**ON MY MIND**

LET ME HELP YOU MEDITATE WITH YOUR HEART

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When you finish reading each paragraph in this article, close your eyes and review what was said and/or do what was suggested. Step by step I want to lead you through a meditation. Let me begin with this, you have two brains in your body. One is in your head and the other is in your chest. More than 60 percent of the human heart is composed of neuronal cells. Those are the same cells that the brain is composed of. When you close your eyes, touch your head and heart back and forth and shift your awareness back and forth with your hand; from your head to your heart and your heart to your head, ending in your heart. Experience your heart as an intelligent organ, an equal partner to the brain in your head. Notice that you are not your body. You inhabit your body while you are alive. Therefore, ***you*** can be in various places inside yourself. Now that you are in your heart and not in your head, see if you can stay there as you go…

Next, pay attention to your breathing. Breathing is a continuous process from birth to death. Sometimes we pay attention and breathe purposely. Mostly we do not pay attention and breathe without being aware of it. We take it for granted most of the time. Voluntary intentional breathing is a powerful tool with which we can influence our consciousness and control our bodies. Shallow breathing is done from our chest. Deep breathing is done from our stomach or abdomen. Try taking deep sighing breaths with your stomach. Take 5 or 10 deep sighing breaths. And think about breathing in and out of your heart as you go. Notice what happens as you do this…

If you were lucky you felt yourself begin to relax. If you did not, then you just need to keep on taking deep breaths until it happens for you. And it will happen sooner or later. As you relax, you will become aware of whatever emotion you are experiencing. Keep it simple. Use the words Glad, Mad, Sad, Scared, Ashamed and a number from 1 to 10 to gauge strength. The human brain and human heart are the rational processors of the body. The head evaluates meaning with language/thought. The heart evaluates meaning with sensation/emotion. You see, feelings are the language that our heart thinks with. Also thinking with our heads is never able to reach certainty about anything, only possibility/probability. Yet there are times when we all are certain of ourselves. Those times involve thinking with our heart. When our emotions are clear they function as the language that our heart thinks with. Certainty always comes from the heart. Drift back through your experiences in your mind now and see if this is not so, for you…

You know, whenever you feel stressed you will be having an emotion and it will not be glad. It will be Mad, Sad, Scared, or Guilty (which is a distortion of honest Shame). If you stay in your heart and breathe through the feeling you can release that feeling until it is completely gone. Let us take scared as an example. Scared usually is felt in the stomach or more precisely in the belly button. If you breathe through your belly button enough you can release the fear. The same applies for Mad in the groin, Guilty in the solar plexus, Sad in the heart. Glad is always felt in the heart…

Let us review. If you settle in your heart and breathe deeply, you will begin to relax. As you breathe and relax you will get in touch with your emotional status. If you breathe through stressful emotions, they will be released as you go. When you are empty of stressful emotions it is important to always do the following: come up to your heart center and begin to breathe in and out of that part of you. As you breathe, think of a higher emotional word that fits for you at that time. Some examples are confidence, determination, gratitude, reverence, faith, hope, enthusiasm, desire, happy, joy, love peace. Fill the space or hole left from breathing out the stressful emotions with this higher emotion…

At this point you are ready to meditate, LOL! If you sit in this space inside yourself for 15 minutes and focus on: “here is just here…now is just now…I am here now,” something/some things will begin to happen. I guarantee those things will lead you to a better place, a better state of being. You will learn about yourself. You will learn to trust yourself. You will empower yourself. Give it a try. What have you got to lose? Oh, just stress, tension, worry, toxic emotions! What have you got to gain? Just rest, healing, rejuvenation, centering, balance, insight, calm, happiness, clarity.