

Hridayakasha: Awareness of the Heart Space

Week 5 · Yoga Wise Meditation Course

Introduction

Hridayakasha is a classical yogic meditation practice from the Satyananda tradition. The word *Hridaya* refers to the spiritual heart and *Akasha* means space. Hridayakasha is the practice of resting awareness in the subtle space of the heart.

In this course, Hridayakasha is taught as a **guided practice**. The guidance supports the mind in settling naturally into the heart space, without effort or analysis.

This practice is not about emotional processing or nervous system regulation. It is a subtle awareness practice that invites stillness, receptivity, and inner listening.

The Heart as a Space of Awareness

In yogic philosophy, the heart is understood as a centre of awareness rather than emotion alone. Hridayakasha invites us to rest attention in this inner space, allowing experience to unfold naturally.

There is no need to create sensations, images, or feelings. Whatever arises is simply noticed.

Some people experience a sense of spaciousness or quiet. Others may notice very little. Both are entirely appropriate.

How to Approach the Practice

Hridayakasha is not something to “do”. It is a practice of allowing.

During the guided meditation, the role of the practitioner is simply to listen and to gently follow the guidance, returning to the heart space whenever the mind wanders.

If imagery or sensation arises naturally, it can be acknowledged without effort. If it does not, the practice remains just as valid.

A Practice of Receptivity

This practice encourages a quality of deep receptivity rather than activity. It may feel quite different from breath awareness, mantra repetition, or mental observation.

The most supportive attitude is one of openness and patience, without expectation.

After the Practice

After Hridayakasha, it can be helpful to take a few moments to notice how you feel, without analysing or judging the experience.

Over time, this practice may support a sense of inner steadiness, quiet clarity, and connection.

Hridayakasha prepares the ground for the final practice of the course, Metta Bhavana, in which awareness naturally extends outward as compassion and goodwill.

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