

HEART SHIELD MEDITATION

From The Mind, by Yogi Bajan, Ph.D. and Gurucharan Singh Khalsa, Ph.D., p. 173 & Transitions to a Heart-Centered World, by Gururattan Kaur Khalsa, Ph.D., p. 125

Posture

Sit in Easy Pose - spine straight

Focus

Looking down at the nose with eyes closed
Concentrate at the Heart

Breath

From Transitions to a Heart-Centered World: To begin, inhale deeply and exhale completely. Repeat twice more. Then inhale and begin chanting the mantra. If you are around other people, you may just whisper the mantra.

Mantra

SAT NARAYAN True Sustainer

WAHE GURU Indescribable Wisdom

HARI NARAYAN Creative Sustenance

SAT NAM True Identity

Mudra

Place right hand in active Gyan Mudra (index finger curled under the thumb, the other fingers straight and joined), wrist resting on the right knee. The left arm is bent and relaxed, left hand about 6 inches from Heart Center with palm facing the body, thumb and fingers straight, tense and joined.

Time

3, 5 or 7 minutes maximum

Comments

Meditate with open awareness as your heart center adjusts your feelings with the boundaries of the self. As you concentrate on the shield of the hand, you will feel a heat of powerful energy going through the hand to the Heart Center. Concentrating on the head is wrong.