hrdaye citta-samvit

[From samyama] on the heart [comes] full knowledge of citta

hrdaye – on the heart, loc. sing hrdayam)  citta – the internal thinking, feeling self, "internal organ."  samvit – full knowledge sam- (thoroughly, greatly) + -vit yvid, to know, understand.  samyama – application of the last three limbs of Yoga as one (dhāranā, dhyāna, samādhi / concentration, meditation, and full meditative absorption).

In this system, the heart is the seat of the citta – the thinking, feeling, inner self. Today, we tend to think of the brain (and therefore, the head) as the seat of thought, perception, and even, to a degree, of emotion, but that is not the case here. Since citta resides in the heart, full knowledge (samvit) of it is gained by samyama on the heart. What is meant is something like "the energy of the heart-space." This relates both to the physical heart – the engine of the body and therefore, an undeniably crucial energy center – and it relates to what, in other, later systems, is referred to as the heart cakra. The heart is important. Without it, there is no life. Across cultures, that energetic space is associated with vitality, breath, emotion, and much more. Meditation upon the energetic space of the heart appears as a practice in many traditions, with various outcomes given. Here, the meditation is upon the space of the heart as the abode of citta. The outcome cited, full knowledge of citta, is a siddhi of an entirely different order than any we have encountered so far. It is a game-changer. If we recognize and fully know the citta, the instrumentation of consciousness, then the door has been opened for recognizing – and then knowing – consciousness itself: puruṣa. Typically, we identify with the instrumentation of consciousness, with all of that stuff that goes on inside: thinking, feeling, judging, planning, dreaming – the activity of citta, the citta-vṛttis. But puruṣa, the Seer, awareness, is our true nature. When we fully, completely know citta, it inevitably follows that what is left, perceiving, is puruṣa.
हृदये चित्तसंवित्

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