

*Bring yourself to a comfortable position, wiggle around a little until you feel you can settle into stillness.*

*The following meditation will help you to connect with your heart chakra — Anahata. This chakra holds the center of love, empathy, and compassion. Anahata means ‘unstruck sound’ in Sanskrit and is represented by the element is air and the colour green.*

*Like love, air surrounds and sustains us, in this life.*

*Anahata is the chakra of positive energy, connecting the lower chakras to the higher ones. When it is opened fully, the heart chakra becomes a channel for Universal Compassion — our True Self. It is here in this space that we invite the infinite love to flow through us, allowing it to heal ourselves and others.*

*The lesson of the heart is that we must fully love and accept ourselves before we can love and accept others.*

*Begin to let your body settle. Begin to notice your breath.*

**Short pause.**

*Spread your collar bones wide, opening up the space that holds your heart. If it’s comfortable for you, you can bring one hand to your heart and the other on top or to your belly. Bring your awareness to the space that surrounds your heart. Notice this space rise and fall with your breath.*

*As you inhale, feel your belly expand and fill your lungs with fresh air. As you exhale, feel your belly contract, emptying out creating space for new awareness.*

**Short pause.**

*Now imagine you’re breathing in a large emerald light, through your nostrils. Settling down and into your heart space. It brings with it warmth — making the entire upper body feel toasty and cozy.*

*As you breathe, allow this light and warmth to grow.*

*Only by opening our hearts can we allow love to come in. If you have felt pain, perhaps a broken heart, you've opened yourself up enough to expose yourself to vulnerability. This is a courageous move. By doing so, you can extend light onto those who need love.*

**Short pause.**

*Take a moment here to call to mind someone, or multiple people, whom you love. Bring their faces very clearly into your mind's eye.*

*Now allow love to radiate from your heart space out and into this person or people.*

**Short pause.**

*Now call to mind someone, or multiple people, who you have a tough relationship with. Bring their face very clearly into your mind's eye.*

*Now allow love to radiate from your heart space out and into this person or people.*

**Short pause.**

*Now call to mind yourself — picture yourself here in this room. Bring your face very clearly into your mind's eye.*

*Now using all of this love, compassion, and openness cultivated here in this space, begin to wrap yourself up in love. Sending it out from this space that holds your heart.*

*Pause for 3 minutes.*