KUNDALINI YOGA

MEDITATION FOR THE 4TH CHAKRA

The Heart Center

The fourth chakra is the Heart Chakra, or Heart Center. It is called *Anahata*. It represents the opening of feelings, compassion, and the capacity to love. At the Heart Chakra there is no conflict; Heavens and Earth come together in balance. Heart-centered compassion is universal and unconditional.

"Hate nobody; love everybody. It won't cost you anything. Love never costs anything. Love is the most selfish act. It gives you so much protection, grace, and radiance. It doesn't give you any smallness or suffering. The attitude of conscious living is to love and give grace to someone worthy of your trust. Do not seek anything from people. Give love instead, and rely on God." *Yogi Bhajan*

Posture:
Sit on your heels with a straight spine.

Position:
The upper arms are parallel to the ground, on the same level as the shoulders. The elbows are bent and the fingertips are nearly touching each other at the center of the chest near the heart center. The hands are flat with the palms facing downward.

Mantra:
The meditation is done to the rhythm of *Humee Hum, Brahm Hum* by Nirinjan Kaur and Guru Prem Singh.[1] The meditation is silent, you do not chant along with the tape.

Focus:
The eyes are focused at the tip of the nose.

Meditation:
From the starting position, the hands and forearms move out to the sides, palms facing down. Pull the navel point in strongly and lift the solar plexus and diaphragm slightly in a focused motion. As the arms move back in, the navel is released. The navel is pulled in as the arms again move back out to the sides. Continue this movement, using the rhythm of the tape to set the pace.

Time:
11 minutes.

To Finish:
Inhale deeply and hold the breath 15 seconds and then release. Repeat this two more times and relax.

This meditation can be found in *Physical Wisdom*, compiled by Harijot Kaur, p. 35, available from www.kriteachings.org, www.a-healing.com, and www.spiritvoyage.com

1 Available from www.a-healing.com