



Healthy Heart Meditation

Healing the Whole Heart



If you've spent time on my site, [Healthy Heart Meditation](http://Healthy-Heart-Meditation.com), you know that focusing on your heart is a key to heart health and to heart meditation.

I created this guide to help you learn just what it means to “listen to your heart” as you embark on a journey of the heart.

Note: Always consult your Doctor if you are having heart pains or issues so that you can receive one-on-one advice that might be specific to your individual needs.

Since this book is in PDF format you'll find it very easy to distribute (just “save as” to your computer and attach to an email or upload to a website.) Or you can just send people to...

<http://healthy-heart-meditation.com/support-files/listen-to-your-heart.pdf>

Listen to Your Heart?

Congratulations for wanting to learn how to connect with your own heart.

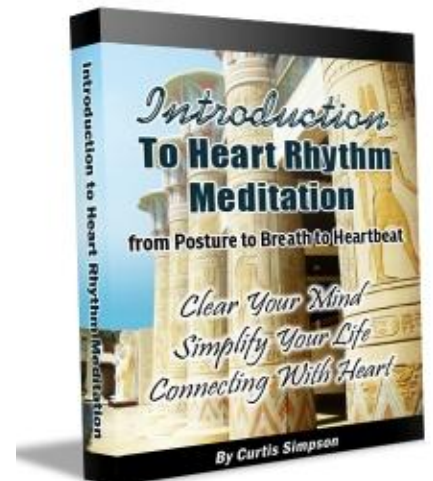
This is the beginning of a healing journey for you and your heart.

Would you like..

- to heal your heart's wounds, while finding inner peace, a calm mind, and a stable center?
- to find the reality of your inner world?
- to project your heart outward to create a life with more heart?
- to discover or re-discover your life's purpose?
- to serve the development of the heart of humanity.

This course will help you begin to develop a new relationship with your heart.

Becoming heart-centered is a way of living that is greater than just understanding. It is not giving up your mind. It is shifting your awareness to your heart and going within so that you can connect with your most authentic self.



A Model of the Heart

The heart is physical, emotional-energetic, and spiritual. It is the core of yourself. It is your connection to the Divine. It contains all that you are.

The heart is multi-dimensional, having width, height, depth, forward, and inner dimensions. These can all be developed and enhanced through meditation.

The heart's wounds can be healed. And it can happen faster than you might expect.

The heart is your connection to all beings. There is only one heart.

Each person, animal, plant and stone is like a mirror which reflects the One Heart. What appears to be your own heart in your chest is actually a reflection of the only Heart that exists. –

Puran Bair, Founder of the [University of the Heart](#) and the [Institute for Applied Meditation](#)

The heart has a magnetic field which is 5000 times more powerful than the magnetic field of the brain. This field reaches out several feet from your body.

Heartbeat

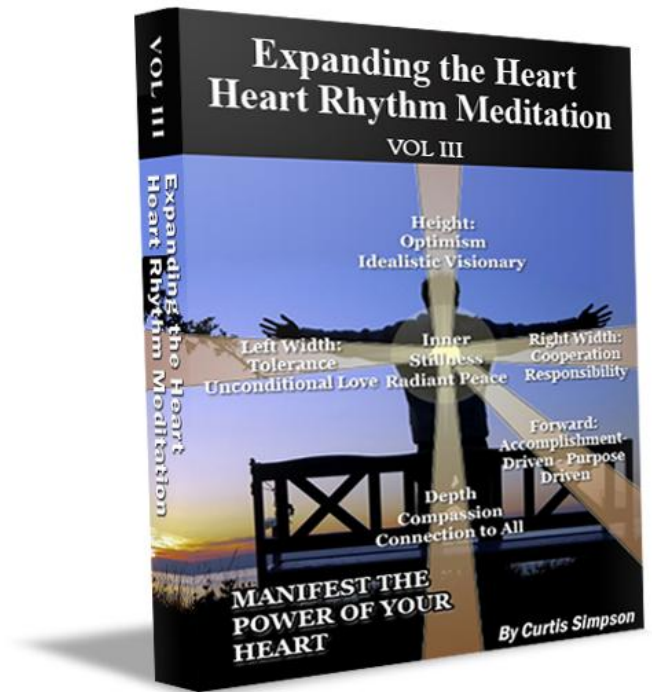
[Listen to the heartbeat](#)



The first sound an unborn child hears is the mother's heartbeat. And the first organ to develop in the child is the heart.

Think of your heart as your oldest friend. It has been with you your whole life and will be with you until the end of your life.

Learn to be comforted by your heart. Start by placing your hand over your heart. This will draw your attention to your heart. Now imagine your breath flowing in and out of your heart. Breathe more deeply and try to breathe rhythmically also, by making your inhales and exhales similar in length.



Heart-focused breathing is also called relaxation breathing and it's been taught by Doctors and in clinics around the world. It's a simple yet profoundly effective way to relax and center.

You can read more about this type of breathing [here](#).

Heart Intelligence

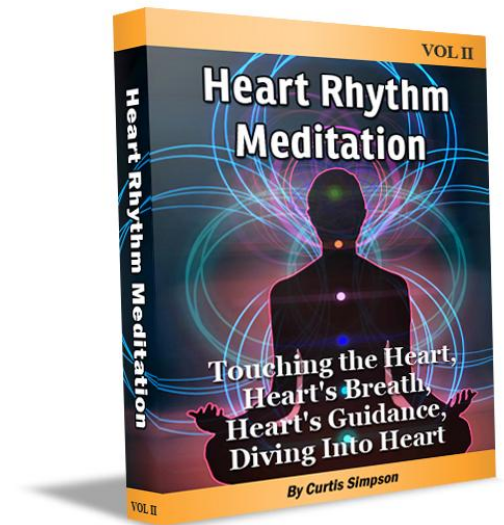
Did you know that the heart has its own intelligence? It sure does. The heart has its own central nervous system and doesn't just receive orders from the brain as previously thought.

The heart generates an [electromagnetic field](#). This field is much stronger than the brain's electromagnetic field. This field extends outside the body and can be measured across a room.

The heart is both a physical organ and intuitive feeling center. The heart is the central rhythmic force that affects other rhythms throughout the body.

Read more about heart intelligence [here](#).

And be sure to watch the [video by Deepak Chopra](#) speaking about the wisdom of the heart.



Energetic-Emotional Heart

The heart is the center of your energetic system, through which flows the magnetism and light that powers your physical heart and body, gives rise to your emotions, enlightens your mind, and connects to all other heart energies.

The heart is also the core of yourself, your inner source, your connection to the Infinite, and the ultimate embodiment of all that you are and all that you become in your life.

--Puran Bair, [Energize Your Heart in 4 Dimensions](#)

Consider your own heart and be comforted by its steady beat.

Physical, Emotional, and Spiritual Heart

There are 3 levels of heart that are layered.

We can connect with our physical heart by giving it our breath and attention.

By connecting with our physical heart we gain access to our inner heart. This is what we do in [heart rhythm meditation](#).

Within the physical heart is *emotion and energy and also our spiritual core*.

Heart's Magnetism

The heart has [great magnetism](#) by which it can attract people and situations into our lives to teach us what it knows.

By learning breathing and meditation techniques it is possible to energize our hearts and increase our magnetism. This is how we can *manifest* our heart's desires.

If you are familiar with The Secret Law of Attraction then you have heard of the concept of having an intention in your mind and feeling in your heart (desire) and that this creates your life.

A Heart-Centered Life

It is possible and desirable to relate to everything in your life in a more heart-centered and empowered way.

The message of the heart is to follow your heart. There is wisdom, magnetism and power in the heart.

The mind is reasonable. The mind looks at how things are different. The heart looks at how things are the same (connected).

If you look at the state of affairs in the world today you are looking at the results of the power of the mind. If you consider the solutions that will be required for the planet to evolve this will require power of the heart.





We are in a continuous state of becoming and *the way of the heart* is to look forward.

There is wisdom in the way one feels about things. This is key to understanding the evolutionary changes going on in the world today.

There is a new sense of interconnectedness and awareness in all of us that we need to start relying more on intuition and feelings in ways we could not have done before.

We are being asked to experience life through the heart and heed its call for compassion, self-reliance, and meaningful activity.

By connecting with our own hearts we become a catalyst for empowered change and start living up to our full potential.

This can be called [personal coherence](#). As each one of us creates more coherence for ourselves, this adds to the global coherence which is also occurring and is leading us towards a more heart-centered and [sustainable planet](#).

Healing and Other Natural Wonders

Here's [a great video](#) by Dr. Dean Ornish where he discusses the value of ancient practices and heart health. It's inspiring and will connect you with your own heart.

Rumi, This is Love

Rumi was a great Persian Mystical [Poet](#) from the 13th century. He is today still one of the most widely read poets in the world. What makes his work unique? It is his qualities of heart.

His work caters to hearts, emotions and instincts rather than intellect.

There are many levels in his poetry. The more you learn about Rumi, the more you appreciate his depth and are encouraged to dig deeper.

He writes about Unity or connection to the Divine.

He is a friend to all.

You can see yourself in Rumi.

There is a sense of longing in his works.



To some he is like a lover.

Rumi is a spiritual guide to many even today.

Here's a short video from Rumi's poem [This is Love](#).

Here's another [short video](#) from his work Come, Come, Come.

Rumi was a [Sufi](#).

A Sufi seeks a direct connection to the One Being through the shrine of the heart.

Consider your own heart and the temple that it is and the love that it holds.

A Short Heart Meditation for You

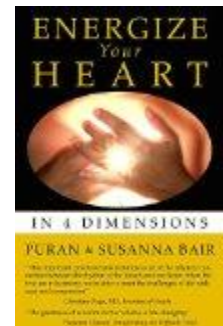
[Here's a short Heart Rhythm Meditation](#) you can enjoy right now!

Peace!

Heart's Gratitude

One of the powerful emotions of the heart is gratitude. As soon as your heart is touched by your breath, it is softened, and a softened heart is grateful. Experience how the heart approaches life; it is profoundly grateful for all that is offered. The heart never complains; complaints come from the mind when its expectations are not met. The heart that is open accepts all that is given and gives all it contains.

-- Puran Bair, [Energize Your Heart in 4 Dimensions](#)



The Invocation

An invocation is calling upon a being by name. It usually occurs at the beginning of a prayer, like *Our Father*, (Christian) *Barukh atah Adonai* (Jewish) or *O Self!*.

If you have a religious faith, you are encouraged to call upon it as you approach your heart, for the heart is the center of all religious worship and the deep feelings you have for your religion will help you find your heart.

Here's an Invocation which is credited to **Hazrat Inayat Khan**. It's what I use at the beginning of my meditations.

Toward the One. The perfection of love, harmony, and beauty. The only being. United with all the illuminated souls, who form the embodiment of the Master, the spirit of guidance.

Hazrat Inayat Khan is credited with bringing Heart Rhythm Meditation and Sufi teachings of Unity to the west in the early 1900s.

Peace Comes

Peace comes when self is in harmony with the rhythm of the heart. This is accomplished in silent meditation by entering into the life-stream in the heart.

If there is any form of concentration to be used in meditation, it consists in first getting into the rhythm of the heart, by watching the heartbeats, feeling them and harmonizing with them.

Then one centers all feeling in the physical heart and out of feeling selects love, and out of love, Divine Love.

--Hazrat Inayat Khan

Feeling the Heartbeat

To listen to your heart, start by [finding your heartbeat or pulse](#). This practice is KEY to what makes Heart Rhythm Meditation unique.

By connecting our breath to our heartbeat. (i.e., **exhaling 6 beats out and inhaling 6 beats in**) we balance our breath and we connect our heart and mind. It's not hard to learn and the result is *you go into meditation*. Then your heartbeat slows and your heart rhythms become [coherent](#) or regular and smooth. This is one of the best practices you can do for your heart!

Finally I will close with a quote on **feeling the heartbeat** by Puran Bair.

The experience of feeling the heartbeat is a major accomplishment in inner awareness. You will have gained a lifelong asset, a tool you can apply to your personal development and accomplishments in life.

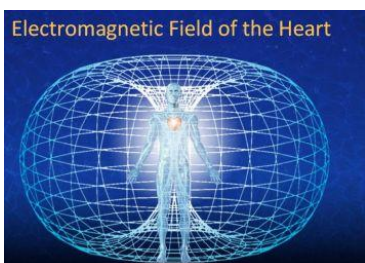
You'll be able to rely upon an experience that few people believe is possible but that is not a fantasy, nor supernatural. Learning Heart Rhythm Meditation can benefit everyone. It's for businesspeople, educators, artists, designers, scientists, homemakers, and managers.



It is a technique that you can make your own and apply to the fulfillment of your life as you desire. It doesn't take you out of the world; it helps you be effective as yourself, in concert with the world.

Gratitude and Appreciation

You may have heard it said to *have an attitude of gratitude*. This is quite important to our heart health and overall well-being.



Scientists at the [Institute of HeartMath](#) in California have shown that feeling love, gratitude, and appreciation in your heart boosts your immune system; increases vital chemical stress hormone levels, high blood pressure, anxiety, guilt, and burnout; and improves glucose regulation in diabetics.

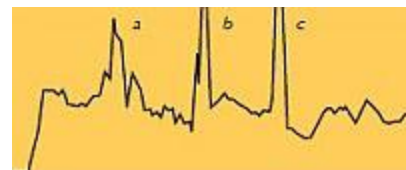
Feelings of love and appreciation also create a higher degree of harmony in the [rhythms of your heart](#).

Heart Math has shown that the magnetic field of the heart is 5,000 times more powerful than the magnetic field of the brain, and reaches out several feet from our body.

And your magnetic field comes out of you and connects you to the hearts of others.

The pattern of your heartbeats is called Heart Rate Variability. [Biofeedback devices](#) are now readily available and able to show you your heart rhythms in real time. I recommend using them to help take your meditations to the next level.

What's interesting is that you can see in the [pattern of your heartbeats](#) what the state of your heart is. For example, frustration, anger, joy, appreciation...



So what you can do is breathe slowly and rhythmically and imagine that your breath is flowing in and out of your heart. This is called heart-breathing. Now try to feel gratitude or appreciation for someone or something while you focus on your breathing.

This begins to change the pattern in your heart rhythms from a chaotic pattern to a smooth wavelike pattern. This is called [heart coherence](#). This is one of the hottest areas of health and

biofeedback research.

Know that what you are feeling inside is what is being broadcast outside to the hearts of others. This is what is called the **law of attraction**. What you put out is what you get back.

So focus on what you want to have show up.

For as he thinketh in his heart, so is he -- King Solomon, Biblical King of Israel

There are several things you can do now to learn heart coherence practices and become more heart-centered in your own life.

Use Healthy-Heart-Meditation.com as your resource website.

Learn Heart Rhythm Meditation for free [here](#). Or buy a complete online course [here](#). Give this meditation practice its due respect. It is a powerful practice that will put you into deep meditation while being firmly connected to your own heart.

Buy the books [Living from the Heart](#) and [Energize your Heart in 4 Dimensions](#) [here](#). These are the two books which describe HRM, written by Puran Bair and Susanna Bair, founders of the University of the Heart and the Institute for Applied Meditation. They are the ones who have taken an ancient practice and modernized it for optimal heart-focused living. These books are real jewels and will connect you to your heart more deeply.

Buy the [emWave Desktop or emWave Personal Stress Reliever](#) from HeartMath and start practicing heart coherence every day. This will transform your life.

Buy a biofeedback adventure meditation game from [Wild Divine](#) and learn breathing and meditation techniques that will have you moving around and opening up things with your mind and your breath. It's awesomely fun and a powerful training tool for you.

Create waves of peace in your heart rhythms. Learn how to [breathe right](#).

And finally... You can simply put your hand(s) over your heart and bring your awareness to your heart area. Say to yourself: *I am love, I am light, I am power, I am one with God. I am complete.*

Please feel free to [contact me](#) or [ask a question](#) that I will answer online.

Be sure to share this guide with your friends and family. Simply "Save As" to your computer (if you haven't already) and attach it to an email to share.

Or send people to...

<http://healthy-heart-meditation.com/support-files/listen-to-your-heart.pdf>

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Sending waves of peace to you.

Curtis Vakil Simpson

