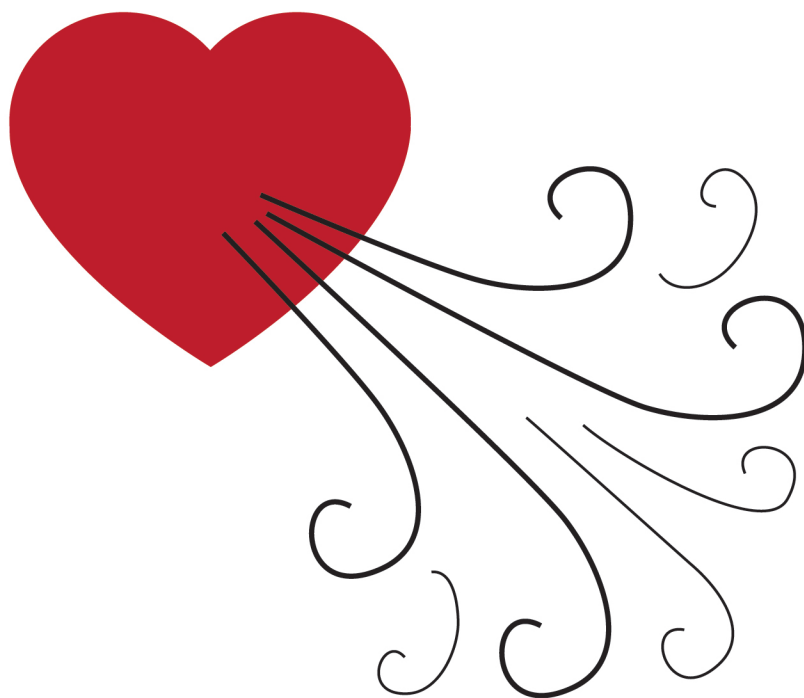


# Heart Breath



## Anytime

Inhale. Let the breath enter you, filling straight down to the bottom of your belly, then up through your ribcage and chest. Drink in healing energy with the air. Feel the fullness of the breath lifting your spine into a tall, beautiful fountain of energy that bubbles all the way up through top of your head.

Maintain your tall supported spine, and breathe out through your heart. Feel healing energy radiate from your heart center. Feel it flow through your stress. Feel it connect with others.

Keep the breath long, deep, and steady. Let the energy move in its own way. No need to control or force anything. Let the breath hold your stresses, your emotions, and your connections with others, allowing you to watch what happens from the delicious freedom of neutrality.

## As a meditation

Close your eyes. Beneath closed eyelids, bring your gaze to the root of your nose, midway between your eyebrows.

Tune in with three repetitions of the mantra *Ong Namō Guru Dev Namō* (I honor the Universal teacher, the teacher within), palms together in prayer position at your heart center, thumbs pressed gently against your sternum.

Rest your hands in your lap, palms up, right over left. Or rest your wrists on your knees, first fingers and thumbs touching. Follow the instructions above.

When you are ready to end, bring the hands back to your heart center in prayer position and close with three repetitions of the mantra *Sat Nam* (Truth is my name).