

Heart Breath Meditation

By Michael James

Take a deep breath, exhale slowly and relax into yourself as you breathe your eyes closed. Keeping your awareness behind your eyes, in the middle of your head, follow the natural rhythm of your breath - not trying to control your breathing, but allowing your body to breathe fully.

Visualize a grounding cord going from the base of your spine down to the core of Mother Earth. (This cord could be a beam of light, a rope, a tree root, whatever feels natural for you. Picture the core of Mother Earth as a safe, sacred place - which could be your favorite sea shore, mountain top, or mountain lake, etc.) Make your grounding cord at least as wide as your hips, and feel it securely attached to the base of your spine, solidly connecting you with the core of Mother Earth.

Continuing to follow the natural rhythm of your breath, allow all the stress and strain of the day to fall away, down your grounding cord to the core of Mother Earth, where it is requalified and transformed for the highest good of all. With each breath, you feel more and more stress and strain fall away, like icebergs calving into the sea. Keep breathing and feeling into this until a deep relaxation expands within you, giving you more space to “be” and breathe.

Then move your awareness to *feel* your chest rise and fall with each breath, following your chest’s movement into a peaceful rhythm. Feeling deeper, visualize your lungs expanding and contracting, *feel* your lungs expand and contract with the natural rhythm of your breath. As you do this, you’ll become more aware of your heartbeat. *Feel* the rhythm of your heartbeat, and moving your awareness into your heart beat, still following the natural rhythm of your breath, breathe in and out of your heart space. Feel this space expand with each breath, and continue until you feel fully enfolded by your heart space. Sit in this expanded space for as long as you like.

Your heart space is where all of your true power, knowledge and wisdom reside. It is a great place to ask questions and receive answers. At first, until you get used to the subtlety of the energy, keep the questions to a Yes or No answer – a Yes answer will feel expanded, a No answer will feel contracted. Play with this

until you feel confident in the process of feeling the answers. If you don't feel you are getting a clear Yes or No answer, it may help to rephrase the question in a simpler manner. Also, if you are really attached to the answer, this may interfere with your ability to perceive the subtlety, so always fall back to a simpler question. As you become more adept with the subtleties, you'll be able to expand your process.

When you feel complete, bring your awareness back behind your eyes, in the middle of your head, following the natural rhythm of your breath. Feel the chair supporting you, feel your feet on the ground, feel your hands in your lap, wiggle your fingers and toes, and when you feel ready, breathe your eyes back open. Look around and move your body – it may help to reach down and place your hands on the floor to help you ground. When you feel compelled, stand and stretch, enjoying the space you feel inside...

If you will give yourself at least 10 minutes a day to create this reference point for yourself, you'll be able to breathe yourself back into your heart at any point during the day, whether you're in a meeting, in traffic, or walking down the aisle of a store!

Namaste.

Michael James

Meditation Checklist:

- Grounding cord
- Follow natural rhythm of your breath
- Release all stress and strain of the day
- Feel rhythm of chest movement, then lungs
- Feel rhythm of heartbeat, focus on breathing into heart space
- Allow heart space to expand and enfold entire body
- Ask questions of YOUR Divine Wisdom and Knowledge
- When complete, following the natural rhythm of your breath, bring awareness back behind eyes, into body, and breathe eyes back open.
- Start a wonderful new day...