

Namaste Expansion

In this practice, I'll introduce a meditative technique which works on two esoteric topics: vital life energy (prana or qi) and the anahata or heart chakra. Through namaste expansion, we can start to experience a sensation of prana, as well as start the process of activating the anahata chakra.

References and further reading

- Beshara, R. (2013). The chakra system as a bio-socio-psycho-spiritual model of consciousness: Anahata as heart-centered consciousness. *International Journal of Yoga-Philosophy, Psychology and Parapsychology*, 1(1), 29.