



Heart Meditation: An Introduction to Gnostic Heart Meditation

Dr. Seyed M. Azmayesh

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This book is an introduction to the ancient Gnostic science of Heart Meditation through the use of mystical rhythms. Over the last decades scientific research has established the benefits of meditation for our minds and bodily health. However, most of the research has been focused on the effect of meditation on the mind as traditional meditation techniques concentrate primarily on the mind and its relation to the body. However, Gnostics, for thousands of years, have focused their meditation techniques on the heart because they recognise the importance of the heart as a gateway for spiritual enlightenment; as well as the role it has in creating inner balance in our minds and improving our physical health. This booklet is an introductory guide to this technique which should be practiced under the guidance of an experienced instructor.

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