

Sun Heart — Visualization

This visualization helps to free the heart of selfishness, pettiness, anger, fear, malaise, doubt, worry, perturbation with life, nausea with life, ennui to first experience deep peace and then rip-roaring love and joy.

How to Practice

To practice the sun heart visualization, you first locate the heart center. In this case you feel that a small, glowing, ultra-bright sun is situated inside your spine directly back of the heart. It helps often to just touch this area between the shoulder blades directly inside the spine with your hand so that you can more easily keep your mind on this point.

Remember how bright the sun is? It's so bright we can't look at it. So, in this visualization, strive to think of the sun as being that bright. This glorious sun is about 2 inches in diameter but is as bright and powerful as any sun out there in the heavens.

You sit calmly in meditation, putting your mind in the heart center. Picture a bright, shining sun there, about 2 inches in diameter, shining so bright that it's hard to look into that much light, or even impossible to look into that much light.

And this blazing sun shines brilliant, bright light everywhere. It certainly shines on all negativity and worry and fear and selfishness and just clears those bad emotional habits away. It cleanses the emotions and the mind and the memory banks of all sorrows, fears, doubts. Anything that is in the way is irradiated out of existence.

And when this brilliant light has burned off all that hurts or burdens you — including bad habits of thought and feeling — then the light simply shines brightly, radiating love, light, goodness, glory throughout your being and from that place in your heart center out to everyone, and through everyone, and beyond everyone, out into the sky.

Benefits

The sun heart meditation brings such clarity it is, in time, hard, difficult, to have turbulence! And it is easy to sense the source of light within you which has the same light as the sun.

After sun heart meditation you often feel so loving and so happy that you'll notice that the visualization has cleared away a lot of emotional debris and that it is much easier to have a positive function of your emotional nature, as well as to think more clearly and lovingly. Usually there's an increased sense of well-being and greater connection with fellow human beings.