

Heartfulness

Inner connection

Do this practice just before sleeping for 10 minutes.

Close your eyes and relax, with your attention drawn very gently towards the heart.

Think that “The source of light which is already present inside my heart is drawing my attention inward, it is pulling my attention inward.”

If thoughts do arise, gently remind yourself that we are in meditation, meditating on the source of light.

Rest your attention in the heart, feel the longing that is there in the heart to be one, and the highest you can be. Call upon this deepest Self for guidance. Try to go deeper within.