



arizona  
**Choices**

*PRICELESS- Take One*  
December 2006/January 2007

# Health, Wellness & the Environment

Including a  
directory of health  
wellness and  
environmental  
resources



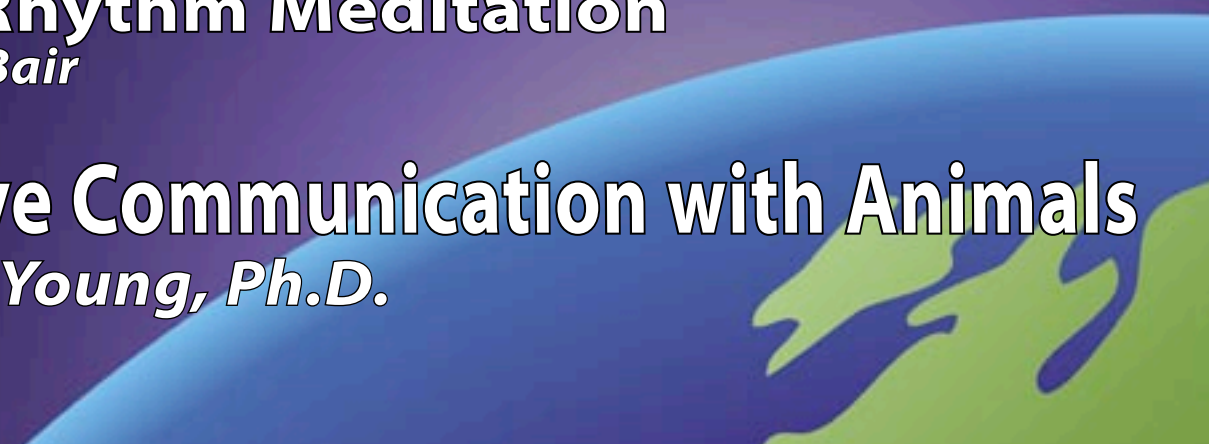
**The Cosmic Clock**  
*by Paul Reeder*

**Centering Pregnancy**  
*by Maria Sara Villa*

**Heart Rhythm Meditation**  
*by Puran Bair*

**Intuitive Communication with Animals**  
*by Judy Young, Ph.D.*

*plus*  
Dancing on the Path:  
local news, events  
and tidbits



# Heart Rhythm Meditation

By Puran Bair

Peace comes when self is in harmony with the rhythm of the heart. This is accomplished in silent meditation by entering into the life-stream in the heart. If there is any form of concentration to be used in meditation, it consists in first getting into the rhythm of the heart, by watching the heartbeats, feeling them and harmonizing with them. Then one centers all feeling in the physical heart and out of feeling selects love, and out of love, Divine Love.



**Puran Bair**

**S**o you exercise and you're careful about what you eat. What else can you do to keep your heart healthy? The most valuable thing may be to think about your heart. I know a surgeon in Boston who discovered that his patients heal faster from heart surgery if they listen to their heart with a stethoscope, so he gives one to every patient and tells them to spend 30 minutes a day plugged into their heart. You don't have to wait until after your heart surgery; you can help prevent heart disease by listening to your heart now, and you don't need a stethoscope. You've got a built-in sensory system that will do fine, in a state of meditation.

You've never heard of "listening to", that is, feeling, your heartbeat in meditation? It's a very old method. Primitive people must have discovered that when sitting still, there are only two inner sensations: breathing and heartbeat. What would happen if you were to coordinate those two rhythms? They found out long ago - you get a very stable breath rate, and a slower heartbeat that cycles exactly in time with the breath. The feeling is very grounded and stable, and powerful. Emotionally, you feel integrated and confident as the two sides of the heart and the brain become balanced; integrity results.

Perhaps you associate meditation with ancient eastern religions. Well, meditation on the heart has been a part of Christianity since the time of the Apostles - it was called the "Prayer of the Heart" by the desert fathers - and in the last ten years it has received extensive scientific study. Research shows that meditating on your heart speeds learning, decreases stress, lowers blood pressure, improves immune response and eliminates arrhythmia. Of course, the early Christians wouldn't have known about these physical effects; they did it for emotional and spiritual benefits. Heart meditation is known in Jewish and Buddhist traditions too.

The method of meditating on the heart has been refined, tuned by feedback from medical instruments and the experience of mystics worldwide. The current version of the method is called "Heart Rhythm Meditation", and it's used to enable people to live from their hearts. The method is easily learned, and here in Tucson there are three classes for beginners in various parts of the city. Call 520-299-2170 or go to [www.AppliedMeditation.org](http://www.AppliedMeditation.org) for information.

Through Heart Rhythm Meditation you will be able to tune your attitude, approach and actions to express the qualities of heart, especially love, creativity and courage. You can learn this by yourself or with a group,

and apply it to your health, relationships and accomplishments. Success in what you choose will then come more easily, allowing you to take on larger challenges with less stress.

First, HRM will expand your concept of who you are and the scope of your awareness. You will have done something that you didn't think was possible, and that will lead you to challenge other limitations.

Second, it will create a profound state of stillness with alertness, filling you with peace and contentment. This is excellent therapy for the stress of life which is so hard on one's heart. Because awareness of your heartbeat physically strengthens your heart and stabilizes its rhythm, because the relaxation opens your circulation system, and because the full-breath pattern creates much greater oxygenation of the heart, Heart Rhythm Meditation will give you much of the cardiovascular benefit of exercise without having to leave your house, change clothes or break a sweat.

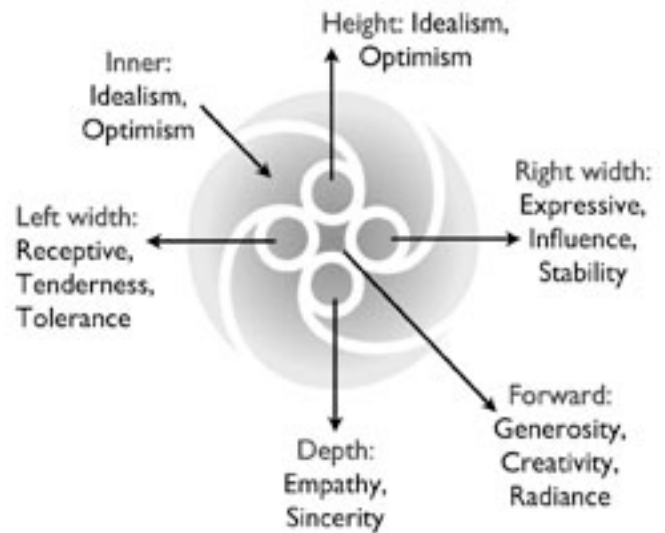
Third, it will create brilliance in your mind, producing frequent Ah-Ha flashes and peaks of insight. This is a by-product of linking the conscious and unconscious mind. Once the door is opened to your inner consciousness, inspiration begins to flow both ways. The images of the creative and intuitive faculty of the unconscious can then be seen in your conscious mind, and they are exciting!

Fourth, feeling the incessant beat of your heart gives you an unstoppable self-confidence, and thinking about your heart will make you heart-centered. This will transform your health, relationships and accomplishments. Keeping your attention on your heart increases your magnetic field, producing personal magnetism, or charisma. You will learn to project your heartbeat into the space around you, which makes your atmosphere into a presence that harmonizes, heals, and facilitates growth. Success at whatever you choose will come easily, with less stress, when powered by your heartbeat.

You can do this without buying any equipment, and without any monthly fees. You can do it at work, even during a meeting, and everyone will be able to see the effect (without knowing the cause) because you'll be more self-confident, inner-directed, open and helpful to others, insightful and courageous. You can do this with your heart, using the rhythm of your heart.

I think we each have a mission in life, and that mission includes and requires learning about ourselves, in

depth. Why do we feel the way we do; what is the relationship between our attitude and life's events; where is the limit of our influence and vision; how can we contribute to the larger mission of humanity? If you share this aspiration of self-knowledge, you will de-



The Four Dimensions of the Heart

light in using your heartbeat to probe your depth and height. Conveniently, the heart has a beat that you can feel clearly and dramatically, to make it clear when you have really directed your thoughts to your heart instead of somewhere else.

The questions about your purpose can't be answered with your logical mind, but you can feel the answers rising out of the depth of your unconscious mind, especially that part of the unconscious called the "heart". The great spiritual search — the journey to your Self — begins with the discovery of the heart. The practice of heart-rhythm offers a simple guiding principle: you can find your heart by meditating on your physical heart.

While your physical existence receives most of your attention, you also exist as a non-physical field of energy and light which is both radiated by the physical body and also focused into a continual re-creation of the body. You can begin the experience of the interchange between the matter and energy aspects of yourself by becoming aware of your magnetic field. The body has a measurable magnetic field, and that magnetic field pulsates with the heartbeat. So the heartbeat shows

**CONTINUED ON PAGE 15**