

“The Coming Times and the Culture of the Heart”



Susanna and Puran Bair. PHOTO:
Stephan Fuelling

Puran and Susanna Bair spoke at the 2012 Cosolargy Conference on “The Coming Times and the Culture of the Heart.” Their presentation addressed the coming cataclysms (natural, political, economic, and social), the new awakening of humanity to divinity, the concept of the sun as a broadcasting system of new information, and changes from the present culture of mind to one of the heart. Their presentation also provided practical tools for each person’s contribution to the transformation that is taking place in our time and a basic sense of the practice of their “I Am You” experience and its effects as a purification process. Central to their teaching and practice is their technique of Heart Rhythm Meditation, which they identify as an ancient technique that they have updated using modern science, biofeedback, Heart Math instruments of measurement, and the concept of a “responsive heart.”

Biographical Note:

The Bairs are cofounders of the Institute for Applied Meditation (IAM) in Tucson, Arizona, and coauthors of *Energize Your Heart in 4 Dimensions*. They have taught meditation

throughout the world to tens of thousands of people over the last 35 years and have been called pioneers in the development of heart-rhythm meditation. Puran is known for his development of the scientific instrumentation used to measure the physiological effects of this type of meditation and has a background in computer science, electrical engineering, environmental energy, and finance. Susanna is a psychotherapist with a background in theater. Both were students of Sufi master Pir Vilayat Khan, whose teachings are the foundation of IAM.