

# Benefits of Meditating with a Heart-Focus

*Meditation in all its forms is beneficial, there is no question about that. Millions of people have experienced this for themselves, and a multitude of scientific studies have proved its value. Here we are looking at the additional benefits that having a heart-focus offers us when we meditate.*

- Heart-Focused Meditation is embodied...rather than transcendental. This means we can show up for life more fully...to thrive and contribute - rather than try to escape its challenges.
- Having a heart focus helps us meditate with ease - as it is not something we strive to do...it is something we relax into.
- Heart-Focused Meditation helps us directly embrace the quiet potential within, which is waiting for us to access it.
- Heart-focus infuses our meditations with love and enables us to be a transmitter of love in the world.
- It takes us into a state of coherence which brings health, harmony, and resilience to our whole being.
- Heart-Focused Meditation is inherently healing and integrating to all other aspects of human experience.
- You can do this at any time and in any place. Your heart is your sanctuary and you carry it with you wherever you go. So, even though a meditation cushion in a quiet corner is a lovely thing, in this approach you have less need of that.
- When you meditate with your heart you activate positive qualities that enhance your life and your world, such as courage, inspiration, compassion, joy, integrity, or wisdom.
- Typically meditation has an 'object' such as a mantra or the breath - to still the mind. In this case, your 'object' is your heart - which gives benefits beyond stilling the mind.
- Meditation is known for clearing the fog that obscures who we really are. Sometimes this brings challenges, as we face parts of ourselves that were previously hidden. Meditating from our heart helps us with this, as it offers a place of deep safety, a healing retreat, where we can face whatever arises as it is embraced with love.
- In the spacious love of our heart, we are 'home', where all is well.

