

ENERGIZE
Your
HEART



TRANSFORM *Your* LIFE
with HEART RHYTHM MEDITATION

PURAN & SUSANNA BAIR

based on the book
Energize Your Heart in 4 Dimensions

HEART RHYTHM MEDITATION

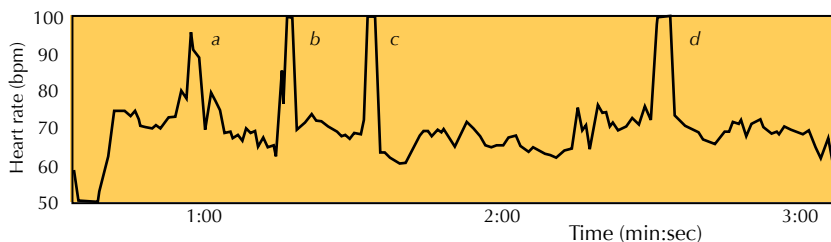
reduces blood pressure, reduces or eliminates heart arrhythmia, reduces the risk of heart disease, reduces stress, improves breathing and ‘forced vital capacity’, and provides a sense of calm, inner peace.

Do you want to start meditating, but don’t know what exactly to do? Heart Rhythm Meditation is easy to learn and effective. The way Heart Rhythm Meditation works is by creating a rhythm between your heartbeat and your breath, for example, 8 beats in, 8 beats out. It’s simple, and it takes only a bit of practice to master. By listening to your heartbeat, you strengthen your

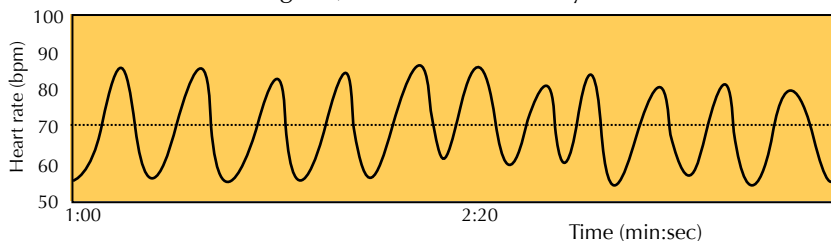
heart. By harmonizing your breath and heartbeat, you create a powerful rhythm in your body that strengthens your heart by creating something called ‘entrainment’ in the variability of your heart rate. We encourage you to visit:


www.energizeyourheart.com/ebook to download a free podcast that will walk you through a 3-minute meditation that is so simple you can begin immediately, without even leaving your desk!

Your Heart Rate Variability is normally chaotic



When you practice Heart Rhythm Meditation, the pattern becomes regular; this is healthier for your heart



A woman with long blonde hair, wearing a black top, is shown from the chest up. She has her eyes closed and her right hand is placed over her chest, palm facing inward. She appears to be in a meditative state. The background is a plain, light-colored wall.

*Feel the
energy of
your heart.*

*A meditator
practices listening
to her heartbeat.*

*8 beats in,
8 beats out*

Betsy Hart-McMannis, a physical therapist from Montana, was struggling with serious threats to her health, including Systemic Lupus Erythematosus, Temporal Lobe Epilepsy, and high blood pressure. She had seizures 2 to 4 times a week, and numerous life-threatening breakdowns involving hospitalization and intensive treatment. Seeking change, she started meditating, trying a variety of different methods. Nothing really

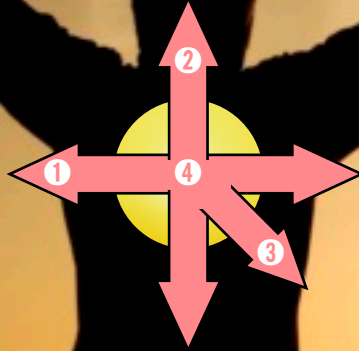
worked to improve her health and give her a lasting sense of peace. In 2001, she tried Heart Rhythm Meditation. The change was dramatic.

HEART RHYTHM MEDITATION
*has helped me to stabilize my
immune system*

She was able to go completely off her medication for high blood pressure within just six months of regular Heart Rhythm Meditation. Today her blood pressure is in the low to normal range, without medication. She has been taking the medication Prednisone for her Lupus for many years, but was able to go off this medication as well. “My sense is that Heart Rhythm Meditation has helped me to stabilize my response to stressors by keeping my immune system from going into a hyper-reactive state,” she says. Her epileptic seizures have substantially decreased, to the point where she has one half to one third the number of seizures, and they are far less severe. “I recently went 3 weeks with limited seizure activity!”, she reported to us joyfully. “I’ll continue with these practices, not only because of these changes in my health, but also because I feel happier. Heart Rhythm Meditation is my life long practice.”

The FOUR DIMENSIONS of the HEART

- ① HORIZONTAL
- ② VERTICAL
- ③ FORWARD
- ④ INNER



If all Heart Rhythm Meditation did was improve your physical health by strengthening your physical heart, that would be enough. But it does much more. It helps you heal, understand, develop, and energize your emotional heart, the center of all feeling, the container of love that is the essence of your being. Because we're so interested in the development of the emotional heart, we want to be more specific. We created a model which describes what we call the four dimensions of the heart. Heart Rhythm Meditation develops the heart in all four dimensions: the horizontal, vertical, forward, and inner dimension of the heart.

We have chosen a simple image to serve as a container for the knowledge we've discovered about the heart. Our picture of the heart refers to its energy and the scope of its influence, not its physical size. Your heart is like a miniature sun inside your chest. It illuminates your life and powers your actions. Its light guides you and its warmth is what people love in you. The sun of your heart is shining constantly to some extent. By learning about the heart and giving it your attention and breath, your heart can expand its power in all directions.

HORIZONTAL DIMENSION:

The BROAD HEART

The heart can be broad, extended on the left, the right, or in both directions, making a person 'big-hearted'. The Broad Heart is like a person with arms stretched wide, welcoming all into an embrace. With a broad heart you are a natural networker who extends your personal boundary to easily include others.

The LEFT SIDE of *the* HEART

The left side of your heart is receptive, it makes you a good listener, cooperative with others, and tolerant. Your easy acceptance makes you well-liked. You don't complain about

others and you're not judgmental. You appreciate diversity—it takes all kinds. What other people do doesn't bother you. You are receptive to the mood of individuals or a group.

The RIGHT SIDE of *the* HEART

The right side of your heart is expressive, making you gregarious, friendly, warm, and influential. You have the ability to harmonize yourself to others and others to yourself. You go out of your way to be helpful to others, even people you don't know.

When both sides of your heart are developed, you easily form



Ronnie Howell describes the experience of having a broad heart:

“I recently underwent a mediator evaluation in which I mediated a dispute while experienced professionals watched and critiqued. There were comments about the calm, gentle presence I brought to the table, which I can only attribute to Heart Rhythm Meditation. There have been spiritual and emotional leaps for me thanks to Heart Rhythm Meditation, and I've achieved these results much quicker and in greater magnitude than I have with any other form of meditation I've practiced”.

alliances with others. You become very stable, a rock in the stream of life; this stability manifests as loyalty and dependability, and contentment, making you inclined to peace and harmony, while less inclined to risk.

As a broad-hearted person, you will attract many people who need stability and safety, who want to lean on someone and be cared for, and who recognize these abilities in you. Your stability will be challenged and tested by the many who hang on to you.

The TROUBLES of a NARROW HEART

When the heart lacks breadth, it is narrow, constrained on both sides. A narrow heart is isolated. When your heart is narrow you feel intolerant of and inharmonious with others, so you avoid contact, reinforcing your isolation. In the extreme, this creates social phobia where you are extremely uncomfortable among others, especially strangers. With a narrow heart you're uncooperative, unfriendly, easily irritated, misunderstood and intolerant of change. You specialize in a limited, inflexible, narrow range of expertise.



VERTICAL DIMENSION:

The DEEP HEART

The vertical dimension of the heart includes height and depth. The heart with depth emphasizes the emotions that connect all people and the states of being that we have in common. Your deep heart is empathetic, allowing you to easily feel what other hearts feel as if there was no separation or barrier between you. In the depth we are all united, like water lilies under the water, even though we appear separate on the surface.

Because with a deep heart you feel so keenly the reaction of others to your actions, you become very considerate toward others. You are naturally tender and kind. You live in your emotions, so you are familiar with all the feelings that arise, whether desires or fears, longings or anxieties.

A deep heart is easily moved by the beauty of flowers, the blessing of rain, the smile of a child, or the warmth of a friendly gesture. Scenes in movies and stories of friends affect you strongly.

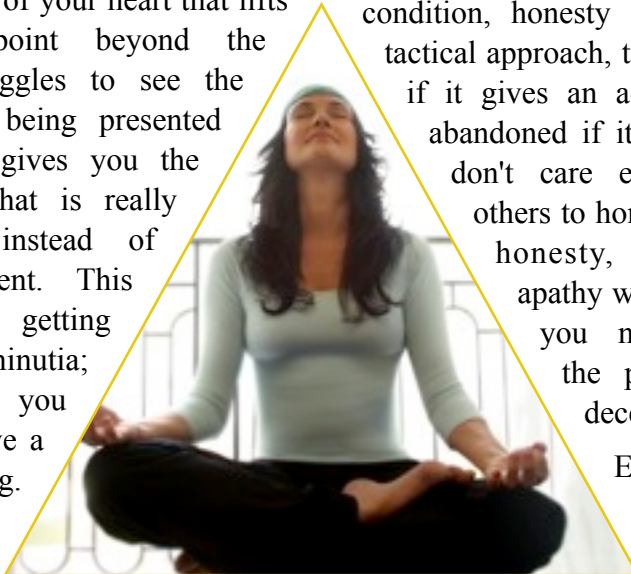
Increasing the depth of your heart will make you emotionally honest. Emotional honesty is different from moral honesty: a person may tell the truth out of principle, but they may still be hiding their feelings, or be unaware of them. As an emotionally honest person you know what you feel and you're able to express your feelings without distortion. Feelings become your friends; emotions are proof of the energy that moves within your heart.

Robert Johnson, a musician with the Lyric Opera of Chicago, describes the depth of the heart beautifully when he says "Since I've practiced Heart Rhythm Meditation, my relationships with colleagues, friends and family have never been better or had so much richness, depth, and intimacy."

VERTICAL DIMENSION:

The ELEVATED HEART

When the the height of the heart is strong, a person can easily experience idealism and optimism. An elevated heart recovers quickly from disappointment. This heart has the ability to lift you out of any depression. People with elevated hearts feel joy easily, look on the bright side of every situation, and aspire to the ideal in all matters. It is the height of your heart that lifts your viewpoint beyond the present struggles to see the opportunity being presented to you. It gives you the sense of what is really important, instead of simply urgent. This heart resists getting buried in minutia; it reminds you that you have a higher calling. The honesty of the elevated



heart is absolute; honesty is valued for itself, and it is worth maintaining at any cost.

Your heart has height naturally, but your heart may be crushed by severe disappointment, intolerable oppression, or betrayal by someone you idealized. When crushed, your heart cannot feel idealism and

enthusiasm; it is left without optimism.

When your heart is crushed you're hard to motivate. Your trust of others is gone. Your sense of direction and morality can be crushed too. You might justify lying and other unethical behavior as revenge toward those whom you feel have crushed you. In this condition, honesty is seen as a tactical approach, to be followed if it gives an advantage and abandoned if it doesn't. You don't care enough about others to honor them with honesty, and your apathy will even make you numb toward the pain of self-deception.

Elevating your heart gives you a confidence

that is infectious and empowers others. It inspires excellence and high principles. An elevated heart makes you surprising, humorous, quick, and great to work with—for those who can appreciate your dynamism. Self-sacrifice comes easily when it's for a cause you believe in.

FORWARD DIMENSION:

The DRIVING HEART

When you extend your heart forward it sends its power into life, helping to accomplish the heart's desires and express the heart's emotion. As you come toward a person whose heart extends forward you can feel

John Meatte, an entrepreneur, describes the driving heart well: "The change in my attitude has shocked all that know me, and the company I'm affiliated with announced at our world convention that my marketing and business plan has been adopted to some 75,000 corporate individuals. None of this would have been possible without Heart Rhythm Meditation."

Porter Underwood, engineer, describes his breakthrough as follows:

"Before learning Heart Rhythm Meditation I was stressed out in my work, had high blood pressure, and often felt trapped in my unexpressed feelings. Soon after being introduced to Heart Rhythm Meditation and applying the meditation practices, my blood pressure began coming down. I feel that Heart Rhythm Meditation opened my heart letting 50 years of emotion flow making my life more alive and real!"

their heart extending to meet you. The driving heart is powerful, unstoppable, courageous, charismatic, generous, magnanimous, a natural leader. This heart is like a sun, shining its light into the world. Its power empowers others. When you are in the presence of the driving heart you feel you can do anything, and you certainly can do much more than you're used to.

The driving heart takes the contentment of the broad heart and expresses it in self-confidence. It takes the idealism of the elevated heart and applies it in a practical way. It takes the compassion of the deep heart and turns it into a creative act. All that is in your heart is projected outward, forward, along the direction of your desire.

The driving heart can accomplish whatever it desires, so the challenge is not to overload it with tasks but choose carefully what is most important. While excellent for short-term goals, the driving heart can get off track on a long project. The key is to break up a project into a series of short goals. This kind of person needs alliances with others who can sense the environment, plan, build networks, and navigate around obstacles while tracking the distant goal.

INNER DIMENSION:

The FULL HEART

So far we've described three dimensions of the heart: (1) the height and depth, (2) the width left and right, and (3) the front and back. There is a fourth, inner dimension, to represent all that the heart contains within itself; when developed, we call it the full heart.

The full heart becomes radiant, glowing from within. It creates a quiet self-confidence and sense of freedom. With a full heart, you are always at home, harmonized with your surroundings and the people you're with, in touch with your emotions, desires, and the life-long wish of your heart. Silence is your friend; being alone is always welcome; nature is natural and nature is everywhere you are. Wherever you go, you are aware of representing a great principle, or a great person.

Doug Johnson describes the effects of developing the inner dimension of his heart as follows:

"I was introduced to Heart Rhythm Meditation eight years ago when my life seemed to be unraveling. A seven year marriage had ended abruptly. I was living in a large metropolitan area, in neighborhoods of high racial tension. I had given up a private practice to teach in a professional training program in which the administration was mired in ethical issues. My physical and emotional health were abysmal and I was no longer able to manage my own stress even though I had spent thirty years helping others with these same symptoms. I could no longer ignore six months of regular, intense chest pain. I sensed that if I did not act—knowing my family history of heart disease—a major health crisis was imminent.

I downsized and simplified my life, moving several thousand miles away to a smaller, more beautiful area, and working part time. *continues*

A full heart can respond inwardly to any situation, moving easily into happiness, humility, sacredness or peace, regardless of circumstance. Any kind of change is easy, internally or externally. Your emotional state is perhaps not visible externally, but you make no effort to protect yourself; you have nothing to hide and your heart is transparent. With a full heart, you are likely to smile, or at least have a pleasant expression, but unlikely to laugh. Your displeasure might show in a glance, but not a word. You feel no need to blame anyone for anything.

The heart that is lacking in the inner dimension is hollow, easily exhausted by the demands upon it. After interacting with others, making a small personal change, or performing a simple act of generosity, this heart has to retreat to recharge. If your heart is hollow you are drawn to solitude and nature, avoiding conflict and responsibility as much as possible. The personality created by a hollow heart appears to be complete, well functioning, perhaps even beautiful, but it cannot hold that appearance for long when under stress.

A slow, steady introduction and regular practice of Heart Rhythm Meditation, yoga, and a membership at a gym allowed me to transform my life. There were challenges, especially the yoga and physical exercise pieces, but Heart Rhythm stabilized everything and kept me moving forward on the other fronts. Touching my toes took almost two years; touching my heart only took three months! I knew within six months that I had made more progress with this style of meditation than all my previous practices, and I had been involved in various kinds of meditation for many years. But with Heart Rhythm Meditation, my “presence” was changing. While I could still struggle in these months with the discipline of physical exercise, the meditation became easier and its effects more noticeably spilled over into my day-to-day life. Within a year, the opening of my emotions, healing of old wounds, and moving more easily into and through all relationships (professional and personal) happened almost as if a side effect, without a lot of analysis and processing. The world within and that all around me, had most obviously changed.”

Daniel Volkovich, a computer consultant, describes how he used Heart Rhythm Meditation to overcome a hollow heart, and how it changed his life:

“When I found Heart Rhythm Meditation, I was undergoing a major change in my life. I had felt for years that somewhere along the line, my life had lost a sense of peace, beauty, and direction. I was quite dissatisfied, depressed, and on a self-destructive track. My health was deteriorating, and I was emotionally exhausted by the age of 19. I went through years of therapy and 12-step recovery groups. Eventually these methods did improve things, yet they seemed to lead into a perpetual cycle of reliance on the fault-prone opinions of others. In addition, they did not address the questions I had: How do I deal with stress and maintain peace in my life? How do I discover my purpose in life? How exactly does one experience contact with the Divine in the midst of a totally superficial and violent modern reality, without literally isolating oneself in the woods, or joining a monastery?

When I first tried Heart Rhythm Meditation, it was amazing. I began to meditate regularly and I noticed

immediate improvements in my concentration, and overall energy level. My level of stress decreased dramatically. My health improved. My depression seemed to taper. I felt much more able to relate to and sympathize with people, particularly those who tried the outer limits of my patience. The simplicity, elegance, and universality of this practice is difficult to describe. The effects are not. I feel uplifted, energized, and more intuitive. I no longer rely on psychologists or anti-depressants to reveal that which is so easily accessible through my heart. I find that the nature of my problems today is quite different. I still feel sadness and frustration, and sometimes I say things I don't mean, but the difficulties of life don't seem to paralyze me the way they did before. I find myself feeling rather than reacting. My inner struggles take the form of overcoming specific obstacles rather than treading in an overwhelming ocean of doubt. A sense of harmony has entered my life which is related proportionally to my determination to remain aware of my heart and my breath.”

Putting all these dimensions together, through the practice of Heart Rhythm Meditation, in balance results in an energized heart that is elevated, deep, broad, forward and full. The overall shape of the heart is round, like a sun, but indented in the back and protruding forward in the front. We have found this image useful as a metaphor to describe and develop the heart qualities that are needed for a person to reach their full potential as a human being: to give all they have with joy, and to receive all they are given with gratitude; to love without fear or reservation; to know happiness, peace, and fulfillment that are deeper than the transitory conditions of life.

To learn more about the benefits and practice of Heart Rhythm Meditation, please visit our website: www.energizeyourheart.com, or pick up a copy of our new book, *Energize Your Heart in 4 Dimensions* (Living Heart Media, October 2007). If you have benefited from the practice of Heart Rhythm Meditation, we encourage you to freely share this eBook with your friends and your family.

—Puran & Susanna Bair

