

# Open Heart Meditation Transcript

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The Open Heart Meditation has three main parts: the first part is to prepare and activate our heart. The second and main part of the meditation we ask the True Source of Love and Light to bless our heart and remove our problems to be cleansed and replaced with Love and Light. The last part of the meditation is about radiating even more Love and Light from our heart, to dissolve into the Love and Light, to fill our whole heart with Love and Light and finally to share it all with others.

1. Sit down properly with your spine straight without tensing yourself..
2. Place both palms on your lap facing upwards and close your eyes to reduce the activities of your brain...
3. Relax... and smile...
4. Let your mind and your whole self be here and now.. to do this Open Heart Meditation properly...
5. While being relaxed and smiling... inhale deeply without forcing yourself..... and exhale through your mouth to let go of all thoughts and tension from your whole being.....
6. Inhale deeply..... and exhale through your mouth to let go of all thoughts and tension from your whole being.... and feel that you are more relaxed.....
7. Feel... your whole being is very relaxed.... Enjoy... and smile more....
8. From now on, inhale and exhale normally through your nostrils....
9. With your fingers, touch the centre of your chest where your heart is located...
10. Smile to your heart without thinking how to do so...
11. Keep on smiling freely to your heart with your whole feeling..... and feel..... you gradually become calmer..... more relaxed..... lighter..... and peaceful..... as your heart starts growing stronger.....

12. While continuing to touch your heart at the centre of your chest and smiling to your heart, let us pray to True Source to ask for blessing, to cleanse negative emotions from our heart... and to open our heart better....

13. While praying, you do not need to repeat the prayer. Just keep on being relaxed and keep on smiling freely to let the heart do the prayer for the best result.

14. True Source.... please bless our heart... so that all arrogance be cleansed and be removed to be replaced with Your Love and Light.....

15. True Source.... please bless our heart... so that all anger be cleansed and be removed to be replaced with Your Love and Light.....

16. True Source.... please bless our heart... so that all selfishness be cleansed and be removed to be replaced with Your Love and Light.....

17. True Source.... please bless our heart... so that all envy and jealousy be cleansed and be removed to be replaced with Your Love and Light....

18. True Source.... please bless our heart... so that all greediness and cunningness be cleansed and be removed to be replaced with Your Love and Light....

19. True Source.... please bless us to realise that our heart is the key to our relationship to you... Please bless and help us to be able to forgive everyone sincerely...

20. (Now, forgive everyone who has done you wrong although the same person keeps making the same mistakes again and again... (1 minute))

21. True Source.... as we have forgiven everyone who has done us wrong, please bless our heart so that all related negative emotions such as hatred, resentment, sadness, dissatisfaction, etc. be cleansed and be removed to be replaced with your Love and Light....

22. True Source.... please bless and help us to realise all of our wrongdoings to you and others, to regret them, and ask for forgiveness...

23. (Now... realise all of our mistakes to True Source or to others... regret them and ask for forgiveness... (1 minute))

24. True Source.... please forgive us for all our wrongdoings to you or to others.... and as you have forgiven us, please help so that all burdens

such as fear, worries, etc. be cleansed and be removed to be replaced with your Love and Light.

25. True Source.... please cleanse and remove all other negativities from our whole heart to let your Love and Light flow abundantly and continuously into our whole heart..... to direct our heart towards you... and to open our heart for you.... better and better... to fill our whole heart and feelings with peace, calmness, joy and all wonderful feelings from your Love and Light....

26. True Source.... please bless and help us to be able to feel the presence of your Love and Light... together with all wonderful feelings from your Love and Light within our heart.. to enjoy... to let your Love and Light do the best not only for our whole heart but also for our whole being...

27. True Source.... we are so grateful to You...

28. Amen...

29. Feel... and realise that your whole heart and your whole being have become much lighter...

30. Enjoy... and let the Love and Light radiate beyond your whole heart and your whole being completely...

31. Let your whole heart, your whole being slowly dissolve into the Love and Light.....

32. Keep on smiling while enjoying the process...

33. While enjoying this wonderful moment.. let your whole heart and your whole being dissolve more into the Love and Light....

34. Feel... and realise, your whole heart... your whole feeling... are filled with all wonderful feelings from the Love and Light...

35. Enjoy... and be grateful...

36. While smiling sweetly and enjoying the wonderful feelings from the Love and Light, slowly move your fingers and open your eyes with a smile to share the Love and Light with others....

Notes:

1. The prayer in this meditation is simply an example. The term 'True Source' is used here to refer to the source of our true self/our spirit. Feel free to use the terms and the words that you are familiar/comfortable with.
2. This Open Heart Meditation is not intended to replace any prayers that you say daily.