



Heart Chakra Meditation

This heart chakra meditation is a simple technique to release sadness and fear and to bring compassion and love into your life.

Sit in a comfortable position, either cross-legged on the floor or in a chair. Sit up tall with the spine straight, the shoulders relaxed and the chest open. Inhale the palms together and lightly press the knuckles of the thumbs into the sternum at the level of your heart (you should feel a little notch where the knuckles magically fit). Breathe slowly, smoothly and deeply into the belly and into the chest. Soften your gaze or lightly close the eyes. Let go of any thoughts or distractions and let the mind focus on feeling the breath move in and out of your body. Once the mind feels quiet and still, bring your focus to the light pressure of the thumbs pressing against your chest and feeling the beating of the heart. Keep this focus for one to five minutes.

Next, gently release the hands and rub the palms together, making them very warm and energized. Place the right palm in the centre of your chest and the left hand on top of the right. Close the eyes and feel the centre of your chest warm and radiant, full of energy. See this energy as an emerald green light, radiating out from the centre of your heart into the rest of your body. Feel this energy flowing out into the arms and hands, and flowing back into the heart. Stay with this visualization for one to five minutes.

After you feel completely soaked with heart chakra energy, gently release the palms and turn them outwards with the elbows bent, the shoulders relaxed and the chest open. Feel or visualize the green light love energy flowing out of your palms and into the world. You can direct it towards specific loved ones in your life or to all sentient beings.

To end your meditation, inhale the arms up towards the sky, connecting with the heavens, then exhale and lower the palms lightly to the floor, connecting with the earth. Take a moment or two before moving on with the rest of your day.