MINDFUL MONDAYS

MINDFULNESS means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations and surrounding environment in an accepting way. It is a mental state achieved by focusing on the present and living in the now.

WEEK EIGHTEEN: OPEN HEART MEDITATION

WHAT IS OPEN HEART MEDITATION?

Practiced by thousands of people around the world, Open Heart Meditation reminds us that the peace, calmness and happiness we so long for can be found within us. As our heart becomes stronger, we become more peaceful and more joyful and able to follow our heart’s own inner guidance to be happier in our daily life. Open Heart Meditation is different to most meditation techniques because it is about working with the spiritual heart (center of feelings) to connect with the True Source of Love and Light so we are able to let go of any kind of negative emotions which have caused us stress or problems with our spiritual heart. By doing Open Heart Meditation we can feel the love and light radiate from our spiritual heart naturally and freely.

As we repeat the Open Heart Meditation regularly the quality of our heart improves and the nice feelings from our heart increases. As our heart opens and strengthens we feel healthier and happier in our daily life, and automatically we enjoy sharing this love with others.
OPEN HEART MEDITATION

3 MAIN PARTS:

INTRODUCTION — PREPARE THE HEART FOR MEDITATION:
- To relax, smile and follow our feelings properly
- To strengthen and activate our heart and feelings

MAIN PART — TO OPEN THE HEART:
- Removing all our problems blocking our heart
- Letting go of any negative emotions
- Cleansing the heart with Love and Light
- Forgiving others and ourselves for any wrongdoings
- To fill our whole heart and feelings with peace, calmness & joy

CONCLUSION — SHARING THE LOVE FROM AN OPEN HEART:
- To radiate Love from the Heart
- To dissolve into the Love and Light
- To fill our whole heart with Love and Light
- To share it all with others
Think about what your body feels like when someone has negative emotions towards you. You may feel heavy, closed in and defensive, you may have an upset stomach, or your heart area may feel very tight. This is the feeling of a closed heart. Every time we experience negative emotions we have stress, our feelings get hurt and our heart closes.

Now to understand this further; think about what you feel like when you are happy or when you meet your close friends you haven’t seen for a while. Naturally as you smile you may feel happy, light, and bright as your heart and feelings are more active.

During the meditation you become energized, cleansed and feel much happier about life’s problems and burdens which are replaced with love and light.

After the meditation most people feel significantly lighter, happier and more peaceful with a much better
Sit in a comfortable position with your back straight... place your palms on your lap facing upwards... Close your eyes and relax... Take some time to soften any tension in your body and allow yourself to relax... and relaxing even more

Be here and now completely... Relax... keep relaxing... keep relaxing even more... good. Take a breath in and breathe out fully... relax even more... completely relaxed...

Many of us long to have a more open heart, to be able to give and receive more freely. We want to experience more love more easily, but it can be so difficult at times. This is the gateway to loving connection with others. At the same time, it contains pain from past hurts.

This meditation gives you the opportunity to relax into whatever the heart may hold, allowing held emotions to resolve and the loving energy in the heart to be felt. The meditation takes you through a number of steps. First you relax. Then you connect with your heart, simply being present to whatever you experience. This is followed by visualization to help you expand the energy of the heart and connect with others.

As always, be creative with the visualization and use it a way that works for you.

Breathe in. Breathe out.

Breathe in. Breathe out.

Breathe in and breathe out and just let go of all that stuff that is stuck inside you.

This is a special day and we don’t want to carry any old stuff with us.

Put one hand on your heart and one hand on your belly. And as you breathe quietly, notice how comforting that feels. Be aware that you can do this anytime and anywhere and take care of yourself.

You can make yourself feel better with simple gestures and your own breathe. How it calms you down. It lets yesterday go. It gives you a feeling of safety. You are here for yourself. And as you release yesterday and even this moment, you allow your full attention to come into this day, this hour, this time. Turn your full attention to this wonderful, wonderful day.

Let your heart open and make room for all the good of the Universe to come in.

All is well.
The heart center contains the qualities of the Self that is the core of a person's nature and personality.

By working on this center your sense of Self actualizes. This means that you gain self-confidence, self-assurance, independence and supposedly fearlessness. A person with a strong heart center is a natural magnet for everyone around, since these qualities are especially desired and admired across all nations.

Just think when you act "with your heart" - what a great positive experience it is! You can relate to it when giving a gift, or making a surprise for a friend. Or just having fun with people you enjoy the most. At the core of it you can see all that is nothing but the manifestation of love, which itself is the core value of the Self. When your heart "opens" you experience the world around on a different level: Full of happiness, joy & fun.

Remember one of your happiest moments that really touched you. It can be any moment.. maybe a time when you felt close to someone or were doing something you enjoyed.

Notice how you felt during the happy moment without thinking about the details. When you are happy.. feel the smile coming up.. allow yourself to smile.. follow that feeling.. and stay with that feeling.. relaxing and smiling and nothing else..

Feel how natural that is.. remember that feeling.. relaxing and smiling.. being in the feeling of that moment.. allow it to happen without thinking how.. smiling and relaxing.. and relaxing even more into the nice feeling.. and nothing else..

Relax and smile freely.. and keep relaxing and smiling freely.. notice what happens to your feeling as you smile more.. keep on smiling and relaxing into the feeling.. and nothing else..

Keep relaxing and smiling.. relaxing even more.. and smiling even more..... keep relaxing and smiling.. and relaxing into the feeling.. and nothing else.. (15 second pause)

Stop smiling and keep relaxing.. relaxing even more.. notice how you feel.. keep relaxing and relaxing even more.. and nothing else..

Now lets feel the difference.. feel how it is when you smile..

You can open your eyes and give yourself a moment to relax.

ANY QUESTIONS? EMAIL US:
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