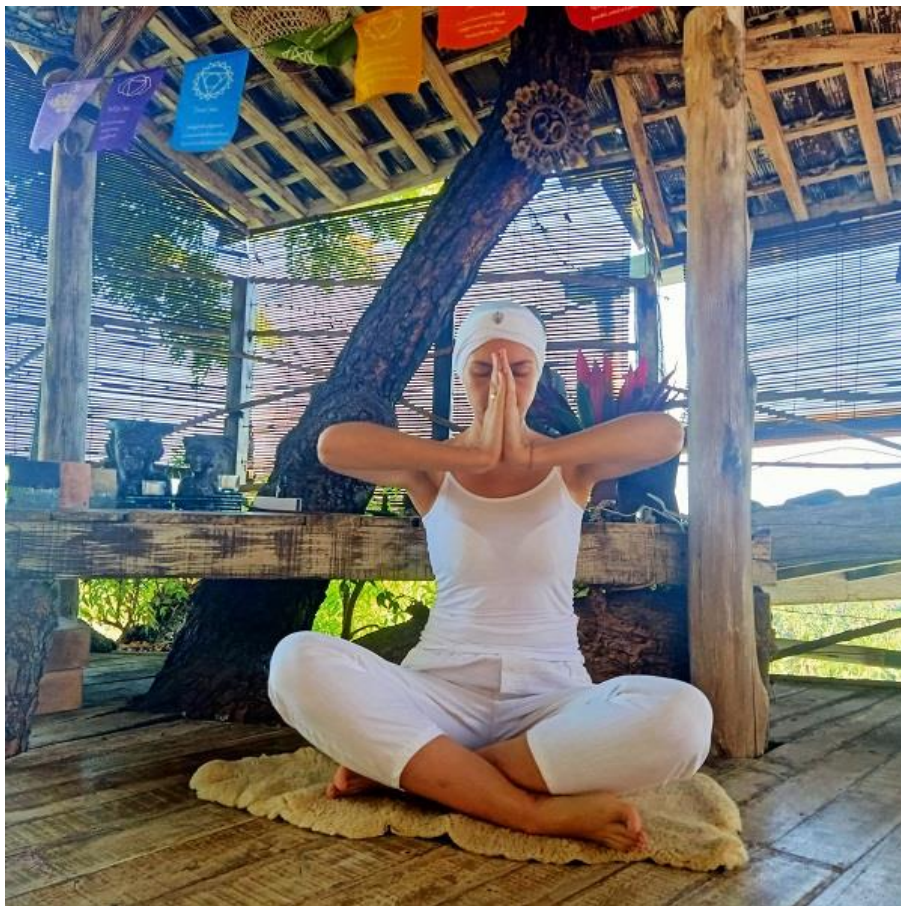




To heal a broken heart

This meditation is very soothing once you understand it. The autonomic nervous system will relax, breathing will automatically take on a meditative pace, which will renew and relax the heart and mind. To heal heart wounds, it is necessary to calm the nerves that are associated with them. We know that a break in relationship (with others or with the self) is almost identical to the nervous system and brain with a physical injury or loss of a limb.

This mudra creates balance, creates a subtle pressure that regulates the heart meridian along the little finger and outer forearm, activating the “motor nerve” connection to the autonomic nervous system for self-resetting, keeping the forearms parallel to the ground, engaging axillary reflexes; and finally, she uses the pranic influence of the middle finger and the qualities of Saturn and air to remove the effects of the emotional storm. Practice for 11, 31 or 62 minutes.



Sit in easy pose with a slight neck lock. Palms together. Light touch. The tips of the middle fingers (Saturn) at the level of the point between the eyebrows. Forearms are parallel to the ground. Elbows are raised. A look inside.

In the end: Inhale, exhale, release your breath and raise your joined palms above your head. Hold them like this for 2 minutes.