

THE HEARTBEAT SEPTEMBER 2025



IMAGE BY BISMILLAH SUSAN SHAWN

Your Hearts on Display

SHARE THE JOY

Our hearts are especially full as we look around and see the many ways that you, iamHeart students, are carrying your practice into the world.

Whether it's through quiet acts of kindness, courageous conversations, or showing up with steady presence, your hearts are on display—and it reminds us of the beautiful power of the heart.

In this newsletter, we want to pause and celebrate you.

Each of you is living proof that a heart-centered practice is not confined to a cushion or a classroom; it radiates outward, touching your families, workplaces, and communities. Your heartbeats are visible, and they matter.

As you read the highlights that follow, may you feel recognized for the unique way you bring your heart forward. We are grateful for your dedication, and even more grateful to witness the light you share in the world.

"Beauty is hidden in every soul, however wicked; and our trust and confidence in the beauty of the soul helps to draw out that hidden beauty which must shine out one day."

- Hazrat Inayat Khan

In Gratitude,

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

HEARTS ON DISPLAY AT RESIDENCY

The opportunities to come together in-person are fewer than years past, but over 50 participants made the most of their time together in Scottsdale, AZ this past July.









HEARTS ON DISPLAY AT RESIDENCY

Eight teachers joined Susanna & Puran with heart-opening presentations on Activating a Culture of the Heart.

Many thanks to Maureen DeBellis, Susan Shawn, Karen Poulson, Robin Carpenter, Narandja Eagleson, and Jann & Rich Tobey who rose as natural leaders, inspiring participants with the depth and breadth of their knowledge.









HEARTS ON DISPLAY AT RESIDENCY

Participants also brought their own creativity and celebrations to the residency including a water ceremony, talent show, synchronized swimming and whirling.









NEW HEARTS ONLINE

J<u>OIN</u> Community



549

Total Members (i)

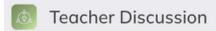
Our free online community is a living community of connection, insight and support. Members gather to learn Heart Rhythm Meditation, share reflections, and grow together in heart-centered practice.

With live sessions, recordings, and meaningful conversation, it's a place to deepen spiritually while building real, lasting connections. We look forward to seeing your heart shine in Mighty Networks.

Sample of Groups

Beginner's Meditation Studio











Library & Resources

CONNECT ONLINE

J<u>OIN</u> Community

Join Friends in Conversation



Or Send a Private Message

Just Click the Green Chat Button on Your Friends' Profiles



Click Below to View More

HEARTS ON PODCASTS



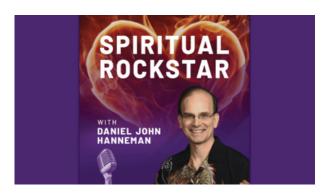
In an effort to reach 1,000 new hearts with Heart Rhythm Meditation in 2025, Susanna & Puran have been active on the podcast circuit joining hosts focused on wellness, spirituality and self-improvement.

We know the heart has many applications in life, and the variety of themes below demonstrate the possibilities of heart-centered practices. We anticipate about 20 more podcasts to be released in the coming months.

YOUR BEST YOU with AMY EDWARDS



SPIRITUAL ROCKSTAR with DANIEL HANNEMAN



BOMB LIFE with MELISSA VOGEL



HEARTS ON PODCASTS

Click Below to View More



Click Image to Listen

SOUND PATHWAYS with KAREN OLSEN



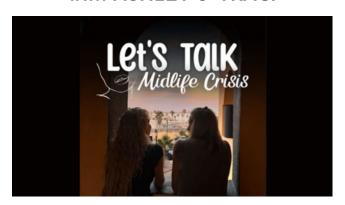
SOVERGEIN SELF with LOREN CELLENTANI



A VIEW THRU THE VEIL with BARB CROWLEY



LET'S TALK MIDLIFE CRISIS with ASHLEY & TRACI



LEARN IN FREE CLASSES

Click Below to Learn More



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 our free, online classes if you feel called to participate.

Our HRM Meditation Studio, continues to introduce new students to the beginning practices of HRM, all due to the expert teachers that volunteer their time each week.

€\$→

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 Basics

Heart Rhythm Meditation: Practice Syncing Heartbeat & Breath

Meditate on your heartbeat. Learn how your breath influences your neartbeat 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

Click Below to Learn More

YOUR ONLINE TEACHERS



New September Schedule

Students can practice with expert teachers and access over 100 recordings in our Meditation Studio.

In an effort to keep Heart Rhythm Meditation accessible, and to reach our goal of reaching 1,000 new hearts with HRM, our teachers volunteer their time to help you learn.

We invite you to meet these teachers and express gratitude for their motivation to share HRM with the world.

- Narandja Eagleson
- Robin Carpenter
- Robert Nemeth
- Kate Lampe
- Maureen DeBellis
- Robert Peterson





MONDAY - 6AM PT/9AM ET Harnessing Your Powers





TUESDAY - 8AM PT/11AM ET HRM Basics





TUESDAY - 4PM PT/7PM ET Elements in Harmony





WEDNESDAY - 3PM PT/6PM ET **HRM Basics**





FRIDAY - 6AM PT/9AM ET Living in All Dimensions





SUNDAY - 12PM PT/3PM ET Elements in Harmony



HOW TO JOIN FREE CLASSES

Navigate to Free Online Classes in the Mighty Network menu, select the class you want to join and click on RSVP to receive reminders or Join Zoom at class start time.



Free Online Classes · Sign up now for your preferred classes. RSVP below. Times are displayed in your local time zone.





Calendar of Events Members Discussion/Updates Recordings

Upcoming

Nearby

Past Yours





Today • 5:00pm • Repeat Event 16 SEP

Elements in Harmony with Robert Nemeth

Discover the elements: Air for concentration, clarity, and understanding of the self...





17 SEP

Tomorrow • 4:00pm • Repeat Event

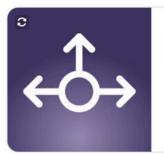


You're Going 🗸

HRM Basics - Quieting the Inner Critic - with Kate...

Kate Lampe will use the foundations of Heart Rhythm Meditation to explore the topic of "Quieting the Inner Critic"...





19 SEP

Fri, Sep 19 • 7:00am • Repeat Event

You're Going 🗸

Living in All Dimensions with Maureen Debellis

• Height: Your heart reaching upward—idealism, optimism, and joy. It helps you see the big picture and focus o...



Click Below to Learn More

SHARING PHILOSOPHY OF THE HEART

Hazrat Inayat Khan Study Group





5-22-25 "Destiny & Free Will" HIK Philosophy with Puran



6/5/25 "End of Earthly Life Story of Hazrat Inayat Khan" HIK Philosophy with Susanna

Guided by Susanna and Puran, the The Hazrat Inayat Khan Study Group explores key texts and the lives of significant figures who shaped Hazrat Inayat Khan's journey.

All sessions are recorded, so you can revisit the teachings anytime.

Participants value the opportunity to weave these lessons into their own spiritual practice.

A spirit of shared inquiry and heart-centered learning is at the heart of every meeting.

Recent topics have included Are You Praying Right and Parental Influence on Your Heart.

Questions are always welcome, both during live sessions and in the group chat.

We warmly invite you to join us.



TIME TO HELP OTHER HEARTS SHINE?

Level 1 HRM Teacher Certification

Click Below to Learn More

START

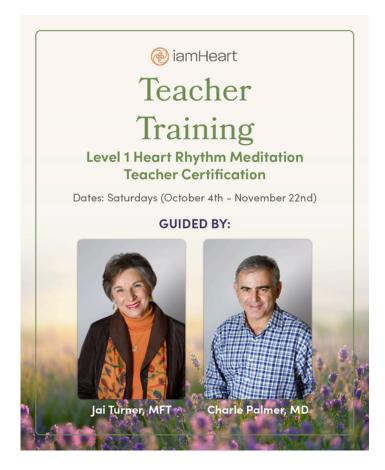
Teaching HRM

Two Esteemed Experts

to Guide & Counsel Your Teaching

We're thrilled to share an extraordinary opportunity, the Heart Rhythm Meditation (HRM) Level 1 Teacher Certification – by donation.

This certification offers unparalleled access to learning from two world-class Heart Rhythm Meditation instructors and the opportunity to work with them 1:1.



Charles Palmer, MD

Charles is a physician recently retired from academic practice at Penn State University. He has studied the physiological effects of meditation through research projects on well being and heart rate variability.

Jai Linda Turner, MFT

MS in Psychology and a licensed therapist for over 25 years. Over two decades, she's practiced and taught HRM, serving as a mentor, teacher, coach, Dean of Faculty, Hurqalya healer, and board member at iamHeart.

Click Below to Learn More

ADVANCE STUDY



As our student body continues to advance along the Steps of Realization, we recognize many are ready to move from stages of concentration into contemplation.

This course is a training in the practice of Contemplation, a condition of the heart which allows a person to share the experience of another; physically, mentally, emotionally and spiritually.

This single, continuous 12-month program will guide you from the foundational mechanics of contemplation to the advanced practice of Darshan, the direct vision of a soul's purpose growing your resonance with all hearts.

Contemplation & Darshan

with Puran & Susanna Bair, Jai Turner & Karen Poulson



Contemplating Sages

Miriam (sister of Moses)
Mirabai
Rabia Muslim
Hazrat Babajan
Saint Francis
Mansur AlHallaj
Joan D'Arc
Goddess Kali
Shiva
Moinuddin Chisti

Pharao Akhenaten & Nefertiti

HURQALYA HEART-ENERGY HEALING





Our Heart Energy Healing community has been busy behind the scenes this summer preparing for new training courses for this fall and next year.

Our goal is to equip a new generation of healers to spread the healing powers of the heart. A <u>Level One Certification starts October 4th</u> and spaces are still available. Level Two will begin in March.

We also 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:

Susanna & Puran just finished September's session with The Healing Power of Love Making, expanding our awareness of what qualifies as love making and it's greater powers via Hurqalya.

Upcoming Continuing Education dates for 2025 at 12PM Pacific are: October 12, November 9 and December 14.

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 Hurgalya Graduates. The dues are the same \$15/month.





FROM THE OFFICE



We have a new HEARTMATE!

Executive Director,
Gerred Clarke, and
Emily welcomed Zia
to the world on
September 9th.
Everyone is happy
and healthy. We can't
wait to see what this
new heart has to
offer the world.







HEARTS IN LEADERSHIP

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













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



MATCHING GIFTS

STOCK GIFTS