

**Adapted from *The Path to Love*, by Deepak Chopra (Three Rivers Press, 1997).**

**The purpose of this exercise is to give you the experience of making your heart pure enough to witness spirit. Pure here doesn't mean good and virtuous; it means free from impurity, with no value judgment intended. In the words of William Blake, we are cleansing the doors of perception.**

**Sit comfortably in a quiet room by yourself, choosing a time when you feel settled and unhurried. Early morning is best, since your mind will be alert and fresh. Close your eyes and focus your attention on the middle of your chest, where your heart is. (Your spiritual heart lies directly behind your breastbone.)**

**Be aware of your heart as a space. Don't try to hear your heartbeat or any other sound you think a heart makes as it pumps blood. The heart center you want to find is a point of awareness where feelings enter. In its pure form it is empty, pervaded by weightlessness, absence of care, peace, and a subtle light. This light may appear as white, gold, pale pink, or blue. But again, don't strain to find a light of any kind. You are not trying to sense the purity of the heart center right now; all you need to feel is whatever is there.**

**Letting your attention rest easily there, breathe gently and sense your breath going into your heart center. Here you may want to visualize a soft pastel light, or a coolness pervading the chest. Let the breath go in and out, and as it does, ask your heart to speak to you. Don't phrase this as an order; just have the faint intention that you want your heart to express itself.**

**For the next five or 10 minutes, sit and listen. Your heart will begin to release emotions, memories, wishes, fears, and dreams long stored there, and as it does, you will find yourself paying attention.**

**Paying attention to your heart is the object of this meditation.**

**You will notice as you continue this exercise that three things are naturally coming together: Meditation, purification and attention. You are learning to be with your heart in order to heed its spiritual meaning—this is meditation. You are letting repressed material come up to be released—this is purification. You are listening to your heart without judgment or manipulation—this is attention.**

From: <http://www.care2.com/greenliving/meditate-on-the-heart.html>

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**After some days or weeks of practicing to [Meditate on the Heart](#), you will know whether you want to make it a permanent part of your daily routine. I believe that putting attention on the heart is valuable as an addition to any spiritual program. To live from the center of spirit is a constant goal for anyone on the path.**

**As you progress in the practice, you will begin to notice that sensations, thoughts, memories, daydreams and random physical manifestations start to decrease. The heart center will slowly reveal itself as it really is—through silence, peace, a warm glow, or subtle light. Even if these glimpses are only fleeting, you will find that things are starting to change for you outside meditation. You will start to walk with a more buoyant step. At unexpected moments you will feel a swelling sensation in your chest; you may want to take deep, satisfying breaths. Flashes of elation and well-being may sweep over you at odd times.**

**All these are signs that the contraction most people hold around their heart center is releasing its grip. The heart center is meant to feel open and relaxed. Before you can receive any profound spiritual insights, this openness must exist. Contraction, fear and tightness all**

**keep spirit from entering you. In truth, spirit doesn't enter, since it is always there. But making contact with it is like being penetrated with light and insight; this is what we call the flow of love.**

**Love and spirit are forming a connection every time you meditate on the heart, starting with the first time. Advanced meditation deepens this experience and makes it more conscious. As you continue this practice, you will find it easier and easier to go to your heart for counsel and wisdom, or simply to feel that you are loved. You do not have to speak to your heart in words; your heart doesn't have to speak to you in words. The language of spirit comes to us as silent assurance, self-acceptance, patience, an appreciation of simply being. As these qualities develop you are maturing in your experience of the heart center.**

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