



# 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 deeper 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 embrace the heart as a tool to build the future over the coming year.

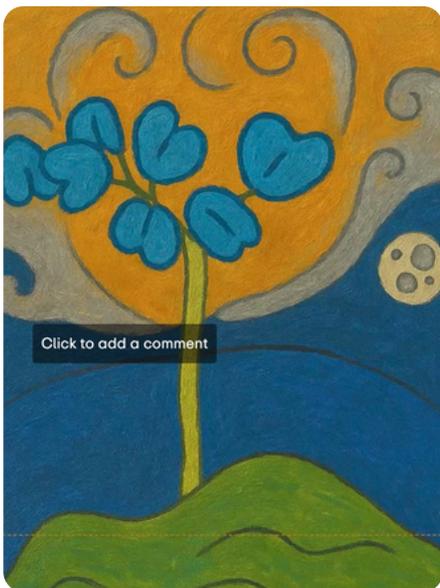
Gerred Clarke, Executive Director  
Susanna Bair, Co-founder  
Puran Bair, Co-founder

**“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

# 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.



# FIRE FOR A NEW YEAR

Click Below to Download

[DOWNLOAD APP](#)



**Fire Elemental Energy**  
12min

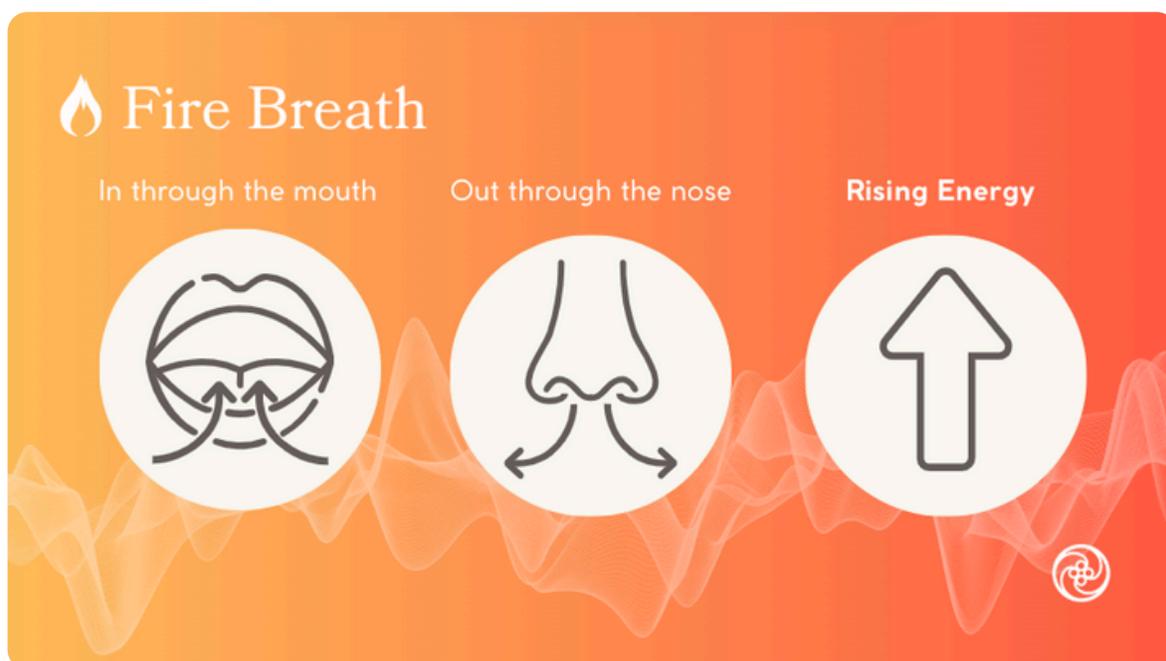
## FEATURED APP MEDITATION CONNECT TO IDEALS, HOPE & DREAMS

Use the Fire Breath to generate rising energy to invigorate your new year.

The Fire Breath gives you a needed boost, such as the breath of surprise—a very quick inhalation through the mouth.

The Fire Breath is the breath a weightlifter uses just before the lift. Avoid Fire Breath late in the evening.

## FIRE BREATH: ENERGY, TRUTH & ACTION



# FREE APP MEDITATIONS

Click Below to Download

[DOWNLOAD  
APP](#)

## A FREE APP FOR PHYSICAL & EMOTIONAL HEART HEALTH

### TRACK COHERENCE WITH PULSECAM

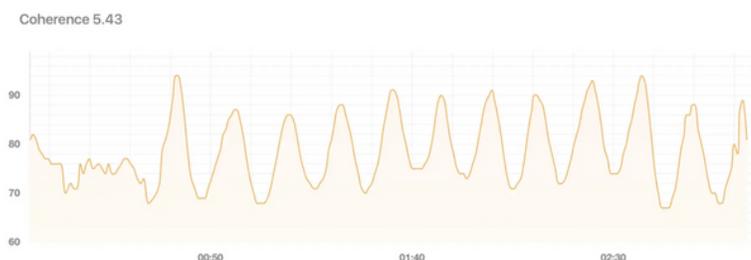
The Breath & Heart App is built to teach you Heart Rhythm Meditation, with evidence-based results to improve HRV and Vagal Tone. Find meditations for all levels and personal needs.



## GET INSIGHT ON YOUR HEART HEALTH

Heart Rate Variability (HRV) graph reveals:

- Irregular heart rhythms
- Emotional repression
- Capacity for stress resilience
- Overall cardiovascular health



# THE FORWARD DIMENSION

Studio

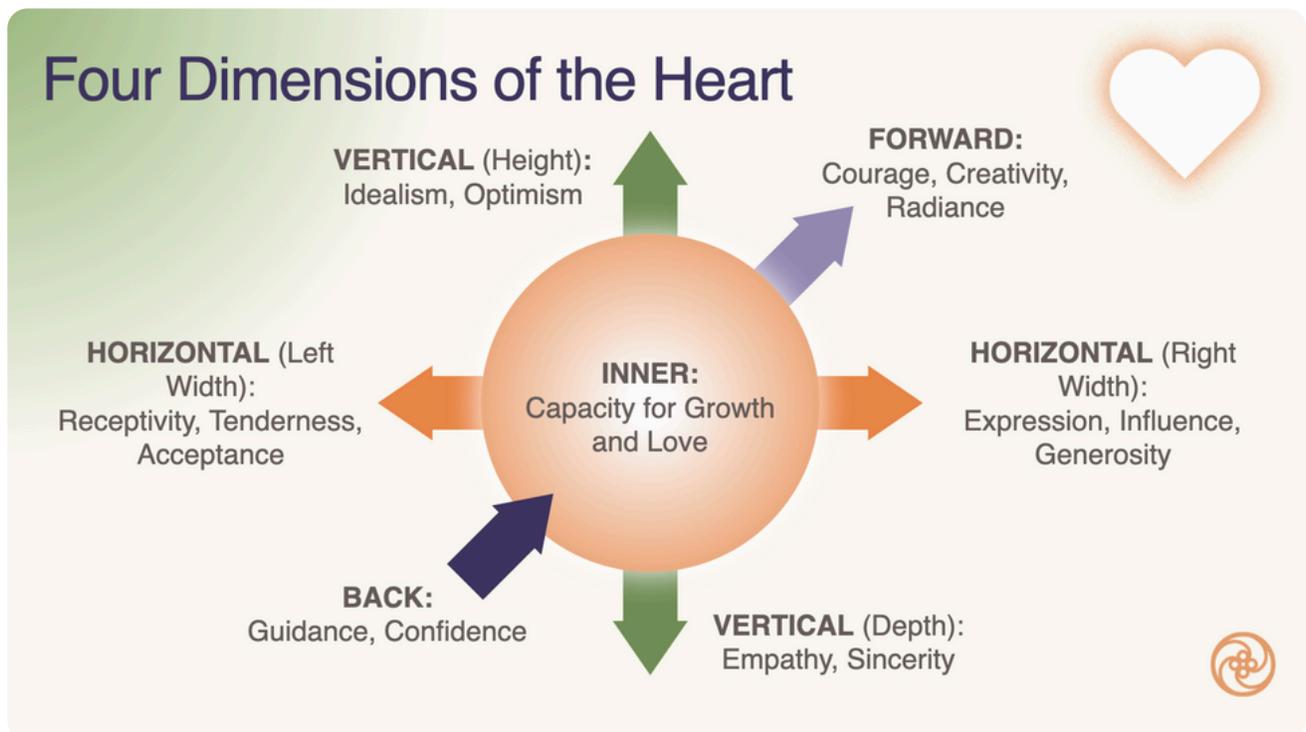
While the forward dimension of the heart is natural, something may happen that stifles that direction.

A punishing defeat, especially one that can't be comprehended, results in a blocked heart that is impressed with fear and becomes overly cautious.

Your blocked heart can usually be energized to its natural forward direction by concentrating on something you love, in a supportive environment.

Every heart has a strong desire; find it, and the forward power of the heart will return.

The desire may begin with a very personal and selfish wish -- no matter. Your desire will progress to become generous and grand as the forward dimension of your heart develops.



# CONNECT IN 2026

Click Below to Learn More

JOIN  
Community.



## The Importance of Community

Being part of our online community can be a special gift to yourself.

It offers companionship and connection without having to explain who you are or where you have been. When you participate, you are met by familiar faces that understand trying to live from the heart, and make the path feel less solitary.

There is comfort in knowing others are practicing alongside you, with similar questions, and returning again and again to what matters. Sharing your reflections can bring new light to teachings, and sometimes a single conversation can warm your heart for days.

Community participation also brings rhythm to your practice.

This is a place to be nourished, to listen and be listened to, and we hope you take full advantage of this community in 2026.

# TRY A CLASS IN 2026

Click Below to Learn More

[JOIN  
Studio](#)

If you are new to Heart Rhythm Meditation, you belong here.

Our online classes, hosted on Mighty Networks, are designed for beginners who want simple and practical guidance in a friendly atmosphere.

Six expert teachers will guide you through our foundational practices so you can immediately start to relive stress and anxiety, improve sleep and reconnect with your heart.

#### CLASS FORMAT:

- duration 45 minutes
- short intro
- short meditations with discussion
- Q&A to finish

## February Schedule - Free Classes

### Explore All the Realms of Your Heart

<p>MONDAYS 6AM PT/9AM ET</p>  <p><b>Gregory</b> Harnessing Your Powers</p> 	<p>TUESDAYS 8AM PT/11AM ET</p>  <p><b>Robin</b> HRM Basics</p> 	<p>TUESDAYS 4PM PT/7PM ET</p>  <p><b>Robert N.</b> Elements in Harmony</p> 	<p>WEDNESDAYS 3PM PT/6PM ET</p>  <p><b>Kate</b> HRM Basics</p> 	<p>FRIDAYS 6AM PT/9AM ET</p>  <p><b>Maureen</b> Living in All Dimensions</p> 	<p>SUNDAYS 12PM PT/3PM ET</p>  <p><b>Robert P.</b> Elements in Harmony</p> 
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# WHERE TO FIND 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.

 **Join Free Online Classes**   · Click on class below to read description, RSVP & find Zoom link.  
local time zone.

**Join Classes Below**   RECORDINGS   Discussion/Updates   +

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 **CLICK FOR**  
  
**DETAILS**

**27**  
JAN   Tue, Jan 27 • 4:00pm • Repeat Event   You're Going 

**Elements in Harmony with Robert Nemeth**  
Please click the Zoom Meeting link above to join the class.  
You may also click RSVP to hold your spot and receive a reminde...

 You & 18 going   

 **CLICK FOR**  
  
**DETAILS**

**28**  
JAN   Wed, Jan 28 • 4:00pm • Repeat Event   You're Going 

**HRM Basics - Quietting the Inner Critic - with Kate Lampe**  
Please click the Zoom Meeting link above to join the class.  
You may also click RSVP to hold your spot and receive a reminde...

 You & 35 going

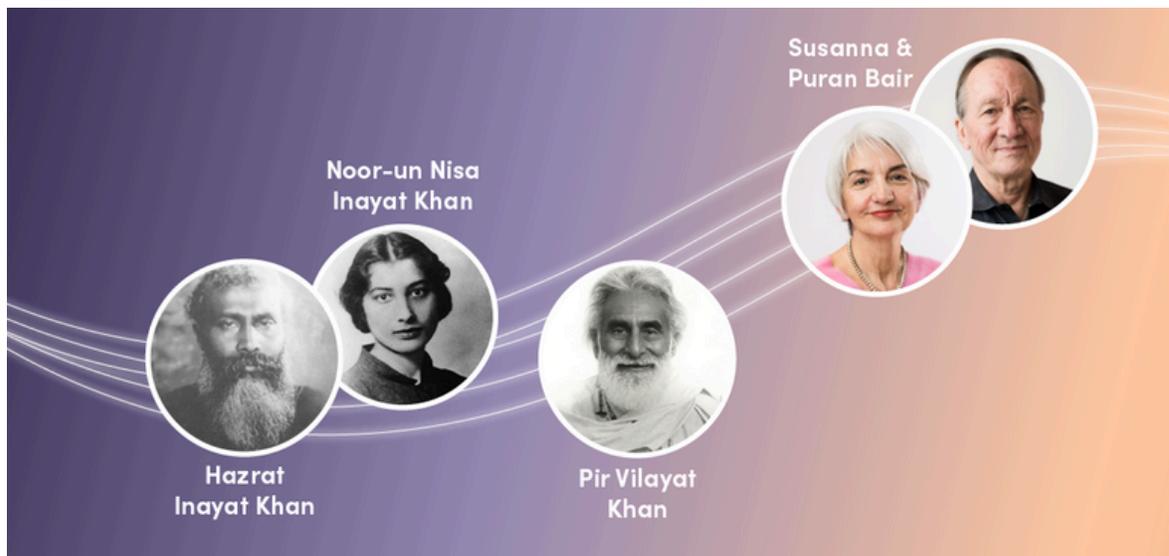
 **CLICK FOR**  
  
**DETAILS**

**30**  
JAN   Fri, Jan 30 • 7:00am • Repeat Event   You're Going 

**Living in All Dimensions with Maureen Debellis**  
Please click the Zoom Meeting link above to join the class.  
You may also click RSVP to hold your spot and receive a reminde...

 You & 30 going

# HEART-INSPIRED LINEAGE



iamHeart is a school of inner development dedicated to teaching how the intelligence and energy of the heart can be consciously applied to everyday life – including (1) health, (2) relationships, (3) accomplishments and (4) self-realization.

Our aspiration is the awakening of each heart to the unlimited love, harmony and beauty of The One Heart.

This work is somatic, deeply personal and universal at the same time. It is holistic, evidence-based, experiential, and transformational, offering a grounded path for those seeking depth without dogma, and spirituality that can be lived fully in the modern world.

1. The contractions of the heart produce the body's energy field, called a Pulsed Electromagnetic Field (PEMF). PEMFs have been FDA-approved for regenerating many different tissue types. iamHeart uses PEMFs in our method of heart-energy healing.

# HEART-INSPIRED LINEAGE

2. Because the heart's field naturally interacts with the fields of others, human connection is felt not only emotionally, but energetically. Through guided practices, we learn to read the energetic transmission of others to become more understanding, heart-centered, empathic, and emotionally authentic in relationships.
3. With training, the heart's energetic field can be strengthened and directed. This supports greater emotional stability, creative flow, generosity, cooperation, and the capacity to meet life's demands without chronic stress or burnout. Over time, practitioners experience greater available energy, confidence, clarity of purpose, and breakthrough performance.
4. The energy field of a person's heart has no boundary, so with awareness of the heart's field, many come to experience a sense of self that is not limited to personal history or circumstance. This realization is both grounding and humbling, fostering courage, responsibility, and reverence for life – and supporting the pursuit of one's unique purpose in life.

iamHeart has established a modular, progressive and complete path of human development incorporating the authentic practices of a lineage of great men and women, especially Hazrat Inayat Khan (d. 1927), a Indian mystic and musician who brought a universal message of the heart to the West.

His work was continued by Pir Vilayat Khan, who asked Susanna and Puran to found this new school to integrate the science, philosophy and practices of the heart.

# 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 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 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