

Heartfulness Meditation

Choose a place where you can meditate without being distracted, preferably at the same place and same time daily. Silence your phones and turn off other devices. Sit with your back upright but not rigid.

Sit comfortably. Gently close your eyes and relax.

If needed, take a couple of minutes to relax your body by doing the Heartfulness Relaxation.

Turn your attention inwards and take a moment to observe yourself.

Then, gently make a supposition that there is Source of Light in your heart. Think that the light is attracting you from within.

Let your awareness rest in your heart. Feel yourself melting into this awareness.

Gently relax into that feeling. If you find your awareness drifting to other thoughts, do not fight them but also do not entertain them. Let them be, while simply reminding yourself that you are meditating on the Source of Light in your heart.

Allow yourself to become more and more absorbed within.

You might relax into a deep state that feels like sleep. That is okay.

Remain absorbed within this deep silence for as long as you want, until you feel ready to come out of meditation.