



**Vast Heart: *Awakening Boundless Love*
A Meditation Practice**

*“The Divine opened my spiritual eye
And showed me my soul in the middle of my heart,
And I saw the soul as wide as if it were
An infinite world, as if it were a blessed kingdom”*

Julian of Norwich

This is a powerful practice which opens up qualities of the liberated heart that is an ocean of love, compassion, kindness, empathy, courage and joy. Over time this practice will start to expand your experience of love from just the personal experience of loving “someone” to accessing the Source of your love that connects you to everything and everyone in existence. Ultimately, this meditation is not only nourishing and beautiful, it also supports access to the nondual state of Boundless Love. Here you not only feel the love and goodness pervading your being but also you let it dissolve the separating boundaries of the mind to the point where you recognize that Love is the substance of everything that is and it is the essence of your heart itself. As you might imagine, this grows your capacity for unconditional love, which in turn supports you relating from a consciousness of real love in daily life.

The focus of concentration in this practice is the breath in the heart, allowing more and more space to emerge with each inhale, in each of the directions. Given that each moment of our life when we experience a hurt, a disappointment or a heart-break, the heart “closes” to protect itself, meaning that this practice is likely to flush up to the surface some of this material. If this happens in the practice, do your best to just trust the process and keep with the practice but perhaps journaling anything afterwards and possibly inquiring further into the issues using some of the inquiries you will find in [The Way of Grace](#).

To begin, engage this practice for 15-20 minutes and when it feels right just relax the focus of concentration and rest in silence. Enjoy!

FIND YOUR BEST MEDITATION POSTURE, the one that gives you a stable base and as upright a spine as is possible for you. Then turn your focus within.

BEGIN WITH THE BASIC “WELCOMING in breath” and “MELTING out breath” that is the beginning stage of the ego relaxation practice.

Relax in and down to receive the holding of the cushion or chair, settling into this moment and allowing your experience exactly as it is.



Once you feel sufficiently settled bring your focus to your heart area. If you are a visual person, you might imagine that your heart has nostrils. Otherwise, just feel as if your heart is being “breathed”.

Let the heart be breathed **HORIZONTALLY.....**

Feel each inhale opening space in the heart – sensing your love for your family, friends...and then sense into the SOURCE of your love...Notice that this same Source is breathing through every human heart, causing us all to love. Sense your inter-connectedness and the natural loving kindness for all beings. Let your heart be breathed beyond the body. As you get more practiced, you might start to feel as if your heart is as vast as the horizon.

Let the heart be breathed **VERTICALLY.....**as though the breath opens the heart all the day down through the earth’s foundations and beyond, and all the way up through the atmosphere into the galaxy and beyond...Let your heart feel the ground below and the space above as Love...finding alignment in that Love, part of that Love. Feel your heart part of a stream of infinite ground and space that includes celestial beings of light.

Let the heart be breathed **FRONT and BACK...**sensing behind the heart the love and wisdom of your ancestors, teachers, their teachers, all lineages and great beings whose love has in any way brought us to this point on our path... and all that your practice will bring forward for those who come after you. Feeling the love flowing throughout time. Divine Love flowing through us all.

Now let the heart be breathed **in ALL DIRECTIONS SIMULTANEOUSLY** – as though the heart opens like a lotus revealing luminous light – the light of pure being...naturally full of love, compassion, joy, gratitude and more.

WELCOME THE MIND TO DROP INTO THE HEART - all thought of what you are and what the world is, all that has been learned and known.....let it rest in the vast purity of your heart.....

*“In the interior of the heart-cave
The one Reality shines alone as
“I-I”, the Self.
The Heart is the only Reality”
Ramana Maharshi*