



THE HEARTBEAT

FEBRUARY 2026



The New Paradigm is Heart

THE HEART MUST LEAD

We are living in a moment that makes one truth unmistakably clear: the old ways of thinking, leading and relating are no longer sufficient.

Across cultures, institutions and personal lives, we see systems strained beyond their limits.

What is being asked of us now is not louder voices or faster solutions, but a greater intelligence—one rooted in the heart.

The heart is not a metaphor for sentimentality. It is a coherent, organizing force that integrates wisdom, courage, discernment, and care.

Current events continue to show us that progress without the heart fragments, divides, and exhausts. There is, quite simply, no sustainable way forward that bypasses it.

When we lead, heal and make choices from the heart, we access a different paradigm.

The future that wants to emerge requires the heart at the center, and we hope to see you continue to lead with the heart as a tool to build the future over the coming year.

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

“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

QUESTIONS FOR A NEW YEAR

As we step into a new year, Susanna & Puran present these questions, based on the four desires a human holds, as an invitation to look back at your lived experiences.

These reflections are meant to help you reconnect with what moved through your heart over the past year, and what may be asking for your attention now.

You might answer them in writing, sit with them in meditation, or carry one question with you for a few days. Let whatever comes be enough.

 Desire for Knowledge: What did you learn last year about yourself and the mystery of life?

 Desire for Power: What experience did you have last year of a great, impersonal power coming through you?

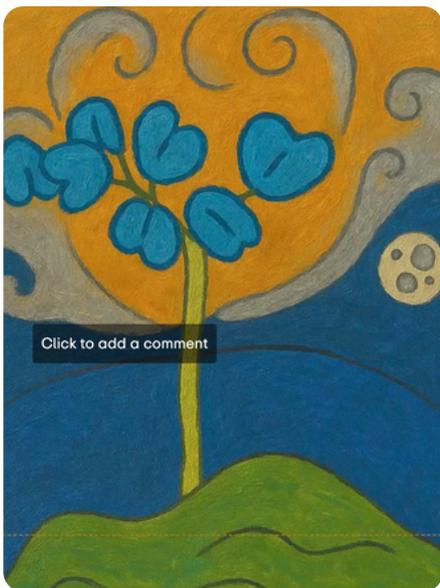
 Desire for Happiness: Recall a moment when you were truly happy last year. How did the circumstances bring out the natural happiness of your heart?

 Desire for Peace: Recall a moment of great peace that you felt last year when you were alone, and another moment when you were with others.

 Desire to Live: What experience did you have last year of a life that is eternal, that runs through your life? Of a purpose to which you have been dedicated before you were born?

HOLIDAY HEARTS CELEBRATION

To celebrate the holidays, our community gathered in a spirit of connection, sharing creative expressions, meditations and genuine joy. We are deeply grateful to everyone who offered their talents, meditations and hearts to uplift one another.



A HEARTFELT THANK YOU



Saraswati, Dee O’Neil, has been a devoted friend and supporter of Heart Rhythm Meditation since discovering the work in 2006 and realizing she had been living, “from the neck up.” She committed deeply to the path—attending retreats, hosting weekly meditation classes in her home, and crafting prayer beads for donation.

Her generosity has always extended beyond formal roles. When a new iamHeart marketing intern arrived as a volunteer, Dee welcomed him into her home for months, rent-free. Though she once joked about living in her head, those around her have always known the depth of her heart.

She went on to a distinguished legal career and most recently served as legal counsel to the Board, offering invaluable guidance. She also helped elevate Hurqalya Heart Energy Healing by overseeing healer accreditation with the State of Arizona.

As Dee steps down from the Board to focus on her health, we offer sincere gratitude and honor the legacy of service she leaves within this community.

Her daughter asks the community to send greetings & friendship cards to: Dee O’Neill, Campana del Rio, 1550 E River Rd Apt#264, Tucson, AZ 85718.

TEACHER GRANTS

Imagine HRM being taught around the world in:



Thanks to your generous support, we raised \$169,627.51 in 2025 –an increase from last year. In addition to offering scholarships, we will use a portion of these funds to launch the iamHeart Teacher Grant Program.

This program helps certified teachers bring Heart Rhythm Meditation to their communities with greater confidence and support.

The grant includes two main forms of support.

First, the upcoming Teacher’s Handbook, created by Dana Duclo, Susan Shawn, and Bonnie Colby, will serve as a comprehensive guide for leading transformative classes.

Second, administrative support will help teachers secure meditation spaces, organize Meetup groups, and access marketing materials to attract students.

Together, this creates a network where teachers can focus on sharing the practice while iamHeart provides the infrastructure behind the scenes.

Applications will open in the coming weeks as final details are established.

Thank you for helping expand Heart Rhythm Meditation into more communities through new hands, minds and hearts.

WELCOMING NEW TEACHERS

36 New Teachers Sharing HRM

In an effort to continue spreading the message of the heart, we hosted a training for new Heart Rhythm Meditation teachers to:

- cultivate & model their teaching qualities
- integrate their HRM practice as teachers
- communicate HRM methods effectively
- create successful learning environments

36 students participated and we are excited to see how they move forward sharing HRM in their communities whether it be in their faith groups, prisons, with colleagues or with clients.

Many thanks to Jai Turner MFT and Charles Palmer, MD for creating and leading this opportunity.



2025 NUMBERS

77% PROGRAMMING
19% DONATIONS
4% GRANTS

.91
MILLION

2025
REVENUE

55% PROGRAMMING
45% ADMIN

.83
MILLION

2025
OPERATING
EXPENSES

\$106,542 IN FINANCIAL
AID GIVEN.

45

SCHOLARSHIPS
AWARDED

IN THE MEDIA

Click Below to View More

[VIEW ALL Shows](#)

Susanna and Puran wrapped 2025 as guests on over 30 podcasts to share the powers of the heart in an effort to grow awareness of iamHeart, its promise and its community.

In December, they were invited to participate in the Meditate to Elevate Summit highlighting the many ways that breath can heal.

Thank you for your support in listening to and sharing these recordings with loved ones.

Meditate to Elevate
Quiet the noise. Get focused. Reinvent your future.

Free Online Event 12/7 - 12/12

Simon Borg-Olivier, Rory Kinsella, Susanna & Puran Bair, Pamela Cooper, Shawn Marshall, Dan Brulé, Dr. Harmony Robinson-Stagg, Ashanna Solaris & Dana Dharma Devi

SPIRITUAL COMMONSENSE

on HealthyLife.net
First Monday of every month
5:00 pm (eastern) 2:00 pm (pacific)

You will hear interviews, inspiration, self-love tips and spiritual homework

HEART
IN 4 DIMENSIONS
PURAN & SUSANNA BAIR

Guest Authors
Susanna and Puran Bair

THE ORGASMIC LIFESTYLE

THE **Orgasmic Lifestyle** PODCAST
by Venus O'Hara

MENTORING SUPPORT

Click Below to View More

START
Mentoring



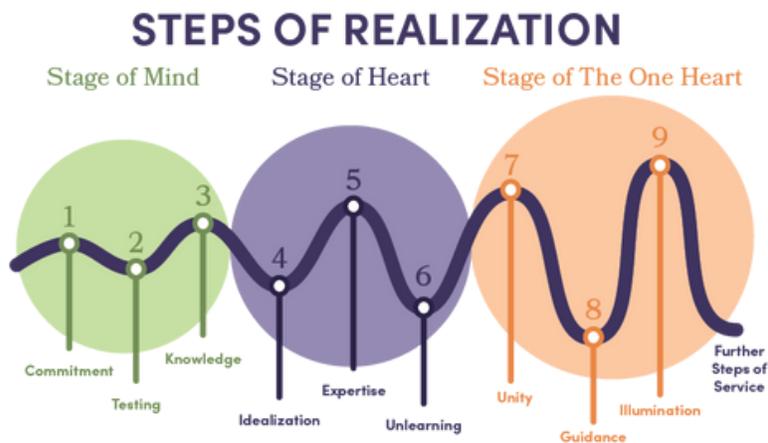
ADVANCE YOUR PRACTICE WITH EXPERIENCED GUIDANCE

The purpose of mentoring at iamHeart is to help you:

- Fulfill the pressing needs of your everyday life in the four pillars of Health, Relationships, Accomplishments and Spiritual advancement.
- Advance in the realization of who you are and what is your purpose in life, through heart-centered practices of breath and sound.
- Recognize the archetypes of yourself and others by applying the science and philosophy of the heart.

The mentor is the link between the mentee, and the lineage and programs of the school, which the mentor encourages according to the mentee's needs.

There are nine steps in the spiritual path of realization, including the steps of teaching and guiding others.



TESTIMONIAL



Aurelia Crystal Hill, MD

arrived at the ninth step and the following expresses her gratitude:

“Your Darshan was such a profound gift for me as well. I felt deeply connected, inspired, and alive in my heart. It has stirred something new in me, and I now feel called to reshape my work-life into something I truly love.

I feel empowered and like I can create whatever my heart envisions with the power of heart and spirit that is alive within me.

I thank you and Puran for your constant love, guidance, and unwavering support. Along with the blessings of HIK, Noor, and our lineage, I feel incredibly fortunate to walk this path surrounded by such grace.

I am especially grateful for Majida, who has been the most beautiful mentor. She has been my rock and my heart when I struggled to find my own, and someone who also celebrates my victories with such joy. And Jai, as my mentor supervisor, has been another steady anchor and tremendous source of support.

I truly cannot imagine my life without this path of the heart.”

HURQALYA HEART-ENERGY HEALING



Our Heart Energy Healing community is preparing for a busy year!

Our goal is to equip a new generation of healers to spread the healing powers of the heart. Certification courses will allow healers to expand their skillsets and offer healings for the physical, emotional and spiritual bodies.

All certified healers have access to monthly Continuing Education opportunities for support and additional training as they grow their clientele or offerings with loved ones.

Continuing Education Summary:

Steven Winn started off the New Year with a powerful session on Healing Humanity, helping us find our way when the world feels unstable.

Upcoming Continuing Education dates for 2026 at 12PM Pacific are:
February 8, March 8 and April 12.

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.

LEVEL 2 CERTIFICATION STARTS APRIL 18TH



EXPLORE THE PHILOSOPHY OF THE HEART

Hazrat Inayat Khan
Study Group

Click Below to Learn More

ADVANCE
H.I.K. Studies

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.

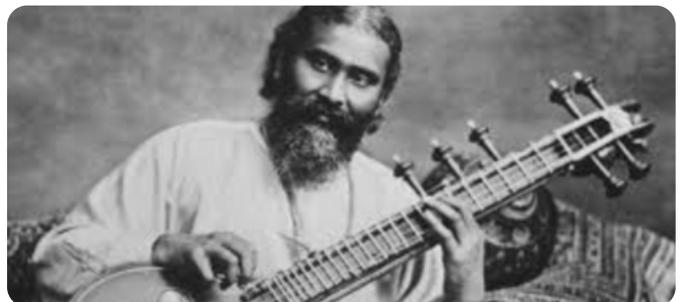
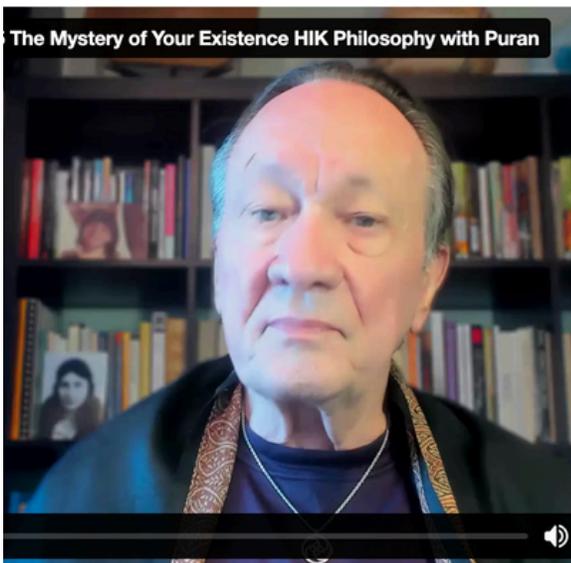
Participants value the opportunity to weave these lessons into their own spiritual practice.

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

Recent topics have included Exploring the Inner Life and Dying Before Death.

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

We warmly invite you to join us. All Welcome.



86 STUDENTS ADVANCING

Despite a world that often feels heavy and uncertain, a different movement is unfolding at iamHeart.

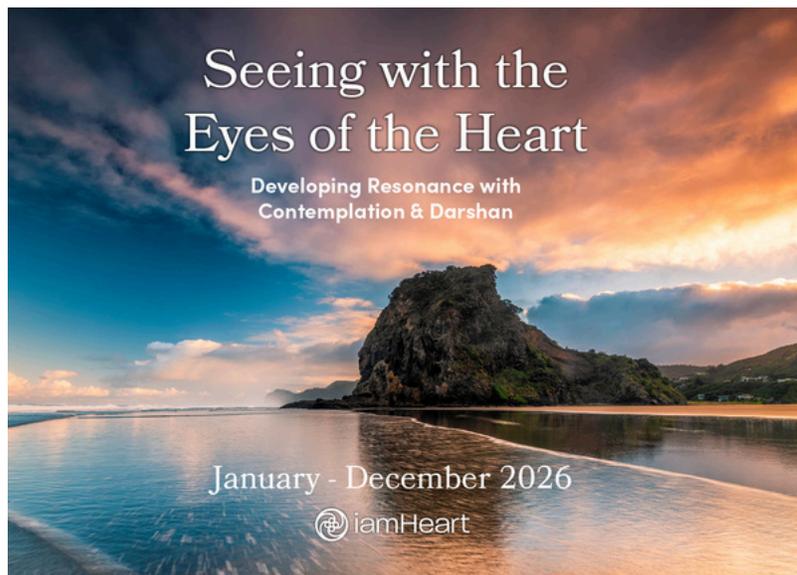
We are witnessing a steady return to what matters most.

Eighty-six students have chosen to deepen their study of the heart through Seeing with the Eyes of the Heart, with its focus on Resonance and Darshan, as well as iamU, our premier program devoted to the direct exploration of the heart.

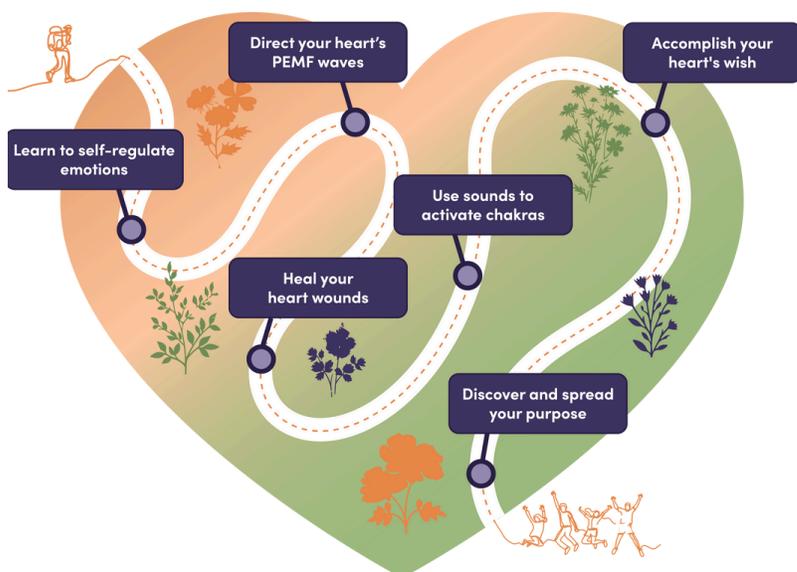
This commitment reflects a shared willingness to live, lead, and serve from a deeper place.

This is heart-centered leadership taking form, one individual at a time.

Resonance & Darshan



iamU



HEARTS IN LEADERSHIP

The iamHeart board welcomes two new members this year. Rich Tobey as Treasurer and Lisa Hanlon as Board Member.

The board gives direction to the purpose and function of the organization.

This year the board aims to focus on guiding programming that builds on last year's efforts to grow a new student population, and empower teachers to lead their own classes.

What is iamHeart?

By placing you at the center 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 Member



Susan Shawn
Board Secretary



Susanna Bair
iamHeart President



Rich Tobey
Treasurer



Lisa Hanlon
Board Member



Linda Turner
Director of Education



Frank Cluck
Board Member

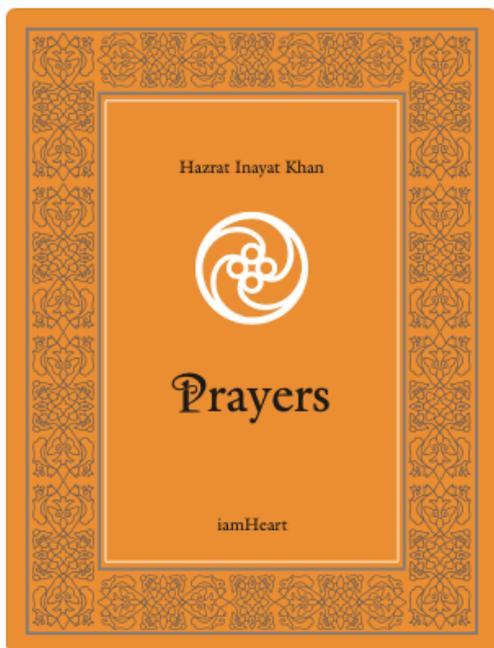
IN THE SHOP

Two of our most popular pieces are available again.

The Prayer Books have been reprinted with no changes to content. These are a great way to connect to the lineage in your personal HRM practice.

And, we have more Noor-un-Nisa replica necklaces. The necklace is 7/8 of an inch wide, 1 and 3/4 inches long. It is cast from silver weighing 7 grams, a little more than an American quarter-dollar coin.

PRAYER BOOK



NOOR-UN-NISA NECKLACE



IN THE SHOP

Click Below to View More

[VIEW ALL](#)
[Pieces](#)

Explore our new online shop filled with designs inspired by the rhythms, symbols and realms of the heart, where each purchase supports iamHeart's mission.

From the Elements to the Heart's PEMF field, there are over 80 options to brighten your practice, home and day!

MOST POPULAR



HEART FIELD



STAY WARM



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