Healing the Heart Meditation Script

By Brad Austen

In this meditation we are going to focus on the love in our hearts to heal any physical or emotional pain we are experiencing.

Through practicing this meditation, it will allow you to bring more love into your life and experience a more joyful existence.

Healing occurs a bit like the layers of an onion. When we release one layer, there are other layers beneath that. These other layers will be triggered to release at the appropriate time.

This meditation is quite powerful and it is important to focus on one layer at a time, otherwise the healing can become intense and uncomfortable.

Begin now by taking a slow deep breath in, and exhale gently.

Bring your awareness to your heart. As you breath in and out, visualize the petals of your heart charka gradually opening. You may feel or sense your heart chakra opening. Feel your heart filling with light and love as strongly as you can. Allow the love to heal your heart now of any past hurts.
If you have any pain or dis-ease in your body, visualize this love travelling to the area to heal it completely. Visualize this part of your body healing now.

Visualize this love expanding out from your heart and permeating every cell of your being. A feeling of love and peace washes over you.

You may feel some emotions rising to the surface, this is completely natural. Be an observer and allow the emotions to surface and release.

Remember to breath and allow the emotions to subside. Your body is filling with light and love, healing all aspects of your being.

Simply allow yourself to be and enjoy the healing.

The following are some affirmations to assist with the healing process. In your mind repeat the following affirmations;

> My body, mind and spirit are healing now.
> Any past pain or upsets are being released now.
> My health is returning to full health and the blueprint of perfection.
> It is now time, to release the past, and embrace the present.
> The power of love is healing me now, on all levels of my being.
> I am now healed and grateful for this healing.

It is now time to leave this meditation. Visualize the light sealing your aura and returning your heart chakra to its normal state.

When you are ready, gently bring your awareness back to the room. You can open your eyes and give your fingers and toes a wiggle.