



Shante Ishta
THE SINGLE EYE OF THE HEART

6 Step Heart-Centered Conscious Awareness Cultivation Technique

Step 1: Set an Intention

Begin by making yourself comfortable. Whether you're sitting, laying down, standing, or even walking, make sure your back, spine, and head are straight and aligned to create a smooth flow for your breath. Next, when you're ready, close your eyes and think of someone you love and care about—it can be a loved one, family member, or friends. Imagine placing the image of them in your heart center with the feeling of sending them love, compassion, gratitude, and kindness.

Step 3: Slow Your Breath

Now, begin slowing your breath. Inhaling through your nose, pull in your breath and then pause for three beats before you exhale. Esoterically, the inhale is the receiving of the breath of life. After the pause, exhale to release the breath and then pause for three more beats. The exhale is the release or surrender to the Universe. Continue repeating the inhale and exhale of your breath. While the slower, the better, however long you inhale and exhale does not matter. The most important thing here are the pauses between the breaths. It is in the pauses between the breaths we find stillness to cultivate higher conscious awareness.

Step 5: Create a Visualization

In this exercise, imagine a ball of light travels on your breath during the inhale, holding it on the pause, moving back up with the exhale, and again holding the ball of light during the second pause. The ball of light can be any color, but since we're focusing on the heart, imagine the ball of light is the color green—the symbolic color of your heart chakra.

While cultivating with heart-centered conscious awareness, you can use all or just some of these techniques to still your mind and focus your attention. Like meditation, heart-centered conscious awareness isn't a competition, and you have nothing to prove to anyone. So experiment, play with it, and use only the parts that work best for you.

Creating coherence between the heart and mind through conscious awareness cultivation techniques creates stillness and harmony throughout your physical, emotional, and energetic body.

This heart-centered conscious awareness cultivation technique is the combination of two separate methods. Established by the Institute of HeartMath, the first method is "Heart-Mind Harmony." The second is a technique that comes from Tantra Spiritual Tradition.

Creating heart-mind coherence triggers a brain wave state that sends healing chemicals from the brain throughout your body. Health effects include the release of anti-aging hormones, chemicals to healing immune response, and heightened focus and clarity of thought. The Tantra Spiritual Tradition gives us techniques and lessons we can draw from to cultivate awareness during meditation practice to distract our busy minds.

These two techniques combined gives us tools to create stillness in our hearts that we can use at any time throughout the day. You can use these techniques when you wake up in the morning or before you go to bed. As well, you can use them before or during meditation or yoga to enhance your practice to cultivate conscious awareness.

Step 2: Create Awareness in Your Heart

To focus your awareness from your mind to your heart, begin by placing your left hand on your heart center and then your right hand over your left hand. By placing your hands on your heart, the physical sensation of touch automatically focuses your attention from your mind to your heart. You can use a mudra if you like, but it's not necessary. Do whatever is most comfortable for you. The most important thing here is to bring awareness into your heart.

Step 4: Create Spatial Awareness

In this lesson, we are focusing on the space between the top of your head (your crown chakra) and the bottom of your heart center (your heart chakra). As you breathe in, imagine the breath traveling down a channel from the top of the crown of your head, down your spine, and into the bottom of your heart.

Remembering to pause for three beats, and as you exhale imagine the breath traveling back up the channel of your spine, up and out the top of your crown chakra. Again, remember to pause after the exhale.

Step 6: Add a Mantra

Whereas "Tantra" is an instrument for conscious awareness, a "Mantra" is an instrument of the mind. To cultivate heart-centered conscious awareness, for this exercise, we're going to use a word that comes from the Native American Cherokee language. While no direct translation in English, "Shante Ishta" quite essentially translates "The Single Eye of the Heart." As you inhale silently say the word "Shante." Again, pause for three beats after the inhale. Then, as you exhale, silently say the word "Ishta." Again, pausing for the three beats after the exhale.

Jason Holland • Heart-Centered Creator

 JASONHOLLAND.IO •  @JASONHOLLANDIO •  #LIVECREATIVE