

# Twin Heart Meditation

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## Step-by-step instructions in [twin heart meditation](#)

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The twin [heart meditation](#) technique developed by [Master Choa Kok Sui](#), the Philippines based founder of pranic healing, is a powerful form of meditation, for it enhances your physical, mental, emotional and spiritual well-being. If practiced regularly, it brings about a deep inner [transformation](#) and expansion of consciousness so that you achieve illumination, self-realization, perfect harmony and oneness with God.

You may wonder why this meditation is so called. The twin hearts refer to the [heart chakra](#), the center of the emotional heart, and the [crown chakra](#), the center of the divine heart. When you meditate on these twin hearts, divine energy flows into your crown *chakra* from where it is distributed to all parts of the body. The crown *chakra* can be activated only when the [heart chakra](#) is sufficiently activated.

While there are many techniques for activating the [chakras](#), the most effective, safest and fastest way is through using the [heart](#) and crown *chakras* for blessing the earth with loving kindness. As they become channels for the flow of spiritual energies, they get activated in the process. And by blessing the earth and all sentient beings, you are in turn blessed many times. It is in giving that you receive—that is the law.

The best way to explain and understand the significance and

uniqueness of twin heart [meditation](#) would be to take you through the various steps. An even better way is for you to listen to the [meditation](#) tape and practice it yourself.

## **PHYSICAL EXERCISES**

Exercise for a few minutes before you start to meditate. This is necessary to condition your physical and energy body and to enable it to receive and absorb the high energy that will flow into you during meditation.

## **INVOKE DIVING BLESSINGS**

You may now sit comfortably either on the floor in a lotus (*Padmasana*) or semi-lotus position or on a chair. If you are sitting on a chair, sit erect without leaning on its back. Assume a receptive pose, your spine erect and palms turned upwards, resting on your lap. Close your eyes. Raise your tongue to touch the palate. This is to facilitate the circulation of energy in the body. Keep your tongue touching the palate throughout the meditation. Take a few deep and slow relaxing breaths. Inhale slowly; exhale slowly. Do this a few times rhythmically. Still your mind.

Now make a simple invocation for divine blessings and protection on these lines (you may choose your own words and language depending on your faith):

*Lord God, the Universal Supreme Being,  
Divine Father, Divine Mother,*

*I humbly invoke your divine blessings  
for light, love, guidance, help, illumination, power and protection.  
With thanks and in full faith. So be it.*

## **RELAXATION, CLEANSING AND ENERGIZING**

Continue to [breathe](#) deeply and allow your body to relax. Let this relaxation flow from the top of your head down to your forehead and to your eyes, to your nose, to your cheeks and to your whole face. Let it flow down the neck and shoulders and arms, chest, abdomen, down to your back, to the end of your spine, to your thighs, knees, legs and feet. You should now be completely relaxed. Inhale fresh vitalizing energy; exhale diseased and used-up energy.

- Inhale good health; exhale all the pains and discomforts.
- Inhale relaxing and comforting energy; exhale stress, tension and fatigue.
- Inhale [love](#) and peace; exhale your hatred and resentments away. Inhale calmness and confidence; exhale your fears and worries.
- Inhale happiness; exhale your sadness and depression.
- Inhale kindness; exhale irritability and anger away.
- Inhale positive and creative thoughts; exhale negative and harmful thoughts.
- Inhale positive and good emotions; exhale negative and harmful emotions.

## **SELF-INTROSPECTION AND INNER REFLECTION**

This time you are going into a series of inner reflections. Think of the virtue of harmlessness and kindness. Examine yourself if you have hurt somebody physically. Also think if you have given [pain](#) to somebody through your speech and emotional reactions. Are you constantly harboring negative or injurious thoughts towards other people? If you are, then mentally ask for [forgiveness](#) from all those whom you have hurt or are still hurting.

Resolve that this day you are going to practice kindness towards all people in your thoughts, speech and action. As a part of this resolution.

- Visualize yourself forgiving those who may have hurt you. Bless them with the good things in life.
- Visualize yourself also being forgiven by those whom you may have hurt. Experience the feeling of being forgiven.
- Now examine if you have taken things, which are not yours, whether tangible or intangible. Have you taken somebody's reputation, credits, glory or ideas for your selfish ends? Have you taken an affection, which is due to another person?
- If you have, then mentally ask for [forgiveness](#) and resolve that you will not take things, which are not yours. Also resolve that you shall be generous and shall offer your help when necessary.
- Ask yourself if you have been misleading or deceiving people in your speech and actions. Are you deliberately telling lies? Or pretending to be other than what you really are? Are you withholding the truth from other people for your own selfish ends?
- Resolve that this day you shall be true to yourself and to other people in your speech and actions. As part of this practice of truthfulness, now

examine the secrets in your life, which have been giving you a feeling of guilt.

- Free yourself by mentally telling the person concerned and ask for forgiveness. Experience the peace that comes from being true to yourself and to other people.
- You are now ready to bless the earth and the whole of humanity with your love and kindness.

### **ACTIVATING THE HEART CHAKRA**

To activate your heart energy center, press the center of your chest and concentrate on it for a few seconds. Now recall the most pleasant feeling that you have ever experienced in your entire life. For example, a feeling of love, of kindness, peace and joy. You may have felt this when you have given yourself in service to others, or shared yourself with your friends, or when you felt close to God or, May be, when you fell in love.

You are now going to share this feeling of kindness with the entire planet earth.

Visualize in front of your chest a small planet earth, as small as a ball one inch in diameter. Imagine the pinkish light from the heart energy center going to the earth and enveloping it with love and kindness. Smile at this planet earth and mentally say this prayer of Saint Francis of Assisi:

*Lord make me an instrument of Thy peace*

From the heart energy center, bless the earth with divine peace

*Where there is hatred, let me sow love*

Visualize the pinkish energy of love from your heart energy center enveloping the earth

*Where there is injury, pardon*

Bless all people on earth with forgiveness

*Where there is doubt, faith, Where there is despair, hope*

Bless all the needy people on earth with a new hope for a better world

*Where there is darkness, light*

Bless the earth with light

*Where there is sadness, you*

Bless the earth with great joy and visualize the people you meet every day smiling and being filled with great joy

*O Divine Master, rather than I may not seek so much to be consoled as to console; to be understood, as to understand; and to be loved as to love, For it is in giving that we receive, It is in pardoning that we are pardoned, And it is in dying that we are born to eternal life.*

## **ACTIVATING THE CROWN CHAKRA**

This time, touch your crown energy center and activate it by concentrating on it and by recalling your aspiration to share your life in service, to be on good terms with other people, to be of help to the needy and to see universal brotherhood on earth.

Now visualize a brilliant white light from the crown energy center at the top of your head, going to the planet earth and enveloping it with divine love and kindness.

*From the center of the heart of God  
Let the entire planet earth be blessed with love and kindness  
Let the entire planet earth be blessed  
with great joy and divine peace  
Let the entire planet earth be blessed  
with understanding, harmony, and goodwill  
And the willingness to do good  
So be it*

Continue to bless the earth with brilliant white light from your crown energy center and continue to smile with a feeling of kindness towards the earth.

## **ACHIEVING ILLUMINATION**

Now visualize a flame of light on the top of your head and mentally chant and mantra, *Om*, and concentrate on the gaps of silence between the *Oms*, maintaining the flame of light in your imagination.

## **RELEASING EXCESS ENERGY**

After a few minutes of chanting *Om*, slowly come back to your normal waking consciousness, keeping the eyes closed. Slowly move your fingers, raise your hands at chest level, almost facing each other, about six inches apart to release the excess energy, blessing with light and power. Visualize again a small planet earth in front of you.

Bless the earth with peace, abundance and spirituality. Bless your country with peace, abundance and spirituality. Bless those people who support you, your family and loved ones and your home with harmony, good health, abundance and spirituality. You can continue to bless, releasing the excess energy, until you feel your body has returned to its normal condition.

## **EXPRESSION OF GRATITUDE AND THANKS**

End the [meditation](#) with a prayer of thanks on these lines:

*Oh Divine Father*

*Thank you for your divine blessings*

*Thank you for your protection, guidance, help and illumination*

*In full faith, so be it*

You can now open your eyes with a smile, massage your face and your head, tap your liver a few times and your kidneys also. This is to avoid the accumulation of energy in these parts. Also massage your arms, hands, thighs, legs and other parts of your body.

Now do the same set of exercises you did before the meditation.

[Massage](#) and exercise will further release excess energy and make your body assimilate fresh energy.

From: <http://www.lifepositive.com/body/energy-healing/pranic-healing/twin-heart-meditation.asp>

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## INTRODUCTION

### HEALING MEDITATION

#### MASTER CHOA KOK SUI MEDITATION ON TWIN HEARTS

Healing meditation on Twin Hearts is one of the many advanced meditation techniques to achieve illumination, or what we normally call `universal consciousness`. It is also a form of world service that helps harmonize the earth by blessing it with loving-kindness, peace, joy and goodwill.

Meditation on Twin Hearts is based on the principle that some of the major chakras are entry points or gateways to certain levels or horizons of consciousness. The Twin Hearts refer to the heart chakra, which is the center of the emotional heart or refined higher emotions, and the crown chakra which is the center of the divine heart, the center of divine union or yoga. Unless your crown chakra is activated, you will not experience illumination or divine union. But before it can be activated, the heart chakra must be activated first. It is only by developing the higher refined emotions that one can possibly experience divine love.

By using the heart and crown chakras in blessing the earth with loving-kindness, they become channels for spiritual energies. By blessing the earth with loving kindness, you are doing a form of world service. By doing so you are in turn blessed many times. It is in blessing that you are blessed. It is in giving that you receive. This is the law!

Once the crown chakra has been sufficiently activated, then you have to perform certain meditation techniques on the light and on the mantra `Om` or `Amen`, and on the interval between the `Om` or `Amen`. It is by prolonged concentration and simultaneous awareness

of these, that, illumination or samadhi is achieved!

**People who should not practice healing meditation on Twin Hearts:**

Persons below 18 years old, patients with heart ailment, hypertension, glaucoma or severe kidney and liver problems, heavy smokers and pregnant women.

**BENEFITS**

Many practitioners of meditation techniques on Twin Hearts around the world are discovering and experiencing the following benefits within a short period of time:

1. Heightened level of intuition.
2. Increased healing power.
3. Sharper and more organized mental faculties.
4. Inner peace, loving-kindness and compassion.
5. Enhanced spiritual service.
6. Brighter and more balanced aura and bigger chakras.
7. Enhanced soul contact and divine union.
8. Safe stimulation of higher clairvoyance.
9. Healthier physical bodies.
10. Success in life with less stress.
11. A more wholesome personality.

**METHOD**

1. Do physical exercises for about five minutes to cleanse and energize your etheric body.

2. Sit comfortably with your back erect with your hands turned upwards, resting on you lap. Close your eyes, connect the tip of the tongue to the palate.

3. Invoke for Divine Blessings for guidance, help, protection and

illumination.

4. Activate your heart chakra by becoming aware of it and by blessing the entire earth, every person, every being with loving kindness, great joy, happiness, divine peace, understanding, harmony, good will and will to do good. You may visualize the earth as very small in front of you; raise your hands on the chest level facing outward and feel the love flowing from your heart to your hands and enveloping the small earth in front of you. You may use the prayer of St. Francis of Assisi. This blessing can be directed to a nation or a group of nations.

5. Activate your crown chakra by becoming aware of it and by blessing the Earth with loving-kindness. Allow yourself to be a channel of divine love and kindness, great joy, happiness, understanding, harmony and divine peace. Share these with the whole earth. When blessing, feel and appreciate the implications of each word.

6. Meditate and bless the Earth with loving-kindness through the Heart and Crown chakras simultaneously. This will align both chakras, thereby making the blessing much more potent.

7. Gently imagine a brilliant white or golden light on the crown. Be aware of the light, the inner stillness and the bliss for a few minutes. Gently and silently chant the mantra `Om` or `Amen`. When meditating on the interval between the two `Oms` or `Amens`, simultaneously be aware of the light, the stillness and the bliss and let go. Continue for about 10 minutes.

8. Slowly come back to your physical body. Raise your hands again on the chest level facing outward. Release excess energy by blessing the

Earth with light, loving-kindness, [peace](#) and prosperity for several minutes until you feel your body is normalized. You may bless specific persons or your family and friends after releasing the excess energy.

9. After meditation, always give thanks to the Divine Providence and to your spiritual guides for divine blessings.

10. Shake the body for 30 times, massage the different body parts, then do physical exercises for a few minutes. It will reduce the possibility of pranic congestion in certain parts of the body.

From: <http://www.lifepositive.com/Body/energy-healing/pranic-healing/healing-meditation.asp>

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### **Choa Kok Sui**

A Filipino of Chinese descent holding a degree in chemical engineering, and a successful businessman, Master Choa Kok Sui is the human manifestation of our present day desire for profound personal and spiritual [transformation](#) from an old unacceptable [life](#) to a new exciting future. He zealously projects the principles of pranic healing, arhatic yoga, clairvoyance and other esoteric spiritual teachings into the larger social context of [healing](#) the environment and the society.

His relentless search for the spiritual truths beyond the accepted plane of reality has benefited thousands of people from all over the world. Master Choa Kok Sui is also an author and an international lecturer whose works have been published in over 24 languages and is widely read across 30 countries.

All of his books deal with both basic and advanced course patterns on pranic healing. While the basic treatments include recovering techniques from simple ailments, the advanced course deals with the use of color prana for the treatment of severe ailments. Alongside, his pranic [psychotherapy](#) course concerns the treatment of psychological and psychiatric ailments using advanced pranic [healing](#) techniques.

To popularize teaching, Master Sui has founded two leading non-profit pranic [healing](#) centers, World Pranic [Healing](#) Foundation, Inc, and Institute for Inner Studies. Both located at Philippines, the former has been aimed to spread the master`s teaching across the progressive countries like Southeast Asia, Eastern Europe, India, Africa and South America. Likewise, the later intends to popularize the ancient science and art of [healing](#) in the USA and the other industrial countries of the west.

Before entering into the profession of healing, Master Choa was a chemical engineer and was based in Manila, Philippines. However, continuous effort of hard labor and dedication has established him as one of the frontier healers of the contemporary world. A popular message that he always addresses to the mankind—if I can learn to heal, you also can learn to heal! Anyone can apply these simple techniques.

Master Choa also conducts workshops and teaches various advanced forms of meditation. More over, all words fall short on him, when compared his contributions for the service of humanity with the others.

<http://www.lifepositive.com/body/energy-healing/pranic-healing/choa-kok-sui.asp>