



TLC Services

Everyone needs a little TLC

www.reikiandyoga.com

Meditation to Open the Heart Center

Begin by taking a couple of deep breaths through your nose well into the abdomen. As you do so give yourself a few minutes to download your day; if you like think of when you first woke up and let go of each event until you find yourself in this moment.

We'll begin this process with progressive relaxation; begin to relax the physical body from the top of the head to the tip of the toes.

Let's go through that process again. The second time we'll deepen the experience imagining a bag filled with seeds, soft and subtle, placed on the body. Imagine the bag of seeds being placed on the area of the feet and the feet relax even further. Place the seeds on the area of the body between the knees and the ankles and let this part of the body sink even deeper. Put the bag now on the thighs and surrender. The torso...letting go. The arms, the hands and fingers even the elbows relax. Feel that same sensation moving into the throat area, over the facial muscles, into the tiny little muscles and lines in and around the eyes. Allow the same sensation to flow over the head and scalp, over the back of the head and down into the muscles of the back. That's it fully letting go.

Bring your awareness to the heart center at the middle of the chest. Begin to connect with the energy in this area of the body by noticing how you are feeling now. If your mind has spun into the future or leapt into the past, give yourself permission, without judgment to focus on the present moment.

Give yourself a few minutes to experience the following. Allow yourself to become aware of how you feel as you think of these things.

1. Think of the last time you truly felt love for someone else. Feel it again now.
2. Think of the last time you touched something with your physical hands that you truly enjoyed. Give it color, shape, texture. Was it warm? Cool? Embrace how good it felt. Feel it again.

3. When was the last time someone in your life told you they loved you or shared affection with you? Revisit these emotions. Feel it again, embracing it deeply into the heart
4. In your mind's eye imagine your favorite pet. Imagine it with you now giving you love and joy. As you did before give the animal color, texture and size. Feel what it was like to be with that loving being.
5. Ask your higher power (God, Jesus, Universe who ever you speak with) to enter your heart and fill it with love. Be open to receiving.

Spend a few minutes embracing these wonderful feelings deep in the heart center of the body.

When you are finished take a few moments to ground yourself back into the present moment. Take a few deep breaths and slowly wake the body up. Carry these loving feelings into your day.

Notes on Meditation:

- Allow the experience to unfold organically; do not force it to happen.
- Meditation takes time to learn, do not grow angry with yourself if you loose focus; simply bring the awareness back to the present moment and continue where you left off.
- Visit the Meditation pages at www.reikiandyoga.com for more information on meditation or sign up for a Meditation class
- Meditation is not about having a clear, empty mind. It is about becoming more mindful. As you continue to work with the practice you will see its benefits in your everyday life.

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