

## **KHI TAM [ENERGY - HEART] MEDITATION**

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*(Received April 10, 2018, accepted May 01, 2018)*

### **ABSTRACT**

*Khi Tam Meditation is a special meditation technique specifically for Vietnamese that has been developed by the author after a long-time practicing yoga and meditation. It has been proved to be useful with simple and easy techniques while helping enhance practitioners' mental and physical health. The core of this meditation technique is based on the idea of "The Mind holds Energy", aka. the energy will be concentrated wherever the mind is. When the energy is strengthened, body and mind will be purified and transformed to a stage of refresh, healthy, optimistic and peaceful state. Most "Khi Tam Meditation" exercises focus on the purification and balance of vitality and energy for the body, in turn transform Heart from negative into positive state. The technique for beginners only, therefore three major energy centers running along the spine from bottom moving upward are focused, including the root energy (Lower hara – chakra 3), chakra 4 (energy center of the heart) and chakra 6 (energy center of the mind, intuition and insight). Khi Tam Meditation includes 4 levels with 3 sets of different exercises at each level, including both stillness and movement meditation, in which there are exercises for breath practicing for movement meditation, and then it is switched to stillness meditation in a seated position. Specifically, the effect of level 1: DETOXING SYSTEM, level 2: PURIFYING SYSTEM, the effect of level 3: TRANSFORMING, and the effect of level 4: CONCENTRATING SYSTEM. Each level helps open, transform, and release the blockage inside the practitioner' body and mind. Energy transformation takes place at the same time with Heart transformation. Being born on the foundation of Heart and Energy, Khi Tam meditation directs practitioners toward an awakening lifestyle along with inner peace.*