

# Oh, My Beating Heart:

## Heart Rhythm Meditation focuses on heartbeat to help soothe soul

by Theresa Nelson

Most of us in recovery learn early in sobriety to keep the concept or idea of our Higher Power simple. As the months pass, we become more comfortable letting a "power greater than ourselves" guide us and even begin desiring a deeper and more spiritual connection.

At meetings we are reminded of the 11th step — "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for his knowledge of His will for us and the power to carry that out" — leaving many of us confused at how to take such a daunting step.

I was at this point in the spring of 2002. Sober for nearly two years, I was beginning to truly appreciate living with a Higher Power. I was also trusting and enjoying a life I had never thought possible ... a life not driven by the desire to drink alcohol.

Yet, I wanted to have a more spiritual experience. I wanted a connection to my Higher Power that was everlasting and deeply meaningful.

At that time my concept of my Higher Power was that of a power outside of me, a dominating male figure pointing down at me with looks of stern judgment. It was hardly a welcoming, forgiving image, and I was afraid this image might hinder my recovery.

What could I do to improve or change this image?

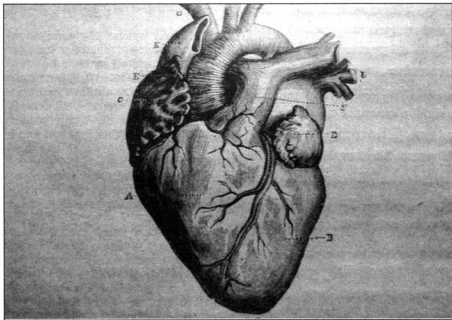
My Higher Power helped me out. Through auspicious circumstances I was introduced to Heart Rhythm Meditation, a meditative practice that focuses our breathing on our beating heart, a practice that, at its core, is about breathing into a power greater than ourselves, our heart.

As I learned the practice, I was struck by the concept that a power greater than us keeps our hearts beating, giving us life. This form of meditation is based on the idea that the presence of a Higher Power dwells in the human heart. When the heart is the center of life, we are guided and supported through life's challenges.

By being conscious of my breathing and heartbeat I was amazed at the guidance my Higher Power provided. In other words, my mind's chatter decreased as I concentrated on breathing and simultaneously feeling the beat of my heart.

In a short time I developed a deeper level of intuition as I came to understand that the heart is the source of my creative and insightful knowing.

After five years of practicing Heart Rhythm Meditation, I have expanded and deepened my belief and trust in my Higher Power to a point that I thought was impossible in early sobriety. Now, when life presents me with challenges and my thoughts and feelings become negative I know that I need to meditate and reconnect with the source of my



— Photo courtesy of [www.morguefile.com](http://www.morguefile.com)

Higher Power — my heart.

Learn more about Heart Rhythm Meditation from the book "Living from the Heart" by Puran Bair.

The developers of this meditative technique, Puran and Susanna Bair, will be in the Twin Cities to present how Heart Rhythm Meditation helps a person develop the dimensions of their heart. The presentations are free and open to the public, March 21 from 7 to 9 p.m. at Odilia's Catholic Church, 3495 N. Victoria, Shoreview; March 22 from 7 to

9 p.m. at Mayflower Congregational Church UCC, 106 E. Diamon Lake Road, Minneapolis; and March 23 from 7 to 9 p.m. at Unity of the Valley Spiritual Center, 4011 West Highway 13, Savage.

A full-day class to learn basic Heart Rhythm techniques will be offered Saturday, March 24 from 9 a.m. to 5:30 p.m. at Luther Seminary, Stubb Hall, 2481 Como Ave., St. Paul.

For more information, call Catherine Warrick at 651-699-5017.