

Heart Meditation

עִם־לִבִּי אֲשִׁיחָה וַיִּחְפֹּשׂ רוּחִי

Im l'vavi asicha, va'yichapais ruchí (Psalm 77:7)

With my heart, I meditate (converse) and my spirit searches.

There are three phases of this Heart meditation, all meant to awaken the heart as a vehicle of exploration and perception.

1st Phase (with sound and concentration)

1. Chant *Im l'vavi asicha* 3X with complete focused gentle attention to the “back door of the heart.”
2. As you chant *va'yichapais ruchí*, release and send the inner power that has accumulated in the heart out into the Universe. Let that spirit fly out and explore.
3. The 2nd time you chant *va'yichapais ruchí*, allow that spirit to return and find its home within your heart.

2nd phase (with sound and movement)

1. Turn head to the left, and as you chant *Im l'vavi*, circle down and around to the right. As you chant *asicha* circle down and around back to the left. Repeat 3X.
2. As you chant, *va'yichapais ruchí*, bow to the center, finding your depths.
3. The second time you chant, *va'yichapais ruchí*, lift yourself up into the fullness of your heart.

3rd Phase (silent chanting with breath concentration)

1. *Im l'vavi*, on the exhale, *asicha* in the inhale, spiraling in to the heart. Repeat 3X
2. On the exhale, *va'yichapais ruchí*, sending the breath out to search, taste and explore.
3. On the inhale, *va'yichapais ruchí*, letting the breath return with information, subtleties and richness.