



THE HEARTBEAT

MAY 2025



What Does it Mean
to Share Your Heart?

SHARE THE JOY

When you find something truly meaningful, it's natural to hold it close. But even deeper joy comes when you share it.

We invite you to meditate on what sharing the path of the heart could look like for you.

Already this year, many of you have extended your connection beyond the classroom—hosting gatherings, volunteering to teach, and reaching out through our online community. These efforts create real momentum and open new doors for others to find their way here.

As you read the stories ahead, celebrate your peers' contributions and consider how you, too, might invoke sharing your heart and this practice with others.

Each act of sharing brings us closer to our goal of reaching 1,000 new hearts. Together, we can cultivate a more vibrant and inclusive community.

In Gratitude,

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

“A person who has seen something beautiful, who has heard something harmonious, who has tasted something delicious, who has smelled something fragrant, alone has enjoyed it, and yet not completely.

The complete joy is in sharing one's joy with another. The selfish one enjoys himself and does not care for others.

Whatever he enjoys, things of the earth or things of heaven, his enjoyment is not complete.

In this third stage, following the message is fulfilled, when a soul has heard and pondered upon it and passed the same blessing to others.”

– Hazrat Inayat Khan

REACHING 1,000 NEW HEARTS UPDATE

Our organizational goal for 2025 is to reach 1,000 new hearts with an HRM practice in order to increase our novice student body.

We are pleased to announce that we are 75% to our goal, and it is in large part due to iamHeart students that have shared their hearts and connected us to outside groups and invited their loved ones to the Meditation Studio.

We hope each of you will invite 5 loved ones to try one of the offerings in the following pages.



SHARING HRM

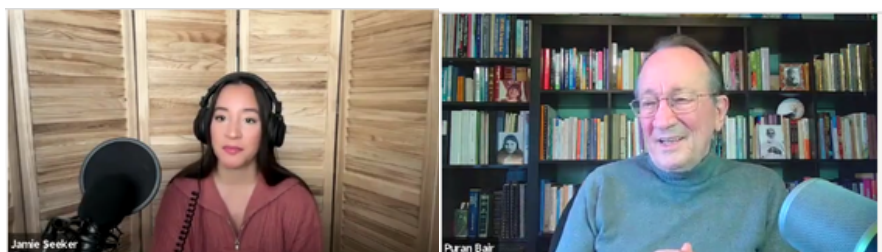
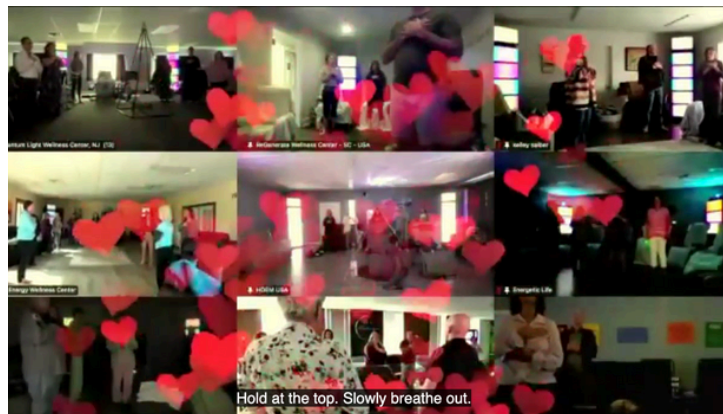
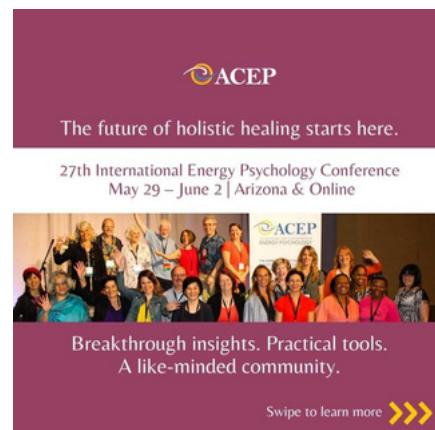
SPEAKING OPPORTUNITIES

As we aim to reach 1,000 new hearts this year with HRM, we are taking an active effort to collaborate with other groups and media.

In April, we connected, via Zoom, with the One Heart Collective, hosting participants from around the world.

Also in April, Puran joined Jaime Seeker on the What It Takes business podcast discussing the Heart in Leadership.

This month will wrap up with Puran & Susanna presenting Heart Rhythm Meditation to attendees of the Association for Comprehensive Energy Psychology as a tool for their professional development.



SHARE ONLINE

Click Below to Learn More

JOIN
Community

The launch of our online community on Mighty Networks has grown past 200 members.

This space is meant for real connection—long-time members reconnecting, new members discovering Heart Rhythm Meditation, and everyone supporting and learning from one another.

Now that we're all here, it's time to start talking! Post a question, share a reflection, comment on someone's story—don't be shy. This community grows stronger every time you reach out and share.

This is just the beginning. Explore the features below and jump in!

Member Growth - Share with Others

May 2025



222

Total Members ⓘ

Sample of Groups

▼ Beginner's Meditation Studio

 Live Group Meditations

 Recordings

 Discussion

 Hurqalya Graduates

 Hurqalya Graduate Meetings

 Discussion

 Library & Resources

ENGAGE ONLINE

Click Below to Learn More

JOIN
Community

Join Friends in Conversation



Paul DiBenedetto ⚡ 3d
Member

I'll volunteer to kick off this conversation... Perhaps a spiritual democracy is how the One Heart operates. All governments have a domain of authority, a dominion. The One Heart has sovereignty on all beings, because no being can operate against itself and thri ...more

♡ 2



Angela Talent ⚡ 3d
Member

I shall ponder this and respond later.

♡ 1 · Reply



Crystal Hill ⚡ 2d
Member

Could it be that the spiritual government has a role of leadership to guide direct manage sort of like the nervous system of the body whereas the one heart is a being of collective consciousness that just "is" that incorporates us all, like a life force.

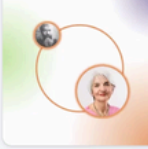
♡ 4




Dr Friend 🔥 2d
Member

I love all these answers and musings. I'm going to answer a question with a question. Wh of existence is the spiritual government on compared to the one heart? Like Aurelia said, a spiritual government is the go-between that operates less subtle planes of existence to and direct the situation.


♡ 3 · Reply



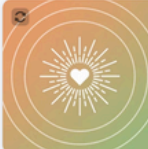
THU, MAY 8 • 4:00PM
HIK Philosophy with Susanna
Zoom Meeting
You & 7 going · Study Meetings



THU, MAY 8 • 4:00PM • Repeat Event
Elements in Harmony with Gerred Clarke
Zoom Meeting
1 going · Live Group Meditations



FRI, MAY 9 • 6:00AM • Repeat Event
Living in All Dimensions with Maureen Debellis
Zoom Meeting
You & 7 going · Live Group Meditations



SAT, MAY 10 • 7:00AM • Repeat Event
Main Class
Zoom Meeting
1 going · Class Meetings / Zooms

All Your Events
in One Place

ENCOURAGE ONLINE

Click Below to Learn More

JOIN
Community

Cheer Your Peers

New Emoji reactions for post
comments



Earth

Supportive



Water

Welcoming



Fire

Brave



Air

Creative



Ether

Inspiring



Gift Badges

Recognize the Elements
in Action

The launch of our online community on
Mighty Networks has grown past 200
members.

Every day you log into Mighty Networks
you automatically receive 10 points. You
can locate your point total by selecting the
'star' icon next to your profile.

To recognize another community member
with a custom badge, visit their profile and
select 'recognize'. Each badge recognition
has a value of 20 points. The more you visit
Mighty Networks, the more members you
can recognize!

Track Points & Recognize



 Recognize

SHARE IN-PERSON

Are you passionate about Activating the Culture of the Heart?

Then this is the week you've been waiting for to join in community!

We warmly invite you to join us July 27 – August 3, 2025, for our in-person Community Residency—a powerful, heart-opening immersion you won't want to miss.

📍 In-person is where it all comes alive at the Franciscan Center in Scottsdale, AZ.


👥 Eight incredible teachers will rotate guiding daily rhythm—leading teachings, practices, and shared moments that will activate your connection to the heart and to each other.

SCHEDULE

SUN: CHECK-IN 4PM - DINNER 6PM - INTRO 7PM

MON Universal Worship Service Susanna & Puran	TUES Sacredness Attara & Bismillah	WED Joy Jai & Alima	
THU Harmony Karen & Kalimi	FRI Peace *Silent Day Farrah & Orion	SAT Worship of the Heart Susanna & Puran	SUN Check-out 10AM Breakfast & Lunch Available

🎓 GRADUATION CEREMONY SATURDAY EVENING

 **iamHeart**

SHARE IN-PERSON

Community Residency Open to All iamHeart Students

Whether you are new to iamHeart, have been unable to join recent activities or are curious to learn more about our organization, don't be shy about joining if you feel called to participate.

Below, you'll find all the details to reserve your place.

Full-Payment Pricing Tiers:

We're offering a tiered pricing system to provide more flexibility—register early to secure the best rate.

Tier	Deadline	Single Room	Shared Room
Early Bird	May 31, 2025	\$1,880	\$1,404
Standard	July 1, 2025	\$2,080	\$1,604
Last-Chance	July 13, 2025	\$2,280	\$1,804

Click to Sign Up:

[Single Room](#)

[Shared Room](#)



Final deadline to sign up: **July 13, 2025**

Payment Plans Available:

If you need a payment plan, we are happy to work with you.
Please contact our office as soon as possible to discuss your options.

SHARING PHILOSOPHY OF THE HEART

Hazrat Inayat Khan
Study Group

[Click Below to Learn More](#)

ADVANCE
H.I.K. Studies



**3/27/2025 HIK Philosophy with
Puran**



**05-08 -25 " Initiation on the
Path of the Heart" with
Susanna -HIK Philosophy**

The Hazrat Inayat Khan Study Group continues to grow beautifully. Each session offers deep insight, with lively discussion and reflection among participants.

Susanna & Puran are guiding the group through key texts and history of significant figures in Hazrat Inayat Khan's life. All recordings are available.

Members appreciate the chance to connect these teachings to their own spiritual paths. The sense of shared inquiry and heart-centered learning is strong.

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 wisdom everyone is contributing, and hope to see you soon.



CONNECT BEGINNERS

Click Below to Learn More

[VIEW
Studio](#)

We have added 2 new teachers to our online Meditation Studio, Gerred Clarke and Robert Nemeth.

Students can now practice with 7 expert teachers and access over 40 recordings.

In an effort to keep Heart Rhythm Meditation accessible, our memberships are PER HOUSEHOLD.

To help us reach our goal of reaching 1,000 new hearts with HRM, we hope you will share this outstanding opportunity with your loved ones.

Details:

2-Week Free Trial

\$19.95 per month

Cancel anytime

For Beginners

Beginners' Online Studio Classes



The graphic features a light beige background with a stylized heart rate line in shades of green and orange. At the top, the 'iamHeart' logo is displayed. Below it, the title 'Heart Rhythm Meditation Studio' is written in a large, dark serif font, followed by 'WEEKLY CLASSES' in a bold, orange sans-serif font. A list of seven classes is presented in horizontal bars of varying colors (dark grey, orange, green, orange, orange, dark blue, green). Each bar includes an icon (a network of nodes, a heart with a pulse line, or leaves), the day and time, the class name, and a circular portrait of the teacher. The teachers are: a woman with short grey hair (Monday), a woman with blonde hair (Tuesday), a man with dark hair (Tuesday), a man with grey hair (Wednesday), a woman with short brown hair (Wednesday), a woman with short brown hair (Friday), and a man with a beard (Sunday). At the bottom right, a small note reads '- Remi, current student'.

iamHeart

Heart Rhythm Meditation Studio WEEKLY CLASSES

Day & Time	Class Name	Teacher
MONDAY - 6AM PT/9AM ET	<i>Harnessing Your Powers</i>	[Portrait of Teacher]
TUESDAY - 8AM PT/11AM ET	<i>HRM Basics</i>	[Portrait of Teacher]
TUESDAY - 4PM PT/7PM ET	<i>Elements in Harmony</i>	[Portrait of Teacher]
WEDNESDAY - 11AM PT/2PM ET	<i>HRM Basics</i>	[Portrait of Teacher]
WEDNESDAY - 3PM PT/6PM ET	<i>HRM Basics</i>	[Portrait of Teacher]
FRIDAY - 6AM PT/9AM ET	<i>Living in All Dimensions</i>	[Portrait of Teacher]
SUNDAY - 12PM PT/3PM ET	<i>Elements in Harmony</i>	[Portrait of Teacher]

- Remi, current student

ESSENTIALS WITH PURAN

Click Below to Learn More

LEARN
Essentials

This is a rare and powerful opportunity to learn directly from Heart Rhythm Meditation co-founder and heart expert, Puran Bair.

With decades of dedication, Puran has guided thousands into deeper peace, purpose, and presence.

This is a one-of-a-kind chance to receive personal insight from someone who helped shape the modern heart-based meditation method.

BONUS: includes two private mentoring sessions to explore your heart's pressing needs.

Are you ready to live from your heart?

Receive Direct Lineage Instruction with Co-founder, Puran Bair



HRM Essentials 12-Hour Course

Next Start Date June 18 - Online



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, student

HURQALYA HEART-ENERGY HEALING



Our Heart Energy Healing community continues its journey of exploration and deep healing both within the iamHeart community and sharing the method externally.

We provide regular Continuing Education opportunities for our healers and if you have not yet participated, invite you to join and review the recordings.

Continuing Education Summary:

In our March CE, Madeleine and Puran enriched our healing journeys with a sound techniques session.

In April, Karimbaksh taught self-healing techniques to empower individuals in their personal journeys. These sessions provided our community with valuable tools to integrate into daily life.

In May, we're excited to delve into ancestral healing, to understand and heal ancestral influences, alongside Savitri and Karimbaksh on May 18th.

All of these Continuing Education recordings are available to graduates who are part of the continuing education group of Hurqalya Healers located on Mighty Networks.

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

Heart Energy Healing Continuing Education
NEW PLATFORM!
Hurqalya Dues will **NOW** be paid through our new platform, Mighty Networks. Sign in with your Dome Login Information.
SIGN IN TO MIGHTY NETWORKS TO JOIN THE NEXT MEETING ON APRIL 13TH! DETAILS BELOW:

The banner features a large white arrow pointing right. To the right of the arrow is a screenshot of the iamHeart Community interface, showing a menu with options: Hurqalya Graduate Meetings, Discussion, and Library & Resources.

Join Your Hurqalya Community
On Mighty Networks

The banner features a collage of many small circular portraits of community members. In the center is a screenshot of the iamHeart Community interface, showing a menu with options: Hurqalya Graduate Meetings, Discussion, and Library & Resources.

HURQALYA HEART-ENERGY HEALING



Several of our healers have also been active recently in sharing the method of Heart Energy Healing with external groups.

Alima and Shams led the CE course, “Foundations of Hurqalya Heart Energy Healing,” through Pacifica University, expanding the community's foundational practices and inspiring further growth.

We were thrilled to build on Madeleine and Puran's inspiring presentation ‘Hurqalya Heart Energy Healing’ to The One Heart Collective by providing the first 30 participants with a complimentary session. We extend our heartfelt gratitude to our committed volunteer healers who made this special offering a reality.

Artemis is steadfastly moving forward with bringing Heart Energy Healing to nurses by offering Continuing Education credit classes that teach HEH. We are very excited about the progress she has made. If you have friends in the nursing profession, please feel free to refer them to her!

We continue planning for the next healer training, beginning in the fall. Stay tuned for details coming soon! We warmly invite all our healers to participate in these powerful sessions to nurture our shared community.

Steve & Lisa



FOUNDATIONS COURSE

Click Below to Learn More

LEARN
Foundations

Explore Heart Energy Healing with Lisa Hanlon

Are you interested in using the heart to help others address physical, emotional or spiritual needs?

Join the Course: Foundational Heartwork for Healers

Whether you're a seasoned healer, therapist or someone who's just curious about heart-centered healing, this course will give you the tools to elevate your healing journey.

A heart energy healing modality, Hurqalya builds on the principles of Heart Rhythm Meditation, focusing on the heart's electromagnetic field—the waves that radiate with every heartbeat. By learning to harness and direct these waves, you'll open up new realms of healing power.

Healing isn't just about helping others—it's about growing your own energy while you do it. Let Hurqalya guide you into the next dimension of healing.

Healing with PEMF Heartwaves

Saturdays, August 9 - 30, 8AM - 9:30A - Online



Introduction to
Heart Energy Healing



SHARING CREATIVE EXPRESSIONS OF THE HEART

[Click Below to Learn More](#)

RSVP
June Event

The heart is a wellspring of wisdom, love, and inspiration.

When we listen deeply, it naturally moves us to create.

Celebrating the Creative Expressions of the Heart is a platform to share members' heart-inspired creations.

"Visions of the Heart," is the next event and we hope to see you there. Presenting artists are:

- Dr. Charles Palmer
- Lulu Manasseh
- Allan Tollakson
- Patti Ganley
- Zarina Holman
- Hosted by Pam Hale

Many thanks to our fundraising committee members Susan Shawn, Lynn Stevens, Gael Livingston for organizing. If you have a creative piece you would like to be featured in the future, email info@iamheart.org.



Mark Your Calendar for Visions of the Heart June 1, 12PM PT.

HOST STATEMENT



Pam Hale is a lifelong spiritual seeker who has studied with IAM Heart since 2009, and is a graduate of IAMU and a student in the graduate Mysticism program.

Pam has been an author, teacher and speaker, a photographic artist, a fundraiser and consultant, an energy healer, a spiritual director, and creator of the Earthskin Design™ photographic fabric creations.

Creator of the Sand Spirits Insight Cards and the award-winning book, *Flying Lessons: How to Be the Pilot of Your Own Life*, Pam is a mother, grandmother and great-grandmother.

She lives outside Tucson, AZ with her husband Jon Trachta.

ARTIST STATEMENT



Alan Tollakson's stone artwork is a "petrified" chronicle of his life – which he began carving in 1975 until today – a 50 year span.

From minuscule to monumental, his carved stone projects are scattered about locally and across the globe. From traditional and figurative art, to experimental and contemporary art – Alan's artistic styles appear to jump all over the map as well. He has chosen the many qualities of stone as a major life path, for the timeless natural beauty and structural energy of our Mother Earth. His art derives meaning and purpose from these living elements of the Mineral Kingdom.

Creating art in stone has been Alan's catalyst for deep and nonverbal connection with the outer world, and also within himself – those unexplored depths. (A sculpture is worth a thousand words, as they say.) Heart Rhythm Meditation, like the stones that engage him, are grounding forces that take him into his body as he hunts for the Divine within. Going within like this in recent years, Alan has found a treasure trove of meaning and prescience in his past artwork that wasn't available to him years ago, but have manifested into his physical reality years later. These experiences in stone are showing him that this is a living and conscious Universe, while our consciousness contributes to its existence. And HRM is helping Alan to navigate and connect with that life force, the One Heart.

Generously commissioned by the IAM-U Class of 2015, Alan also carved a stone heart with wings for the Institute of Applied Meditation – as a gift expressing the Love, gratitude and depth of meaningful change experienced by the class members. While carving that special stone he experienced the best of both worlds, rhythmically chiseled and inspired with a heart-felt sense of purpose.

ARTIST STATEMENT



Lulu Manasseh is a British artist/maker and healer living in London, England.

Lulu studied at Wimbledon School of Art and then went on to Leeds Metropolitan University completing a Bachelor of Arts in 3-Dimensional Design.

She was awarded 'Young Designer of the Year,' by the Royal Society of Arts in 1992. With the travel bursary she travelled and explored the art and cultures of South America, India and parts of Asia. She continues to draw inspiration from her travels, recently having visited Ethiopia in April 2024.

In 2016 Lulu's paintings were accepted by the Royal Academy of Arts for the Summer Exhibition, and was shortlisted in 2019. In 2018 Lulu had her first solo show at Gallery Elena Shchukina in Mayfair, London.

The thread of Lulu's work is, Communicating the Sacred. She was initiated into the Inayati lineage in 2005 by Puran and Susanna Bair.

ARTIST STATEMENT



Patti Ganley started studying heart meditation with Susanna and Puran in the 1990s and it has remained a part of her daily life.

The practice helps open the energies within and connect to the energies of the universe to support her visual response to the natural world—a process of deep observation and translation through color and shape.

Her most successful works occur during moments when thought does not get in the way and an unconscious flow happens on the canvas.

Patti has created visual art her whole life.

Never wanting to mix finances with art, Patti chose a career in education and mental health crisis management, and later, in research, software development, and video production for a non-profit organization whose mission is to design learning environments to accommodate the needs of all learners.

ARTIST STATEMENT



Dr. Charles Palmer was born and trained in medicine in South Africa, where he began his path in academic pediatrics before relocating to the United States. He spent much of his career as a neonatologist and educator at Penn State Children's Hospital, ultimately serving as Chief of the Division of Newborn Medicine. Now retired, he holds the title of Emeritus Professor of Pediatrics. His work focused on the care of newborns, medical education, and research into the prevention of brain injury in premature infants. He continues to maintain a strong interest in technical innovation, particularly in developing devices that support newborn respiration.

A long-time practitioner of meditation, Dr. Palmer was part of the first graduating class of IAMU in 2012. He has completed advanced training in Heart Rhythm Meditation (HRM), taught the practice at his medical center for over a decade, and continues to serve as a mentor with IAM Heart. More recently, he led a research study demonstrating the benefits of HRM on well-being and nervous system regulation.

Since retiring, Dr. Palmer has also devoted more time to painting, especially landscape and abstract work inspired by nature and inner experience. He finds painting to be a contemplative and expressive practice, and is glad to be part of a community where artistic endeavors are shared and supported.

ARTIST STATEMENT



Zarina Holman is an artist, healer, and sacred space holder whose work is rooted in devotion, transformation, and heart-based living.

Her mixed-media jewelry—crafted with polymer clay and natural elements—is an expression of the joy and mystery of creation, designed to encourage wearers to be bold in their self-expression.

She has been practicing Heart Rhythm Meditation since 2020 and is a graduate of the Hurqalya Healing method, which she weaves into her holistic offerings.

Zarina is currently enrolled in the graduate program of Heart's Mysticism. Her life and work are dedicated to creating brave, inclusive spaces for healing, nourishment, and soulful connection.

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



Frank Cluck
Board Member

HOW YOU CAN SHARE HRM

Click Below to Learn More

DOWNLOAD
App

DONATE
To Growth

LEARN
Essentials

VIEW
Studio

JOIN
Community

ADVANCE
H.I.K. Studies

MORE WAYS TO GIVE

Click Below to Learn More

iamHeart is a 501(c)3 non-profit organization. Your tax-deductible contribution will help iamHeart to host classes, courses and events to inspire heart-centered living.

MONTHLY
GIFTS

MEMORIAL
GIFTS

TRIBUTE
GIFTS

PLANNED
GIVING

MATCHING
GIFTS

STOCK
GIFTS