

## THE ULTIMATE MEDITATION

By Trisha Howell

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### The Heart Meditation

One of the most effective meditation techniques I've ever found is the Anahata (Heart) Meditation taught by Paramahansa Sri Nithyananda Swamigal, a wise, funny, blissful, compassionate, healing, and very high energy enlightened master from India. Swamiji, as he's affectionately called, does regular U.S. tours and was recently here conducting his very fun and highly practical meditation weekend. His Ananda Spurana (Flowering of Bliss) Program teaches seven simple yet amazingly effective meditation techniques to awaken and revitalize each of the seven major chakras.

Swamiji's mission is to awaken the divinity that lies within each person as he shows us how blissful the enlightened life can be. I cannot recommend enough the teachings and the energetic presence of this revolutionary spiritual master who is truly joyful, down to earth, compassionate, and healing.<sup>1</sup>

Swamiji's Heart Meditation combines the healing powers of sound,<sup>2</sup> breath, visualization, and energy focusing. This meditation moves large amounts of energy through you to raise the amount and the frequency of the energy in all the cells of your body. The meditation also helps your heart chakra to open so that you feel more love and acceptance for yourself and for all others around you.

On only my third time practicing this thirty-minute meditation, I felt tremendous energy pooling in my root chakra and rising all the way up my spine to my crown chakra. Every time I've done the meditation, I've felt incredibly relaxed yet energized afterwards as well as much clearer mentally and emotionally.

Here is the meditation:

- While sitting with a straight spine or lying straight on your back, close your eyes and cover them with a cloth. Intend to stop your internal chatter.
- Hum<sup>3</sup> loudly and deeply for twenty minutes. Your whole body should melt into and be surrounded by your humming. You should feel like a hollow bamboo (an empty vessel) that is filled completely with the sound vibration. This will create tremendous energy.
- Now be silent for ten minutes and focus all your consciousness on your heart chakra, being fully present there. (You may keep your mind clear—which is the way Swamiji taught it—or, as I like to do, imagine that you are unconditionally loving yourself, other people and animals, your environment, and the universe,

<sup>1</sup> For more information about Swamiji, see [www.dhyanapeetam.org](http://www.dhyanapeetam.org) and [www.swamisworld.com](http://www.swamisworld.com)

<sup>2</sup> Sound, like meditation, can be an excellent tool for focusing your mind and eliminating internal chatter. It can also send healing vibrations into your body. See the information on humming below.

<sup>3</sup> Humming clears and energizes your throat chakra while it amplifies and intensifies your personal energy field. Experiment with different tones/pitches as you put your attention on different parts of your body to find out which are being stimulated and which relaxed by each tone.

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while you are being unconditionally loved by everyone and everything around you. You may use words, images, movement, and touch to guide and reinforce the experience. For me, this intensifies the results of this exercise.)

It sounds very easy, and it is, but you will be amazed at both the immediate and the long-term effects that practicing this meditation will have on you. You will be calm, energized, joyful, and loving, and your body will feel great!