



Heart–Centred Breath & Listening

A gentle seated practice for bringing attention to the breath, the heart area and the felt sense of inner listening.

Source note:

Adapted from a Kundalini Yoga meditation sequence
from *Transitions to a Heart-Centered World*.

Duration:
6 - 15 minutes

Prepared by:

Pauli Kulikowska

NAMASTE

About the practice

This practice invites you to sit quietly, soften the body and bring awareness toward the heart area.

Rather than trying to create a special state, the practice supports a simple movement of return: from mental activity into breath, from breath into the body, from the body into the subtle field of feeling and listening.

IT CAN BE USED WHEN YOU FEEL DISCONNECTED,
EMOTIONALLY FULL, OVERSTIMULATED OR IN NEED
OF A QUIETER RELATIONSHIP WITH YOURSELF.

WITH LOVE,
HEALING INSTITUTE TEAM

Practice Note

Do not force the breath or try to produce an experience. If the segmented breath feels effortful, return to natural breathing. The aim is not intensity, but contact.

Safety Note

This practice is educational and contemplative. It is not medical or psychological treatment. If breath practices create anxiety, dizziness or discomfort, return to normal breathing, open your eyes and orient to the room.

Practice OVERVIEW

Position	Sit comfortably with the spine upright. Let the hands rest softly – either on the knees or over the heart.	
Eyes	Close the eyes, or lower the gaze.	
Breath	Begin breathing slowly and evenly. If helpful, divide the inhale into three gentle parts, and the exhale into three gentle parts. Do not strain. After a few minutes, let the breath become natural.	
Focus	Bring awareness to the heart area. Silently listen. If a mantra feels supportive, you may mentally hear: ● inhale: Sat ● exhale: Nam Continue for 6-15 minutes.	
To close	To close, feel the whole body, the ground beneath you and the space around you.	

Next Steps

For individual guidance, to deepen your practice or join our workshops contact the Institute Team:

Email:	hello@healinginstitute.eu
Website:	www.healinginstitute.eu