



Follow Your Heart

Puran Bair, Susanna Bair

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What does it mean to follow your heart? Does it mean you do whatever you like? Your Heart is more powerful than you think; your heart can lead you to illumination, if only you have the faith, courage, and insight to follow it. Illumination, the goal of human development and the longing of every heart, means manifesting in your body, mind, personality, and behavior the pure qualities of Love, Harmony, and Beauty, to explore the potentials of all being, and to accomplish the purpose for which you were created, becoming a fully-realized version of yourself. Over the millennia, spiritual masters of different traditions have laid out the steps of illumination, but these have long been carefully guarded secret teachings, shrouded in mystery, hidden in paradoxical stories and koans. The path to illumination has often been presented as purely spiritual, never touching on worldly concerns, seeing spiritual development as something that happens far from the concerns of worldly life. Now, Puran and Susanna Bair present a heart-centered path of spiritual transformation that integrates all parts of a complete life—relationships, career, family, goals, and health into a radiant, loving fullness. Puran and Susanna are spiritual masters and lineage holders in the tradition of Universal Sufism as taught by Hazrat Inayat Khan. They are the founders of the Institute for Applied Meditation, and have taught Heart Rhythm Meditation to thousands of people over the last 35 years.

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