

Heart Meditation

Rather than attempting to still one's thoughts by focusing on the mind, change your focus to the heart. Through focusing on the heart and the feeling of love within the heart one leaves the mind behind. Thought-forms slowly die and our emotions are stilled. The 'meditation of the heart' is a practice that drowns the mind and strengthens positive emotions.

1. Be aware of how you feel about the emotion and issue at hand. Name the issue that is troubling you. Name the emotion that is brought by the issue.
2. Center yourself by breathing in through your heart. Sometimes it is helpful to experience and focus on your heartbeat. You may be able to feel your heartbeat. Possible, you will feel the beat of your heart.
3. Once you are centered in your heart, focus on positive emotions and bringing these emotions into your heart. It is easy to focus on appreciation or gratitude by considering the many positive things about your life. It is also usually possible to focus on the emotion of love by focusing on someone for whom you have loving feelings. If your emotions are conflicted in this area, it may be possible to focus on a loved pet. For some, it is most effective to focus on the "universal love".
4. Allow this positive emotion to "soak" your heart. Allow it to reverberate through your heart, touching every corner. At times it may connect to a deep, unresolved pain. If this happens, allow the positive emotion to continue to "soak" into the pain and to resolve/dissolve/envelope the pain. Continue to work with the positive emotion as it reaches into every corner of your heart and dissolves pain.
5. Because you entered into this meditation with a particular emotion and/or issue. This may arise for you. Allow the positive emotion to reverberate through this issue and dissolve the issue. Be in neutral. Allow; don't force. Trust your heart. It is not the issue that causes your problem but the stored pain and significance you have assigned to the problem.
6. After dissolving as much significance as you can, ask your heart for insight and guidance.