

## Connecting the Dots (Meditation teaches - You take 1 Step He takes 10 Steps)

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### Abstract

Heartfulness (HFN) is a simple practical method to experience heart's unlimited resources. It includes guided relaxation, and a meditation technique with yogic transmission. Heartful Institute has developed a HeartsApp to practice HFN and is illustrated in [1]. This app can be downloaded from Heartfulness.org without any cost and is free to use 24 hours/ 7 days all over the world. Since the Covid-19 outbreak, the application of meditation and HeartsApp has increased multifold. One can easily learn how to meditate and experience the effect of transmission. This article shows some simple illustrations of, "You take one step and He takes 10 steps", in honest and sincere efforts for accomplishing daily goals. Key features including, Meditation with a trainer, Guided practice with introductory sessions, Master classes and Lifestyle in a Heartfulness way are given [www.heartfulness.org](http://www.heartfulness.org) and [2]. Some examples of effectiveness of meditation are given. These include results of taking steps with faith and devotion given below:

1. Open house in Mandi, HP, India on May 15, 2015
2. Meeting with General Medrano, in Bogota, Colombia.
3. Invitation by Professor Ahid Ali to present and consequences.
4. Contact by Mr. Ritesh Bisht for webinar in his college in Kulu, HP, India.
5. First time visit to Colombia.
6. Contact with Central State University.
7. Kensington Library

**Keywords:** HeartsApp, Heartfulness Meditation, Lifestyle, Transmission, Relaxation

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### 1.0 Introduction

On May 15, 2014 morning, I was watching a ZEETV show. The speaker was saying that it is amazing, how we give lot of importance to material success and no importance to the job for which we were given opportunity to incarnate on the planet earth. From birth onward, we spend time to get good education, be competitive to get high education in reputable universities and work hard to obtain good jobs and make lot of money. Many of us spend whole life accumulating wealth and leave that money to children. Most of the time the inheritance left behind is not properly used. Children, for whom the property is left don't even need the property. While living we don't even give the material assets for meaningful use by the needy. Instead, we need to spend time to use the wealth for making life more meaningful. What an unfortunate state of affair. This idea has been in my mind for quite some time. This should be brought to the people's attention. Everybody should pay more attention to their contract with God than to the arbitrary things on planet earth. Meditation helps nurture such traits and creates an attitude to right thinking, correct understanding and honest approach to everyday living and dealings.

## 2.0 What is Meditation?

Meditation means thinking one thing continuously. Heartfulness meditation is heart based meditation [2,3]. We sit comfortably and gently close our eyes. Then assume the source of light present in the heart. If thought comes don't pay attention to it. Let it go. Consider it as uninvited guest. Do this for about 30 minutes. Heartfulness trainer can guide you to do it effectively. These trainers are available all over the world, free of cost. Just google Heartfulness Meditation, you will find one nearby. Also use downloadable free HeartsApp which will help you to do meditation anywhere. The capabilities of HeartsApp are given in this article. At the end of the article, you will gain insight into the practice of Meditation.

## 3.0 Balance.

Several things attract our attention for example social life, career, money, etc. and we are invariably pulled towards them. We are so lost in our daily lives that we don't even realize that there is a lack of balance (Figure 1). As a result we feel the absence of something that we are unable to explain. We feel the necessity to pause and reflect on the prevalent situations. Even if we do pause, we realize that our mind is not stable and is constantly thinking of different activities.



Figure 1: The effect of too much mental load causing imbalance.

This article attempts to provide information as to how to integrate meditation into your daily life and learn how to start the practice (Figure 2). Also, what is HeartsApp and how to use it; which is very simple and effective. As much as we need the material life to eat, sleep, live comfortably (Figure 1), it needs to be balanced with the spiritual life (Figure 2).

*"As a bird needs two wings to fly, so a human being needs the two wings of existence, the spiritual and the material, to lead a natural and harmonious life"*



Figure 2: Need for balanced existence

#### 4. HeartsApp:

Figure 3 shows the free down loadable HeartsApp for practicing Heartful meditation. Figures 3 to 13 show the screen images from HeartsApp for meditation practice.



Figure 3: HeartsApp Downloadable

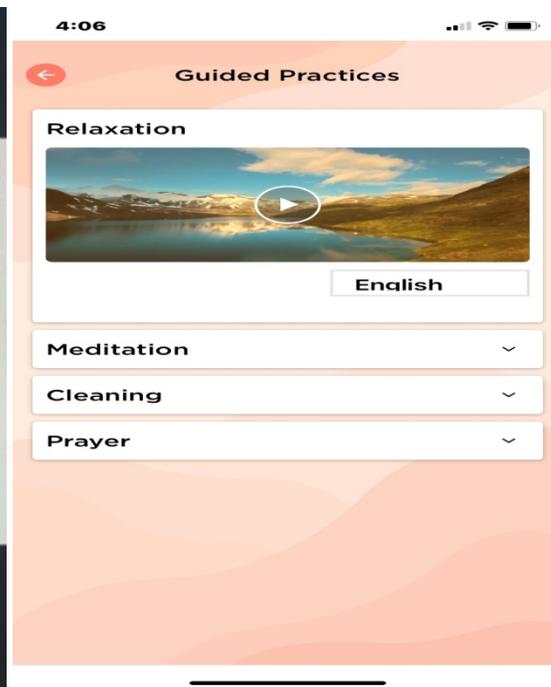
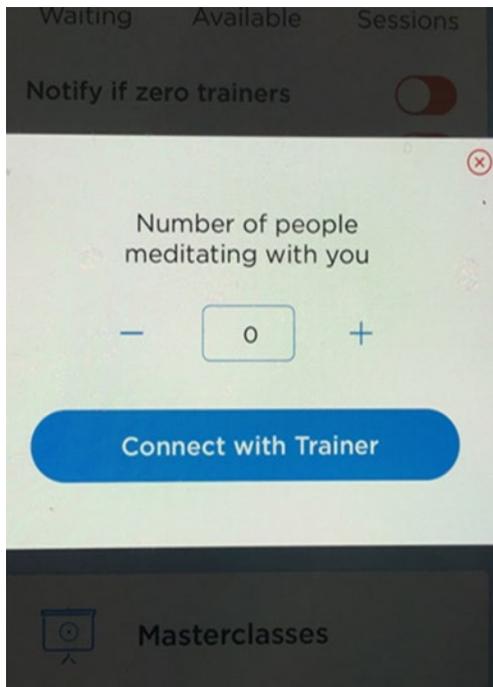
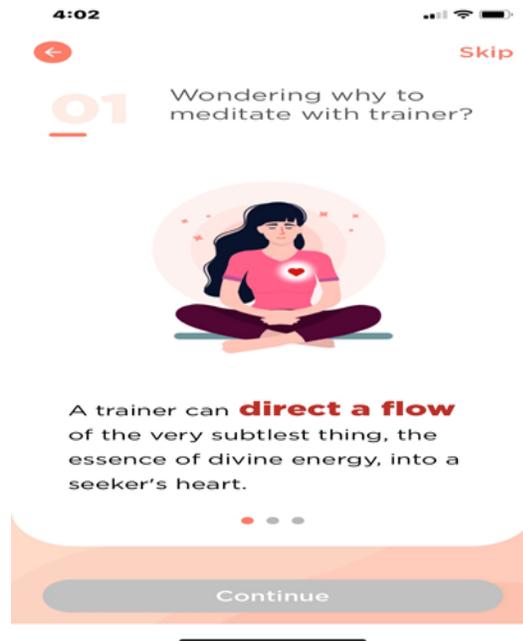
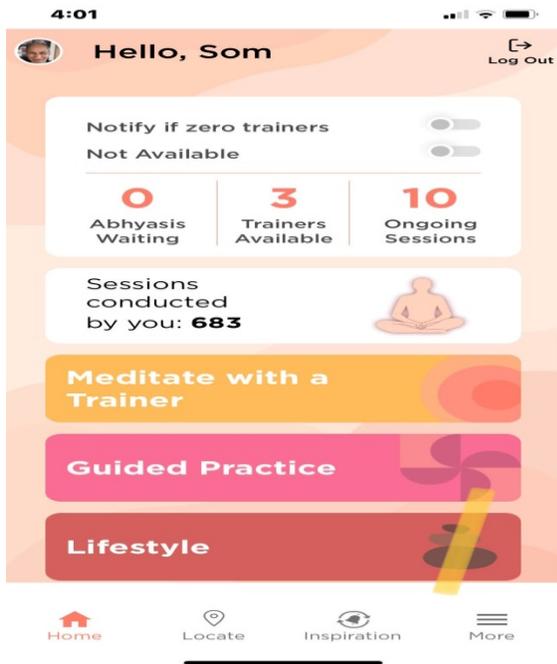


Figure 5: Meditation with a trainer

Figure 6: Guided relaxation

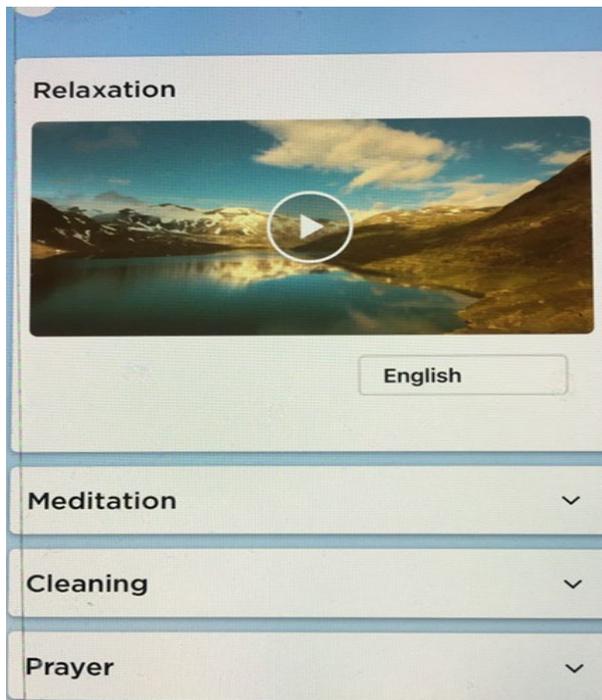


Figure 7: Guided Meditation



Figure 8: Heartfulness Masterclasses with Daaji

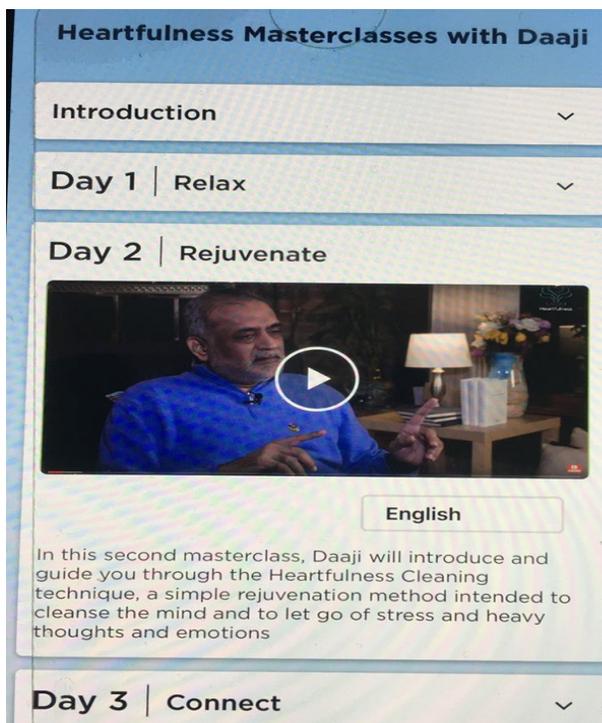


Figure 9: Heartfulness Masterclasses with Daaji ctd.

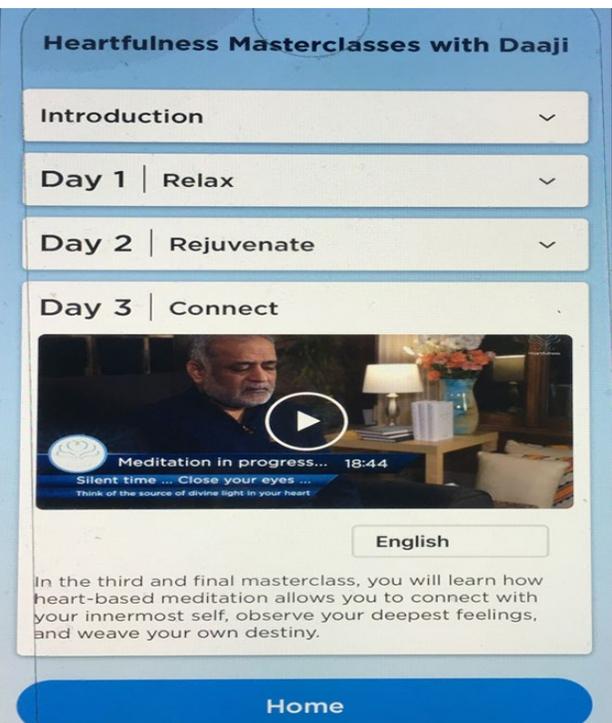


Figure 10: Heartfulness Masterclasses with Daaji ctd.

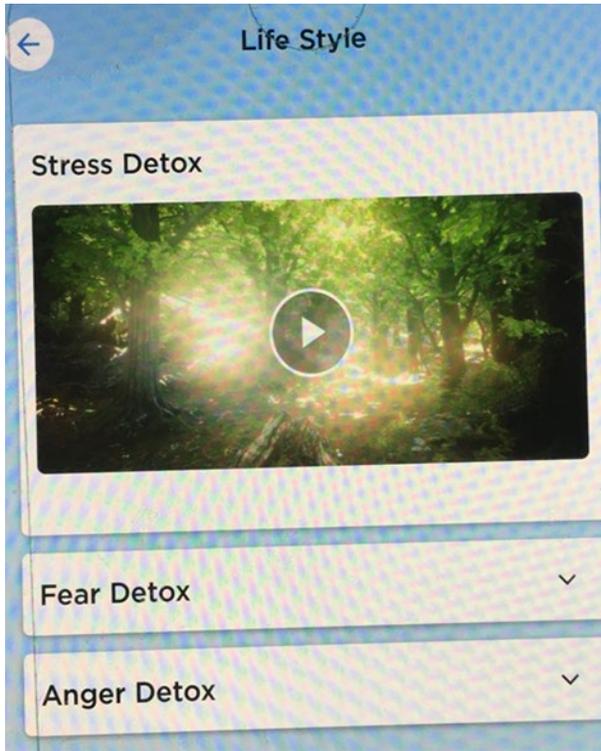


Figure 11: Lifestyle (Stress Detox)

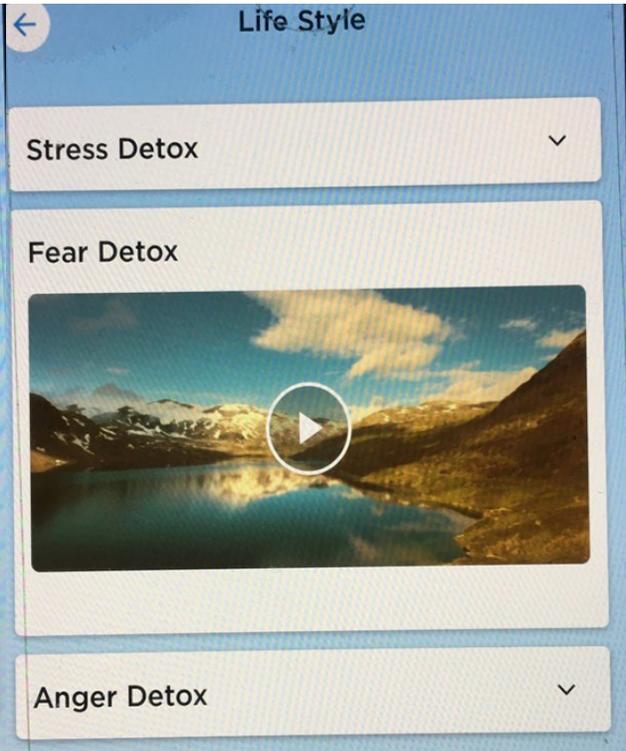


Figure 12: Lifestyle (Fear/ Anger Detox)

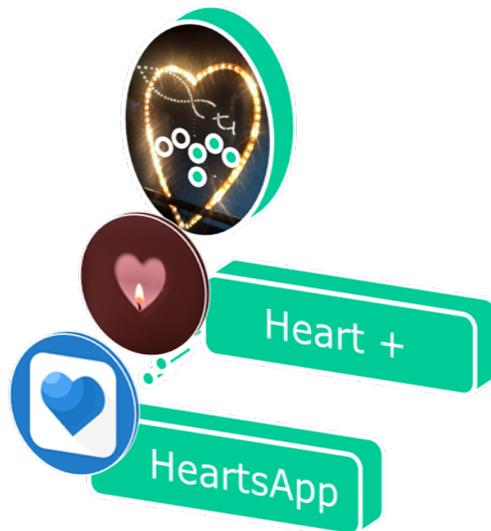


Figure 13: Bottom to top (HeartsApp, heart with source of light and heart with transmission).

#### 4. Examples of you take one step He takes 10 steps:

This section gives 4 examples of taking one step leading to a highly productive and amazing outcome.

**4.1 Aparna's wedding:** This is story of our going to Mandi, India to attend Gita's niece's wedding in April 2015. From the beginning itself we knew that the wedding will be an elaborate 10 days function. I was wondering as to what I will do there for ten days. Gita wanted to revitalize meditation activities in Mandi. During all the wedding festivities, we were trying to work something in that direction. We made a thought that it is His plan and we are tools. When we meet friends who could use meditation we used to share our thoughts. Gita has known, Mahesh Puri, jeweler in Mandi whom we used to see regularly. We shared our thoughts with Mr. Puri. He started giving his suggestions as to what could be done. One day I prepared a sample flier to pass on to prospective participants. We shared that with him. He suggested us the possible venues in the town for arranging a meditation seminar. Based upon that feedback, we started investigating the suitability and availability of those venues. One place was suitable and available. We fixed that date and finalized the handout flier and printed 30 copies. Now we started talking to people meeting at different places and inviting for Heartfulness session. Further we contacted the local abhyasies and prefects to participate in the session.

Further Mr. Puri suggested us to make 5 banners and post them at certain key locations. He even suggested the printing press, where we can get it printed. We went there and made arrangement to design and print 5 copies of a banner, Figure 14. With some efforts we were able to obtain these banners. It appears that there was some external influence working to make all this happen.



Figure 14: 5 copies of banner printed in Mandi, HP India.

As soon as we started hanging the first banner at Gandhi Chowk, one individual came to help us hang it. Same time another individual came and started enquiring about the event and said that he was looking for something like this. He even mentioned that he has read the book entitled “Laws of Spiritual World” by Khurshid Bhavnagari. Later on he came to attend the Information session and started the meditation.

We placed 5 banners at different places. Surprisingly, each banner was placed at different place with different individual’s suggestion and turned out to be perfectly placed. All the other arrangements were done without any difficulty.

About 30 persons attended the session and 6 of them started meditation. We feel that this would not have happened without His taking 10 steps for each step taken by us.

#### **4.2 Visits to Bogota, Columbia:**

As always, Reverend Master had given me a wonderful opportunity to meet abhyasies in Bogota and Cali, during my trip May 14 to 23. After firming up my plans to visit Colombia on official trip, I had contacted sister Carolina Barrero and brother Humberto, and informed them about my tentative plans to visit Colombia starting May 22. Both of them wrote me back about forthcoming Preceptors' Seminar on May 15 to 17 to be held near Bogota. I still had flexibility to change my schedule. I, immediately made arrangements to include May 15 to 17 in my travel plans. I firmed up my trip to begin on 14th May and return on 23rd May. This gave me a unique opportunity to experience many wonders of our system. During my air travel I was able to read the book entitled "Constant Remembrance". I attended the seminar at Chuachi, about 30 miles away from Bogota, consisting of more than 25 preceptors. Amongst preceptors from Colombia, Ecuador and Venezuela brother Waycott, sisters Bani and Jan, from USA were also present. The seminar was organized at a resort area very conducive to meditation. It was a wonderful seminar with an exemplary attitude of devotion and love for the Master. This helped foster greater cooperation amongst participants.

After the seminar, on Monday, May 17, I went to Bogota with brothers and sisters from Bogota. Monday was a holiday in Colombia. Sister Yolanda took me to her house, where a number of abhyasies (11) came for individual sittings. Next day morning, May 18, I moved to my hotel and had meetings at customer sites, the whole day. May 19 also, I was busy meeting my customers. I had meetings lined up whole day.

On 19th May, I went to meet Major General Medrano, the CEO of (CIAC) Center for Innovation in Aircraft Crafts. After customary meet and greet, he asked me as to when did I arrive at Bogota? I told him that I arrived in Bogota on Friday. Then he asked, "What did you do in long week end, May 15 to 17?" I told him that I attended a Meditation Seminar at Choachi. His ears perked up and expressed his surprise of my involvement in meditation. I explained him that we have groups in Bogota and Cali involved in Meditation and I participate with them in each of my visit. He himself expressed his desire to start meditation when I visit Bogota next time. I gave him our web sites and names and phone numbers of two preceptors in Bogota. I informed the preceptors about this.

On 19th evening I went to Cali. On 20th May after my meetings with my business associates, I went to give sittings to 2 abhyasies in the town. On 21st evening I moved to Bogota and met Sister Yolanda and gave her sitting. On 22nd May we had, whole day program, group satsangh (24 participants, Figure 15) and many abhyasies came for individual sittings (10 abhyasies). We had lunch together and talked about beloved Master. While talking about beloved Master Abhyasies felt His love and transmission.



Figure 15: Meditation session in Bogota

I departed from Bogota next day in the morning. It was a wonderful trip. I am very grateful to beloved Master to provide me with such an exciting opportunity to experience his magnanimity. After each trip I have felt a leap of progress in my condition.

After about six months I had opportunity to visit Bogota again. I had appointment with General Medrano on Tuesday, but I reached on Sunday and finished my first appointments on Monday afternoon. I had some time to swing by General Medrano's office to talk to him about his interest in meditation. Luckily, I was able to meet him and reminded him about his interest in meditation (Figure 16). He was sincerely interested and wanted to know more. I gave him a quick description of the method and also gave him first meditation session. We made arrangements to have another session next day. He came to my hotel with his wife next day and had a meditation session. After that we went for dinner together. Thus my one step resulted into sowing seeds of meditation in various places. Thus, when we take one step, He takes 10 steps to make the work easy.

#### **4.3 Invitation by Professor Ahid, IEOM President**

He sent me an invitation to submit a paper for June 15-16, 2021 Haiti conference. Based upon this invitation I submitted two abstracts. One paper was on Mechanics of Heartful meditation; and second was on Healthy lifestyle. My step has resulted in to three more publications and 7 presentations. 7 presentations include 4 papers in IEOM conferences, 1 webinar in Kullu Polytechnic, and 2 presentations in Central State University.

#### **4.4 Webinar in Polytechnic in Kullu**

Gita's sister's son, Ritesh Bisht, approached us with a request for a webinar for his students of Civil Engineering Department in his college. I had submitted an abstract on this topic to IEOM June 2021 conference. I sent him that abstract and asked him that I can speak on that topic on short notice. He contacted his colleagues and Principal with this proposal. They accepted the idea and webinar was conducted on June 9, 2021. The following is the news item they published in their newspaper.



Figure 16: BG Medrano, Dr. Soni, BG Cairo and Maj B at Institute of Aeronautical Products

**LIVE WEBINAR**  
**9 JUNE 2021 4PM**  
ZOOM MEETING ID 75070122977  
PASSCODE P d J v q 5

**CONNECTING THE DOTS**  
**Mechanics of Heartfulness**  
**Meditation and HeartsApp**

**Dr. Som Soni**

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Patent: Multidirectional High Cycle Fatigue Testing  
System United States

**AdTech**  
Systems Research, Inc.

Organised by : Dept of Civil Engineering , Govt Polytechnic Kullu  
Coordinators : Er Lokesh Sharma & Er Ritesh Bisht

Figure 17: Webinar announcement in Kullu Polytechnic.

The office of Principal in collaboration with Civil Engineering Department of Govt Polytechnic Kullu organized an international webinar on 'Mechanics of Heartfulness Meditation' Figure 17.

The event was part of the regularly held series of online webinars organized by the department for Engineering students during lockdown wherein expert lecturers are held in addition to online classes. Dr Som Soni ,CEO of AdTech Systems Research Inc. USA also a retired Associate Professor in Air Force Institute of Technology in Ohio, USA was event's main speaker. Dr. Soni had long served in USA in key scientific positions and his company provides R&D to various corporations in international defense sector including Lockheed Martin, Boeing etc.

Apart from technical subject Dr. Soni focused on the significance of meditation during these critical pandemic times when distress and anxiety is also there which one has to fight with along with coronavirus. Institute Principal Sh. D.R. Sharma was also present and attended the event. He told that Dr. Soni has his roots in Mandi Distt of Himachal Pradesh and is source of inspiration to students of Himachal that one can achieve great heights in life by working hard and sincerely no matter where they come from. Er. Ritesh Bisht and Er Lokesh Sharma were coordinators of the event.

## 5. Summary:

Heartfulness is a heart based meditation. This helps to strike a balance in a meaningful existence. It is a simple but challenging practice followed all over the world. Free downloadable HeartsApp is illustrated. Four cases of personal experiences of you take one step and He takes 10 steps are described. There are 3 more similar stories listed in abstract, which were similar happenings resulting in to interesting outcomes. May describe in future presentations.

## 6. References:

1. Som R. Soni and Gita Soni, "Mechanics of Heartful Meditation and HeartsApp", IEOM-Haiti, June15-16, 2021.
2. Kamlesh D. Patel and Joshua Pollock, "The Heartfulness Way", Reveal Press, 2018.
3. Kamlesh D. Patel, "Designing Destiny The Heartful Way", Wetland Publishers, 2019.

## Biography:

Dr. Soni has PhD from University of Roorkee (renamed as IIT Roorkee) India, 1972. Dr. Soni has more than 40 years of experience in teaching and research related to systems engineering design, analytical and experimental mechanics of composite materials and structures. Dr. Soni retired from AFIT in December 2011. Before joining as an Associate Professor in Air Force Institute of Technology in December 2005, Dr. Soni was involved in AdTech Systems Research Inc as President and CEO for more than 20 years (1984- 2005). He has worked as a senior Scientist for the University of Dayton Research Institute (1981- 1984) conducting research in composite materials and structures. Dr. Soni's recent studies include: a) Cost modeling of composite Aircrafts; b) Systems Engineering Approach to Integrated Health Monitoring System for Aging Aircrafts; c) Ballistic response of co-cured adhesive bonded composite joints; d) Bonded and Bolted Joints which resulted in a fully documented software package called **BBJ**. Dr. Soni is author/ co-author of 100+ research publications in the field of mechanics of solids and structures with special emphasis on composites. Dr. Soni is a Fellow of the American Society for Composites, has been an Associate Fellow of AIAA and a member of SAMPE. He has won numerous awards including Co-author of Air Force Materials Laboratory's Cleary Award publication, State of Ohio Edison Emerging Technology Award, Enterprise Spirit Award of Kettering Moraine and Oakwood Chamber of Commerce; and Engineering Science Foundation (Affiliate Society Council) Award for Outstanding Professional Achievement for his accomplishments. Dr. Soni is a Heartfulness trainer for more than 30 years.

Mrs. Gita Soni has Master of Science (Statistics), Wright State University, Fairborn, Ohio, 1983. She has taught Mathematics and Statistics in Wright State University. From 1986 onwards, Mrs. Soni worked as Chairman of Board of Directors of AdTech Systems Research, Inc., Beavercreek, Ohio. She was responsible for corporate accounting receipt and payment. Mrs. Soni is a Heartfulness trainer for more than 30 years.