

Steps and Notes for Open Heart Meditation

Open Heart Meditation is suitable for beginners and experienced with meditation. The best way to do OHM is with a group of friends or family or you can do it on your own. It takes about 20 minutes to do by listening to a CD or MP3 audio file which guides you throughout the meditation.

How to do Open Heart Meditation

1) Find a quiet place to sit comfortably. You can sit cross-legged on the floor or on a seat with your feet flat on the floor.

2) Make sure that your back is straight, keeping your head up at normal eye level and looking forward so you have a sitting good posture.

(It is more difficult to feel anything if your chin is drooping.)

3) Taking a few deep breaths by inhaling through your nose and exhaling out your mouth to relax your body. Put aside any thoughts from the day to be able to use this time just for you.

Now do the simple preparation steps to strengthen the heart:

4) Smile and relax....

5) With a few fingers of your right hand or palm, touch the centre of your chest to help you to focus more on your feelings...

(our non physical / spiritual heart is at center and level with the armpits)

6) Keep smiling and relaxing...

7) Follow your feelings without thinking how...

(follow your feeling to strengthen your heart for a few minutes to be properly prepared to do the Open Heart Meditation)

8) Now listen to the Open Heart Meditation and follow along without focusing on the words or thinking too much, instead just follow your feelings more to let the meditation happen naturally.

(keep on smiling, relaxing and following your feelings without stopping to experience the whole meditation)

Additional Notes

Do not try to remember or think about anything other than enjoying the nice feelings when you are relaxed and smiling. Remember to keep smiling. Smiling is the key to feeling good and cleansing the heart and smiling also helps to follow your feelings more easily.

To be effective, one should do the Open Heart Meditation daily. For most people to clearly recognise the benefit and feel their heart it typically takes doing the Open Heart Meditation 3 - 4 times. Some people may be able to feel things happen right away, for others it may take a few more tries. If you are not feeling anything, please continue to smile and do the Open Heart Meditation daily, as some people need to do it longer to recognise the benefits. Open Heart Meditation helps gently but very deeply, so even though you may not recognise any benefits yet many things are happening.

Try to do the Open Heart Meditation daily because often we have or are affected by negative emotions throughout our day. When we do the Open Heart Meditation daily, our heart gets stronger and we are less effected by other's negative emotions.