



How Many Ways Can You Open Your Heart?

"Hummmm" to the Heart Chakra

Through Kundalini yoga, I became aware of how closed and fearful I was of being hurt. By practicing postures and meditations for the heart chakra (energy center), I gradually watched those blocks dissolve and accepted that we can't escape pain, we can only control how we deal with it. I especially like this simple meditation from Kundalini Yoga master Yogi Bhajan. Within minutes, the resonance of the sound within your body begins to work its healing magic:

1. Sit comfortably with spine straight.
2. Extend your arms straight out to the sides, parallel to the ground. Bend the elbows so the forearms form a 90-degree angle, straight up, then turn your at palms to face forward.
3. Close your eyes, rolling them up to the third eye point (between the eyebrows).
4. Inhale deeply through your nose, and as you exhale, make the sound "Hummmmmmmmmmmmm." Really allow the sound current to resonate through your face, beginning with your lips, which should be lightly pressed together. It is through this sound current, which means "we," that we move from individual consciousness into divine love, connecting to the Infinite through our heart center.

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