

## Preparation Sequence and Heart Meditation

Cat Pose



Exhale tuck tail under flexing spine into a forward bend, moving from tail upward squeeze navel in, spread shoulder blades, opening back of heart space, finish with chin to chest. Inhale extend spine into a back bend focusing on upper back and opening front of heart, squeeze shoulder blades together, keep the back of neck long. Move from tail upwards 5-10x. Visualise breath flowing along spine as if clearing out a hollow tube.

Hero side stretch



Kneel **with blocks under sit bones**, thighs parallel. Fingers on floor on either side to keep equal weight on sit bones. Inhale lead with palm raising arm sideways and over head into side bend stretch for side waist and ribs, compressing other side. Opening side chest. Exhale lead with palm to bring hand back down. Alternate sides 5x then hold 3-5 breaths

Twists



Sit in x legs on the less familiar side. Inhale arms out to side, exhale twist to R, L hand on R knee R hand to floor behind. Inhale to centre. Alternate sides 5x then hold 3-5 breaths

Dhyana Mudra - mudra of concentration



### Heart Clearing Meditation + Mantra "Sat-Yam" (the heart's truth)

Sit in comfortable position on a chair or on the floor with enough support under pelvis and legs to be able to maintain the spine erect without tension and remain still.

Hands in dhyana mudra. Natural breathing + mentally repeat mantra Sat-Yam, sat on the in breath, yam on the out breath. Feel and visualise the spine. On inhalation "sat" imagine prana flowing from crown down the spine to the perineum, on exhalation "yam" prana flowing up the spine to the crown. Sense prana as light / colour / vibration or simply your awareness moving down and up the spine. 5-10x

Continue to inhale down spine, but to the level of the heart, exhale sense prana filling the heart space, flowing into all the deep dark corners where pain, sorrow, anger, difficult memories reside. Inhale "sat" gathering all those up to the crown of the head. Exhale "yam" releasing & letting them go. Acknowledge and accept **WHATEVER** arises and stay with the practice.

If / when you feel complete with the cleansing process. Hold the attention in the heart space. If the mind is quiet, let go the mantra. Rest in non-doing awareness, witnessing all that is arising, changing, fading away; sensations in the body or from outside, thoughts, distractions, judgment, resistance, liking, not liking....

Start with 5-10 minutes. Build up gradually to 20-30 minutes.