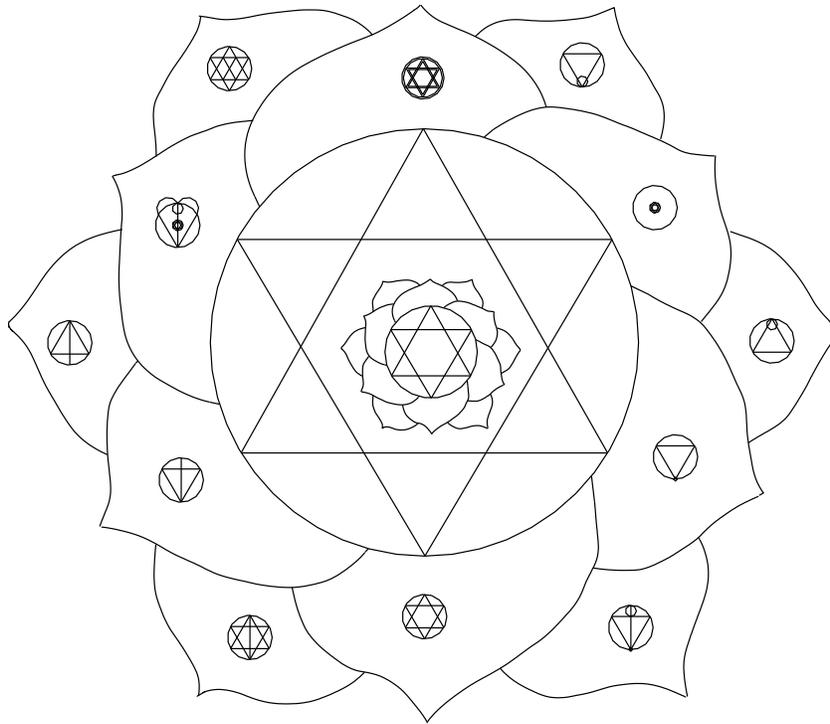


# Anahat Meditation Lessons Workbook and Audio Recordings

*THE ANAHAT TEACHINGS*



Lesson Two—Meditation Number Two—Heart Centered

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# CHECKLIST

Remember to write in your checklist the Starting Date of these Lessons that you are now working on. This you will find in your first set of workbook lessons on the page before the Table of Contents.

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# INTRODUCTION

Welcome to Lesson Two—Meditation Number Two—Heart-Centered. Here you will be progressing through the meditation system by learning to move the concentrated power that you have been cultivating in Descending Meditation through the Core Central Channel and into the Heart Center. It is therefore important that you have some sense of what it means to maintain a disciplined meditation practice where you are able to concentrate your awareness and hold it where you want to. Do not worry, however, if you are not perfect at this yet. Mastery will take years. Every time you begin Anahat Meditation you will always be beginning with Descending anyway. Not only were you encouraged to wait at least one month before beginning the next meditation, but so too, during each meditation practice, you will want to feel proficient in Descending before moving on to Meditation Number Two. This is an important point to understand, and so we will review it in detail.

The first component to understand is the need for learning the entire system over time. The reason for the one month interval is to give you time to feel that you have gotten the feel for the meditation that was being practiced. You do not have to feel mastery over that meditation, but you should understand its energetics through direct experience and not merely an intellectual understanding. Giving one month to practice also ensures that you are practicing and that you understand that meditation is a life-long practice and not something that you simply tried and then moved beyond. At this stage, Descending should now be a part of your life. The notion of embracing your humanness should be something that is happening all the time. I hope that this first month gave you a good chance to practice a number of things:

1. To have developed a meditation practice that you engage morning and evening
2. That you have some sense of what *yoriki* and *sanyam* are and that you are able to place this concentrated power at your Hara and keep it there consistently when you want to
3. That you've taken some time to improve the very physical components of your well-being, which include your physical health, nutrition, exercise and financial situation.

Descending will always be a part of your life, and it will never be something you neglect as long as you are apparently in a physical body. Descending will also now be the beginning of every Anahat Meditation session that you engage in. The 12 core meditations that form the system always begin with Descending. When you begin sitting now, you will practice Descending until you feel that you are quite solid in its practice. It is then, and only then, that you will consider moving on. Therefore, there is a month of practicing Descending before moving on, and there is a daily practice of Descending before moving on. There will be times during a sitting period where you will only want to Descend and may not feel ready to move your energy anywhere else. This is always perfectly fine.

Here are a few ways to know that you are ready to move on to Meditation Number Two during a sitting practice:

1. You feel grounded and solid in your body—not caught up in your head or in your mind.
2. Your body feels warm and open and relaxed – the muscles and blood vessels should be relaxed with no sense of fear or tension constricting the system.
3. You should feel one with your breathing—the breath should feel slow and steady.
4. You should be able to count from 1 to 10 over and over again without losing track of the numbers.
5. Your body should be remaining perfectly still and your mind should be held at the Hara.
6. You should feel a solid sense of concentrated power that you have cultivated at the Hara, which can be moved throughout the energetic pathways of the body.

Perhaps these standards make you question whether you were ready to move on to Lesson Number Two. Again, do not worry and just continue your practice with these intentions in mind. Recording 2 of this

month's Lessons will guide you for 5 minutes of Descending and 5 minutes of Heart Centered practice. Just remember the importance of Descending before moving on and remember that you will also be practicing Descending every day during this month.

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## OPENING THE HEART

This month's practice is so much more than just breathing into the Heart, just as Descending is so much more than just breathing into the Hara. Month One was meant for you to practice the meditation on Descending, but was also meant for you to work on lower chakra life issues—such as your physical health and your finances. Descending is about being a fully functional human being where you have a solid base from which to begin building a meditation practice. This concept will now continue into your Heart where you will not only be engaging meditation time on the Heart Center, but will also be considering the energetics of this meditation in your life as well.

Heart Centered Meditation deals with opening the heart and clearing out old emotional blockages. This can happen in a number of ways:

1. Working with a therapist who can assist in the process
2. Using Silent Light Publishers 2-Disc Meditation set on Opening the Heart
3. Reading the sections on Opening the Heart as found in my books, *Peace Under All Circumstances*, *The Sutras on Healing and Enlightenment*, *The Sacred Geometry of Meditation* and *The Anabat Meditation System*. All four of these books contain writings on this topic, which is crucial for progress in the spiritual life.

Please be sure to take a good deal of time during this month to really look into your hurt, sadness, fear, anger and guilt issues. Also take some time to observe other mental/emotional qualities, such as being judgmental, jealous, lonely and greedy. It is also important to explore your core beliefs, such as feeling unworthy, useless, not good enough, unlovable, bad, alone, incapable and powerless. You will want to become aware of your underlying mental and emotional knots and begin actively working through these. This process will take much more than a month. Just like Descending, it will become a part of your daily life.

Remember that this month's practice should be focused on all three major components, not just the one with which you are most comfortable:

1. Practicing Meditation Number Two—Heart Centered
2. Working actively on Opening the Heart and clearing out old emotional blocks
3. Developing harmonious relationships and learning to listen, connect and communicate.

Number 3 is an important component to living a Heart Centered Life. Here you will want to improve your relationships with people and learn how to be a good listener, learn how to connect and build rapport and learn how to open up and effectively communicate your feelings.







# MEDITATION NUMBER TWO – HEART CENTERED

- ❖ Inhalations and exhalations to the heart with a focus on love.

Meditation Number Two—Heart Centered is the core of Anahat Practice. All the other meditations center around this major energy center where we shall be cultivating a heart of love and compassion. The time spent at the heart is to learn to love one’s self, to love all beings and to love God. It is a time of emotional and energetic purification designed to free the heart of the extra baggage that gets in the way of Ascending.

## HEART CENTERED

When you are first learning the system, you should spend another full month just meditating at the heart center. The practice could begin with five or ten minutes of Meditation Number One—Descending, until the mind is brought to stillness and the breath-energy is focused. When you are ready, you will learn how the experienced practitioner shifts from the hara to the heart by simply pulling the energy up the central channel and beginning to breathe into the heart center. Here the attention is on opening the heart not only to love, but also to whatever one may be feeling at the time.

Being centered in an open heart does not mean always being in desirable states. Quite often in meditation practice we encounter many of those inner troubled energies that need clearing out. These might consist of all our anger, fear, guilt, sadness, loneliness and lack of self-worth. The list is long, and all these aspects of our being must be embraced so that they can be transformed. The time spent meditating at the heart is a time of emotional clearing and honesty with one’s self. It is another level of being fully human, but it acknowledges that a human being is so much more than human when his heart truly opens to love.

In time, the heart is made pure, and the deepest Divine qualities of love, peace, joy and bliss flow through. Few people ever get to live with a heart that is truly free because they have spent countless years protecting themselves from their true feelings. When the heart is opened and healed, an entire inner world of beauty and delight is revealed as one’s true nature. Further teachings later in this book go on to explain the process of opening the heart and clearing it out to make space for the Truth to dwell within.

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# KEY COMPONENTS

Eyes and Chin

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Arms and Hands

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The Tongue

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Practice Times

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The Breath

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The Mind

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Discipline

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# JORIKI AND SANYAM

Concentrated Power

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Dharna

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Dhyan

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Samadhi

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# RECOMMENDATIONS FOR HEART CENTERED AND LESSON NUMBER TWO

Review *The Sacred Geometry of Meditation* and *The Anahat Meditation System* books

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Opening the Heart—Recordings and Writings—The Life Mastery Course

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Harmonious Relationships

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Handling Third and Fourth Chakra Issues

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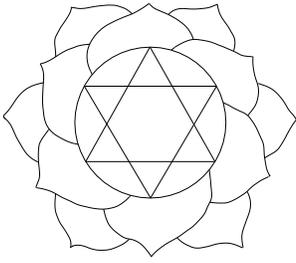
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## *Congratulations...*

Thank you for taking the time to have come this far in the training. If you have practiced Lesson Two—Meditation Number Two—Heart Centered for at least one month and feel proficient in its practice, then you are ready for your next set of lessons. However, you may be asking, “How will I know if I am ready or not?” The following points should be used as a checklist:

- You simply feel that you are ready and want to continue.
- You have been practicing morning and evening for at least ten minutes on a regular basis.
- You have some sense of what the word *Joriki* means from direct experience.
- You feel that you understand what it means to Descend and to bring your energy into your body, as well as to pull the energy to the heart and keep it there.
- You have spent some time during this second stage working on your emotional issues and opening your heart.
- You have gone through the workbook and the accompanying audio Recording for Lesson Two at least twice.

You will know in your heart if you are ready or if you have any doubts. If you are not ready, then do not worry, just keep practicing and move on when you are.