

~20 minutes

Namaste everybody.

In this meditation we are going to journey into the heart center and a loving gratitude meditation.

And so with this practice, I invite you to find a comfortable position laying on the ground, perhaps on a yoga mat or on cushions or even a couch.

(pause)

Anywhere that you feel well supported.

(pause)

It's important here for the back to be firmly supported. So you're not sagging and the spine is not out of any type of alignment.

As we find this comfortable position on the ground, allow the legs and the arms to just relax onto the ground and as if they're slowly unfolding and releasing.

(pause)

And so what I mean by that is, you might notice that the feet begin to turn outward, the shoulders begin to drop away from the ears, maybe the forearms or the thighs or the calves or the biceps just begin to release.

The shoulder blades begin to soften as the upper back becomes more flat to the ground. Just allow the body here to relax fully.

And we might need to wiggle the hips just a little bit.

Left side off the ground and then right side up and off the ground and then back to the left and back To the right.

Just allowing space for the pelvis to come into its natural orientation with the ground. And finally, when you feel comfortable and relaxed and fully supported by the ground, just bring your hands to lay palms facing up next to the body.

(pause)

Body should be fully relaxed, fully comfortable here fully supported.

(pause)

No tension anywhere at all.

And so starting from the head, perhaps the eyes, the ears, the nose, the jaw, the tongue.

(pause)

Just relax the neck,

(pause)

Moving down the body to the shoulders, the arms, the chest, relax and release the abs, the hips, the legs the knees, the calves, down to the feet, just letting go of everything here.

(pause)

And now we bring our awareness to the breath.

Inhaling and exhaling through the nose and keeping the breathing at a calm and relaxed pace.
(pause)

This is not purposely trying to slow the breathing down here at the moment or trying to elongate the breath.

(pause)

It's just simply witnessing where you are right now. And you'll notice that as we witness where we are with our breathing, the breathing begins to relax naturally.

We begin to slow the rate of breath down.

And so keep the awareness here on the breath for the next two minutes.

(pause)

Inhaling and exhaling.

(pause) (pause) (pause)

relaxed, peaceful calm breath

(pause)

and allow everything to slow down and still

(pause)

and now if comfortable for you. I invite you to bring your hands over the heart center.

placing the left hand on the sternum and the right hand on top.

Now as you're lying down, if that's not comfortable, you may also put your hands on the sides of the ribs or if moving your hands and your arms to the top of the torso is just simply not comfortable, you can leave them by the side of the body but just bringing the awareness to the heart center here

(pause)

and so if the hands are by the side of the body, then bring your awareness to the movement of the ribs as you breathe. And if your hands are placed over your heart, begin to feel into the experience of the heart.

(pause)

If your hands are by the side of your body, bring your mind's eye to see the organ itself.

(pause)

Can you see and feel the heart its shape?

(pause)

The contours, how it would look?

(pause)

Maybe you can feel it beating

(pause)

maybe just in the center or maybe even through the entire body

(pause)

all of the mental awareness, all of the physical awareness. All of your spiritual awareness turning into the heart center

(pause)

letting the rest of the body mind and spirit relax.

Bring everything into the heart center itself with the image of the heart perhaps the organ or perhaps the color green which is the color of the heart chakra or perhaps with the sensation of just the heart beating if visualizations are difficult for you. All of these have the focus on the heart

(pause 2 minutes)

and now we invite in our mantra for this meditation by repeating now three times.

I love you

I love you.

I love you

and just sitting and witnessing this feeling here for a few minutes, all awareness thing on the heart

and all awareness picking up the response to the statement of I Love You

(pause 2 minutes)

And now we continue this heart centered connection by simply saying thank you. directed straight to the heart center. three times.

Thank you.

Thank you.

Thank you.

(pause)

And we sit and rest and witness the response

(pause)

slow breath. quiet mind still body

(pause)

awareness fully on the heart center
(pause)

notice from these two statements directed straight to the heart, I love you, and thank you.

How did you respond?
(pause)

How did you feel?
(pause)

What was the feedback?
(pause)

and we turn our attention again fully to the heart center. And now we expand on the idea of I Love

You directing into the heart, repeating three times, to my heart, and then further to my entire body.

I love you to my heart, and then further to my entire body.

I love you, to my heart, and then further to my entire body.

I love you, to my heart and to my entire body. I love you.

And we pause here and witness the experience unfold the feeling is that love permeates and ripples through the body.
(pause 2 minutes)

From head to toes to fingertips, to tips of the toes to the crown of the head, and everywhere in between

letting every cell and every strand of DNA and every single aspect of our physical being being washed with this loving energy from the heart center.

And with this awareness now on the entirety of the body, the response to the love that's radiating out of the heart center.

We take an opportunity here to say thank you to my entire physical body for all that you do.

Repeating here three times to the entirety of the body now:

Thank you to my entire physical body for all that you do.

Thank you to my entire physical body for all that you do.

Thank you to my entire physical body for all that you do.
(pause 2 minutes)

This one practice allows love to permeate through the physical body, rippling through every cell, every strand of DNA, every organ, every fiber of our physical being.

And by allowing this heart center to open into the physical body, we allow tension or stress or illness to be replaced with relaxation, love and stillness.
(pause 2-3 minutes here)

Stay with the breath if your mind wanders, and stay with the love in the body.

(Pause)

Very slowly coming back into connection with your environment by wiggling your toes and your feet fingers slowly opening your eyes and as you come back into full reality just using this opportunity To remember how it felt when you gave thanks and awareness to the heart center and you allowed that to permeate through the rest of the body
As you come back into awareness recall vividly how you felt and how this practice went for you

And as you come back take one last opportunity to say thank you to your entire being.

Welcome back everybody namaste and be well