

MINDFUL HAPPINESS

Anahata - Heart Chakra Meditation Practice

The Heart Chakra is a very popular focus of meditation practice. Here we will simply review some characteristics and then move on to a meditation practice.

Specific characteristics: Green color, YAM sound (say at least three times with a soft A), sense of touch, located in center of chest (cardiac plexus and thymic area), and malachite or emerald stone.

Functional characteristics: Respiration, circulation, immune system, and life itself.

Emotional characteristics: openness, unconditional love, duty, devotion, peace, harmony, awakened compassion, and emotional consciousness.

Now for the meditation practice.

- 1) Just rest in meditation on the breath just as it is now - just be aware. In and out. In and out.
- 2) Now gently bring full attention to the feelings of a deeper, slower, more complete breath. In and out. In and out.
- 3) Pay full attention to your heart chakra area, and bring full attention to it. If you wish, you may place both hands over your heart area.
- 4) Breathe in green energy very slowly and deeply, and say YAM to yourself at least three times. Say it slowly.
- 5) Go deeper with your emotional consciousness into your heart area. Appreciate it! Appreciate it!
- 6) Use your imagination and breathe in the feelings of inner peace and harmony. In and out. In and out.
- 7) Awaken your deeper emotional consciousness, and feel the sense of unconditional love for yourself and others. In and out. In and out.
- 8) Now simply rest with yourself. Hold yourself emotionally in this unconditional love and inner peace.

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