

Meditation to Heal a Broken Heart



Posture: Sit in Easy Pose with a straight spine and a light Neck Lock.

Mudra: Palms together, lightly touching. The tip of the Saturn (middle) finger is at the level of the Third Eye Point. The forearms are horizontal to the ground, elbows high. Look within.

(No mantra or breath specified.)

Time: Continue for 11, 31, or 62 minutes.

To end: Inhale, exhale, relax the breath, and with clasped hands stretch the arms up for 2 minutes.

Remarks: *This meditation is very relaxing if you understand it. The autonomic system will relax and your breath will automatically move toward a meditative pace to renew and relax your heart and mind.*

To heal the emotional wounds of the heart, we need to bring calm to the nerves that hold the wound. We know that a break in relationship (to others or to our Self) has almost identical reactions in the nervous system and brain as a physical injury or loss of limb.

This mudra creates balance; it generates a subtle pressure which adjusts the heart meridian along the little finger and outer forearm, activating the "action nerve" junction with the autonomic system to reset itself by keeping the forearms parallel to the ground and involving the armpit reflexes; and finally, it uses the pranic influence of the middle finger and its Saturn and air qualities to quell residual emotional storms.

[*I am a Woman Essential Kriyas*, p. 82]

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