

HEART-PULSE TECHNIQUE

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This is an abbreviated version of the full meditation. The full meditation includes developing an awareness of the heart-chamber as an 'echo chamber' and of the supportive layers or striations of the body.

Please be in touch if you would like a copy of the fuller meditation practice.

Sit comfortably; wait until your breath has settled and you can clearly follow the passage of breath in and out. Be aware of your inner chambers touched and filled with breath. Feel the volume of the inside.

Loosen your jaw, soften your ears.

Think softness into the muscles and ligaments at the shoulder blades.

Think of the spine, a long strong yet flowing structure.

Be aware of your tail bone.

Upper body--Butterfly motion:

Very gently roll your body concave at the chest [that is, forward]; followed by rolling it convex [shoulder blades slightly reaching towards each other] Gentle, minimal movement is best. It is more important to breathe evenly through a minimal stretch than to push or overstretch. x 3

Let your spine lift from the sacrum. You will feel your chest rise. Nod your head, as if you are a seahorse. Feel the length of the back of your neck as you nod. Come back to rest. Sit again in the tail bone.

Breathe into the chamber of your heart. Left and right chambers massaged into a spacious cave.

Loosen your jaw, soften your ears. Deepen your breath.

Take your time with each of the following. Let your breath stay even.

- 1) Listen for the beating of your heart. Pay attention to its rhythm.
- 2) Listen for a second heartbeat. It is much deeper, lower, slower.
- 3) Listen for a second heartbeat. It will be quicker and lighter than the others.

Stay listening to the interplay of these three heart-pulses and heart tones. Your attention may fluctuate—one or other pulse clearer than the other. Your body is being massaged by these rhythms in ways appropriate to your need.

You may experience a change of consciousness. You will remain safe and clear if you remember to sit in your tail-bone. Stay in this condition for as long as you are able.

The exercise may be short or longer. You may feel released from it quite unexpectedly. All good—it will complete itself as appropriate. Your mind may well seem ‘blank’. This is a neutral state of new beginnings.

Begin to listen for sounds outside the window. Gently re-engage your movement and muscles, roll your neck, keep your eyes soft, release your jaw, allow your attention back into the room.

Complete the meditation with some gentle stretching (Tai Chi; Salutes to the Sun, synchronise with the breath¹). Gently transition back into the daily world. Take warming, rather than cooling, liquids or foods.

The middle pulse is Self/mother, the lower tone Earth/ancestor/continuum, the higher tone and quicker pulse belongs to the Foetus/fledgling form. These are general explanations around whatever specific manifestations of meaning the three may have for you.

As much as possible, try to hold the space for all three; even when your attention wavers and you seem to hear only one or two. Keep the process soft and accepting and allow for what happens.

In general, this exercise is calming. Try it 3 times a week in the first instance. In time it could also release certain emotions—particularly grief or fear. Hopefully, it does so in a way that retains a way of holding you. *Please be in touch if you have any questions or need further instructions, or would like to book a session where I can accompany you through the process.*

¹ Your breath during the meditation may be asynchronous with the heartbeats, which is appropriate. During your ‘coming back’ stretches, please synchronise movements with breath.

The meditation is exercising the muscles around the heart chakra and at the shoulder blades, so it could feel like you have done quite a work-out, especially initially. When your muscles (and the chamber-spaces) have understood how to work with the exercise it will be quite safe to practice longer, and more often.

Good wishes always, blessings,

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