, Co-founder

“The Message of the Heart is the answer to the cry of humanity today; for it is in agreement with science, and it stands in defense of all traditions.

Our movement renders service to All, without any intention of forming an exclusive community, but of uniting in this service people of all the different traditions.”

– Hazrat Inayat Khan

ONLINE COMMUNITY

Click Below to Learn More

JOIN
Community

The launch of our online community has had rapid growth, with nearly 200 members already joining in. This space, on Mighty Networks, is quickly becoming a dynamic hub for support, and shared learning to help long-time members reconnect and new members to discover HRM.

Together, we are building a vibrant community and we are grateful for the energy and enthusiasm that each of you brings. It's just the beginning, and we can't wait to see how this community continues to flourish and support one another. Explore features below.

Member Growth - Connect with Others

Jan. - March 2025



Sample of Groups

▼ Essentials February 2025

-  Class Meetings / Zooms
-  Week 1 - Introductions
-  Week 2 - Posture and Breath

Hurqalya Graduates

-  Hurqalya Graduate Meetings
-  Discussion
-  Library & Resources

ONLINE COMMUNITY

Click Below to Learn More

JOIN
Community

Join the Conversation



Holly Dietz 1d
Member

It is meditation that focuses on using the spiritual and physical powers of your heart, mind and spirit to connect your past present and future to attain your life's path. The focus is to stay in your body to live, not leave it. I am just learning. Holly



Stacey Auch 1d
Admin

Dang Holly! This is so succinct!



Bari Chen 1d
Member


An unique inner exercise that can develop and restore the heart's "superpowers". 😊




Paul DiBenedetto 1d
Member

My explanation would depend on who I'm speaking to. In general, I'd say "heart rhythm meditation is a collection of mindful attention techniques centered around the rhythms of my breathing and my heartbeat. Because there is tremendous diversity in this collection of techniques, I use them in many circumstances: to keep myself centered and stable, to process difficult feelings, to rise up to a challenging situation, to ...more







THU, MAR 13 • 4:00PM
HIK Philosophy with Susanna
Zoom Meeting
You & 13 going · Study Meetings



FRI, MAR 14 • 6:00AM • Repeat Event
Living in All Dimensions with Maureen Debellis
Zoom Meeting
You & 3 going · Live Group Meditations



SAT, MAR 15 • 7:00AM
Saturday Main Class
Zoom Meeting
1 going · Class Meetings / Zooms



SUN, MAR 16 • 7:00AM
March 16th Class
Zoom Meeting
1 going · Full Course - Heart En...
View Event

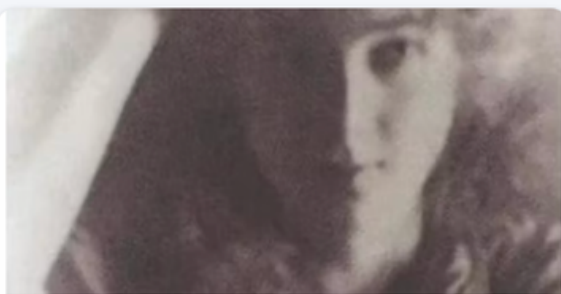
All Events in One Place

PHILOSOPHY OF THE HEART

Successful H.I.K.
Study Group
Community Launch

Click Below to Learn More

ADVANCE
H.I.K. Studies



**Invitation to our next sharing
about Hazrat Inayat Khan's
great Love of his life....**



Susanna Bair

iamHeart

H.I.K. Philosophy

- Study group sessions twice a month
- Study teachings of Hazrat Inayat Khan
- Discuss Sufism, meditations and mysticism
- Connect with community of mutual interests



**ZIKR - Practice of
Remembrance 1/23/2025**

Githas Meditation 4, ZikrThere...



Elizabeth Crockett

The Hazrat Inayat Khan Study Group enthusiastically launched in January, and it's already a wonderful example of a flourishing community with over 80 members signed on in the first month.

This group dives into the wisdom of Hazrat Inayat Khan.

Susanna & Puran are currently leading sessions with a review of text and then opening up time for questions and discussion with attendees.

There are no prerequisites to join—everyone is welcome, including non-iamHeart students, and each person is able to ask questions whether during live sessions or in the group chat.

We're grateful for the energy and wisdom everyone is bringing, and hope to see you soon.



BEGINNER COMMUNITY

Click Below to Learn More

[VIEW](#)
[Studio](#)

[LEARN](#)
[Essentials](#)

Last year, we recognized the need for short, accessible offerings to welcome newcomers, ensuring that anyone can engage with the teachings of Heart Rhythm Meditation, no matter their experience.

In response, we created programs designed to support and guide those beginning their journey.

Reaching 1,000 hearts depends on sharing these opportunities with those who may benefit.

A simple invitation from you can open the door for someone's growth, and together, we can expand this community of learning and connection.

Beginners' Online Studio Classes



HRM Basics

Heart Rhythm Meditation: Practice Syncing Heartbeat & Breath
Meditate on your heartbeat. Learn how your breath influences your heartbeat and how to improve Heart-Rate-Variability & Vagal Tone.

- ♥ Improving Heart Health
- ♥ Reducing Stress & Anxiety
- ♥ Improve Sleep
- ♥ Quiet the Inner Critic



Elements in Harmony

Breathing Journeys
Explore the elements of water, fire, earth & air as they relate to your breathing. Learn to direct your emotions and energy levels.

- ♥ Managing Emotions
- ♥ Better Sleep
- ♥ Reduce Stress and Anxiety



Living in All Dimensions

Exploring Your Heart's Reach
Our heart's capacity for love reaches in multiple directions. Learn which directions come naturally to you, and how to strengthen others to reach your goals, tap into creativity and improve relationships.

- ♥ Achieving Goals
- ♥ Finding a Sense of Purpose
- ♥ Reducing Feelings of Isolation



Harnessing Your Powers

What You Can Control
Tap into 6 powers that you can control throughout your day. Use these powers to get 'unstuck' and move forward in your life.

- ♥ Achieving Goals
- ♥ Reduce Stress and Anxiety
- ♥ Reducing Feelings of Isolation
- ♥ Better Sleep

HRM Essentials 12-Hour Course

Next Start Date April 30



Bring balance to the body by balancing the breath. Learn to overcome habitual breathing patterns that may favor one part of the body over another and increase the harmony of internal rhythms.



Increase your vitality and lung capacity to improve your meditation practice. This breath prevents against shallow breathing that causes dizziness, sleepiness, nausea or hyperventilation.



Calm your mind and communicate with your heart to hear answers to your questions from deep within. This breath combines focus on your pulse with learned breaths to hear the 'deep mind'.

Essentials Course Testimonial

HOW IT HAS AFFECTED ME:

I'm learning to connect breath with heart and to be kind to myself. The simple things have been challenging, but they have shown me what I am to learn. The path is opening to realization.

TAKEAWAYS:

Some exercises seem simple, but they are profound. Sticking with them reveals their impact over the long term.

– Remi, current student

HURQALYA HEART-ENERGY HEALING

Hurqalya Healing continues to move forward with great passion and excitement!

We're happy to announce a new intro course for Hurqalya Healing. It starts Sat. March 16 and runs for 4 weeks. It promises to be a deep dive into the basics of Hurqalya.

Our Pirs teach our ongoing Community Meetings once a quarter. This month they brought new knowledge and experience using sound practices during our HEH sessions – or whatever Guidance calls them to reveal to us.

Who knows what is coming? They opened up the door of Ancestral Healing in their last session. It always feels like they are overflowing with Knowledge and we are honored to be a venue where this knowledge can be revealed.

Last month, Indra Irene Ortiz lead the Community Meeting. It was fabulous – at the end, nobody wanted to leave. She is a professional healer and uses many healing modalities. She riveted us with her insights as to how and when she decides which healing modality to use. We know the audience was biased here, but the amazing stories of how well Hurqalya healing works made our tradition shine.

All these recordings are available to graduates who are part of the continuing education group of Hurqalya Healers. And moving forward, they will located on Mighty Networks.

This group is reserved for Hurqalya Graduates. The dues are the same \$15/month.

Steve & Lisa



CREATIVE EXPRESSIONS OF THE HEART

Click Below to Learn More

VIEW
January Event

At iamHeart, we've seen how meditation can open hearts and activate creative potential. Many of our students love to express their hearts through the beauty of art, music, writing, and movement.

Celebrating the Creative Expressions of the Heart, "Hearts that Harmonize," event was hosted in January as an online musical experience to provide a platform for these heart-inspired artistic creations. Original compositions were presented from four inspirational iamHeart musicians: Steven Hodgdon, Cameron Lash, Carol McIntyre, and Audrey Patterson, hosted by Kathleen Friend.



Over 40 people attended raising almost \$1500 for iamHeart. Many thanks to our fundraising committee members Susan Shawn, Lynn Stevens, Gael Livingston for organizing.

Mark Your Calendar for Visions of the Heart June 1.

CREATIVE EXPRESSIONS OF THE HEART

A collaborative endeavor of the heart.

Poetry by Ami DiBenedetto, wrapped in photography by Kate Lampe



Please handle with care
this open heart of mine
that reveals to you
what I'd rather hide
even from myself

When I feel that great pain
of the earth in it's groaning
I understand how you can feel
those very things
that I think nobody else
will ever understand

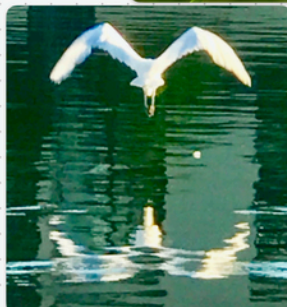
How is it that when you tell me
what you are going through,
the depth of my heart gets
deeper?

This unbearable aching
is something
I would never not want
no matter what is said

I yearn for connection
to see myself in you
but notice myself
running the opposite direction
when what I truly need is dead
ahead

You are the mirror
the medicine
the aroma of incense
that drops me to my knees
so keep telling me
those things
that you think
you should never say
to another
living
soul

Ami DiBenedetto



ARTIST STATEMENT



Ami DiBenedetto is a graduate of IAMU class of 2021 and Hurqalya Heart Energy Healing 2023. Ami considers her/him/themself to be a student of the human condition and experience. Study is a constant process of life-- awe and despair, wonder and wounds. After ten years of a depressed, derailed life, she woke up and started writing poetry and dancing in the kitchen. She recently completed a two year teacher training with Open Floor International.

Ami's poetry is an experience of sacred connection and depth of emotion. Poems come because the feelings can express no other way. The words here were a response to an iamU classmate who was distressed that her sharing was a burden to the class.

Ami lives in eastern Pennsylvania suburbs with her 20 year marriage partner Paul, 2 cats that take exceptionally good care of her, and a very, very stubborn invisible illness.

She prefers to recite her poetry and remains unpublished.

ARTIST STATEMENT



Kate Lampe is a licensed professional counselor with a private practice in her hometown of Emmaus PA. She is a founding partner in the company, ClearPath Wellness of the Lehigh Valley. This company offers retreats for women in recovery from sexual assault and education for local schools. Kate is a graduate of IAMU, a webcourse teacher, mentor and supervisor of mentors.

Kate has established HRM meditation groups in her office. She teaches the deeply healing remedy of conscious breath on the spiritual path. Kate specializes in reconnection to the body, heart and spirit, and this has become a signature experience for everyone in her care. She is the mother of two amazing daughters and grandmother to 4 incredible grandchildren.

Kate walks in her local parkway and takes pictures of plants and flowers as she walks. Her connection to nature is an inspiration that flows from her meditation practice. She enjoys capturing the soul of each flower and she believes the flowers have taught her to do the same with people. Looking deeply and feeling deeply, the spirit of life reveals Herself as the spirit behind the form.

HEARTS THAT SHARE

SOCIAL GATHERING:

Inspired by the bonds formed with her current classmates, iamU student Monica Castillo and her husband Steve, welcomed them and local iamHeart students into their beautiful Arizona home in March.

It was a lovely blend of students and their loved ones sharing together in the one heart.



HEARTS THAT SHARE

CONTINUING EDUCATION:

Many of you are academic or medical professionals that incorporate HRM into your services.

This month, 3 of our members took the leap to develop and offer continuing education courses to share the methods of Heart Rhythm Meditation within their professional communities.

Narandja & Gary Eagleson, with Pacifica Graduate Institute, are offering a 4-week course to the psychology community.

Lori Harger is offering HRM courses as CEUs for Nurses.

What is Heart Rhythm Meditation?



Hazrat Inayat Khan
Sufi Mystic

- Material used in this 4-week are primarily from the book **Living from the Heart** written by Susanna and Puran Bair; based on teachings of **Hazrat Inayat Khan**, a musician and mystic born in India; taught in America and Europe.
- Hazrat Inayat Khan's mystical writing strongly correlates to depth psychology, in particular Carl Jung, James, Hillman, and Robert Bosnak. HIK's central message being that **divinity resides in every human heart**.
- HRM **practically applies mystical principles of heart**, centered purpose directed life through application of intention, attention, posture, sensation, inspiration, and invocation.
- **Anything you do takes energy** - all of life is a constant flow of energy. When we focus our conscious minds on the posture, breath, and heartbeat, **the unconscious flows into our awareness and our sense of reality expands** beyond the physical to include the imaginal.



Narandja Eagleson



Gary Eagleson



Lori Harger

Nurse Practitioner, Heart
Energy Healer, and founder of
Nurses Healing Nurses

HEARTS THAT SHARE

CONTINUING EDUCATION:

Shakti and Assad Splieth recently concluded their annual German-language 101 class.

Their tradition of offering this course at the start of each year reflects their deep commitment to iamHeart and its students.

Their dedication and ongoing support are truly valued!



LEADING HEARTS

The iamHeart board gives broad direction to the purpose and function of the organization. What is our mission? Who are we? Why are we doing all of this work? The board gives this direction, offering guidance to those who are on the ground effecting the change. This year the board has further clarified our mission, vision and elevator speech, which are as follows:

What is iamHeart?

By placing you at the centre of ancient practices, iamHeart gives you skills to unravel the mysteries of your Heart, accompanying you in the journey of soul's discovery and its design for you.

Mission Statement:

To nurture each Heart attracted to iamHeart in the skills and practices which assist in its unfolding, and in so doing awaken each energetic being to the absolute within, and to its unity with all there is.

Board of Directors



Steven Winn
Chairman



Puran Bair
Board Treasurer



Susan Shawn
Board Secretary



Susanna Bair
iamHeart President



Dee O'Niel
Legal Counsel



Linda Turner
Director of Education



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HOW YOU CAN INSPIRE HEARTS

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