

# Be the Change

## Heart Meditation

**Objective:** If you meditate on your heart in a regular way, the contraction around your heart will loosen its grip and your life will open in surprising ways.

After some days or weeks of practicing to meditate on the Heart, you will know whether you want to make it a permanent part of your daily routine. I believe that putting attention on the heart is valuable as an addition to any spiritual program. To live from the center of spirit is a constant goal for anyone on the path.

As you progress in the practice, you will begin to notice that sensations, thoughts, memories, daydreams and random physical manifestations start to decrease. The heart center will slowly reveal itself as it really is—through silence, peace, a warm glow, or subtle light. Even if these glimpses are only fleeting, you will find that things are starting to change for you outside meditation. You will start to walk with a more buoyant step. At unexpected moments you will feel a swelling sensation in your chest; you may want to take deep, satisfying breaths. Flashes of elation and well-being may sweep over you at odd times.

All these are signs that the contraction most people hold around their heart center is releasing its grip. The heart center is meant to feel open and relaxed. Before you can receive any profound spiritual insights, this openness must exist. Contraction, fear and tightness all keep spirit from entering you. In truth, spirit doesn't enter, since it is always there. But making contact with it is like being penetrated with light and insight; this is what we call the flow of love.

Love and spirit are forming a connection every time you meditate on the heart, starting with the first time. Advanced meditation deepens this experience and makes it more conscious. As you continue this practice, you will find it easier and easier to go to your heart for counsel and wisdom, or simply to feel that you are loved. You do not have to speak to your heart in words; your heart doesn't have to speak to you in words. The language of spirit comes to us as silent assurance, self-acceptance, patience, an appreciation of simply being. As these qualities develop you are maturing in your experience of the heart center. *Deepak*

Meditation: Meditate on the heart.

Be the Change You Wish to See in the World... Mahatma Gandhi

