



Meditation for a Calm Heart

This soothing breath practice relieves anxiety and promotes calmness and mental clarity.

Sit in Easy Pose, with a straight spine.

EYES:

close the eyes and focus at the brow point.

MUDRA:

Place the left hand on the center of the chest at the Heart Center.

The palm is flat against the chest, and the fingers are parallel to the ground, pointing to the right.

Make gyan mudra with the right hand

(touch the tip of the index finger with the tip of the thumb).

Raise the right hand up along side of the right shoulder as if taking an oath.

The palm faces forward, the three fingers not in gyan mudra point up.

The elbow is relaxed near the side with the forearm perpendicular to the ground.

BREATH PATTERN:

Concentrate on the flow of the breath. Inhale slowly and deeply through both nostrils.

Then suspend the breath in and raise the chest.

Hold breath in as long as comfortably possible.

Then exhale smoothly, gradually, and completely.

When the breath is totally out, lock the breath out for as long as comfortably possible.

TIME:

Continue this pattern of long, deep breathing for 3-31 minutes.

To END:

Inhale and exhale deeply 3 times. Relax.

COMMENTS

This meditation is especially helpful for beginners as it increases awareness and control of the breath.

It gives clarity to your relationships with yourself and others.

If you are frustrated or upset with someone, practice this meditation for 3 to 5 minutes before deciding how to respond.

On the physical level, this meditation strengthens the lungs and heart.

