

Class 3 - The path of the heart

• Preparation • Exercise 3 • Download Music for Meditation

The snow-goose need not bathe to make itself white. Neither should you do anything but be yourself. - LAO TZU

Goals

In class 3 you will:

- explore the Force
- discover the Path of the Heart

"A cloud does not know why it moves in just such a direction and at such a speed, it feels an impulsion... this is the place to go now, But the sky knows the reasons and the patterns behind all clouds, and you will know, too, when you lift yourself high enough to see beyond horizons."

- Richard Bach



The Force (the journey of consciousness)

In the Star Wars movies there is the Force.

The Force has a dark side and evil forces personified by Darth Vader, and the Emperor of Darkness inhabit it. On the dark side there is a lot of anger, aggression, hate and human ego.

Thankfully there is also a light side of the Force with a Jedi master, Yoda, Obi-Wan Kanobi and other 'Jedi' knights who embody peace, love and truth.

In our classes we speak of this Force as one interesting way to explain states of mind or consciousness. The thoughts we allow into our consciousness will decide where our state of mind is located.

Our low or high consciousness will determine the way we view the world. We all live on the same planet but according to our state of mind we can view the world in as diametrical a manner as heaven or hell.



We might notice that at various states of mind our range of experience would be limited to that consciousness. For example, if we were in a plus 50 state of mind, our range of thoughts would rove between plus 40 and 60. Conversely if we are in a negative state of mind, our range of thoughts would be limited to that consciousness.

From here we can also begin to understand how our states of mind affect each other. Have you ever walked into a room where people had been fighting and immediately felt a certain uneasiness in the air? Or conversely have you ever met a person you immediately felt happy being with or you noticed that person made everyone feel better, just by his or her presence. Think about this; imagine that if you are in state of mind that is, for example, +20, what it would be like to meet someone in a +200 state of mind. Obviously, your consciousness would be raised just being with that person. Imagine, for a moment, what it would be like to meet a real spiritual master, perhaps his or her consciousness might be +20,000 – you might find that you would be immediately feeling more peaceful, happier, more loving without perhaps, really understanding why.

"The soul enjoys silence and peace, not by many reasoning's, but by simply contemplating the truth." - St Peter of Alcantra

The really interesting thing about this process, is how light attracts light. Have you noticed that when you are in +50 state of mind you attract other +50 people and +50 situations. The ways we perceive the events of our life are reflections of our state of mind. It is exciting to note how the more conscious we are of each moment, the more each moment has the capacity to guide and inspire us.



The more significance we give the moment, the more the moment becomes significant.

You might also have already discovered that people with higher states of mind inspire and elevate you. Obviously it is important for us in pursuing higher levels of consciousness that we choose life situations that enhance our state of mind.

In summary, it becomes evident as we notice the effect of our levels of consciousness that;

- Firstly – we view the world through our states of mind.
- Secondly – we affect each other.
- Finally – we profoundly affect our future.

Significantly it is simple arithmetic to contemplate how the negatives in our lives can be turned into positives.

While we cling to darkness we cannot release ourselves to the light.

Most of us would be aware that we cannot conquer hate by repressing it – we must transform it, illumine it with light. For example, if we hate someone, then it is very difficult to raise our consciousness to any significant level because our state of mind is being dragged by this very strong negative in our consciousness. We cannot just repress it, for it is still a part of our nature – for us to proceed we have to let go of our attachment to that hate and illumine it with light (in this case, love). Very simply, we must try and move along the Force – perhaps imagine that we only 'don't like' that person, then perhaps we can work towards being just 'indifferent'. It is often said that we must learn to forgive our enemies. By forgiving we are letting go of our negatives.

Finally, though we might see that all people are inherently loving, peaceful, wise and happy souls. some people's states of minds are so far from the light that their outer actions are sometimes negative. We should identify with their real natures, rather than their outer actions and we will find that we can then 'like' or even 'love' those that previously we had hated and our liberation from that negative is complete.

The light side of the Force is nothing other than your own heart. How conscious you are of your heart reflects the height of your consciousness.

The Path of the Heart

"If something is true you will feel it within the very depths of your heart, although sometimes it may take a little time. After a seed is sown, it takes a few months for it to germinate. In a year it grows into a sapling, and eventually it grows into a huge banyan tree.

When you begin to take an interest in the spiritual life, you have sown the seed. You may not see the results immediately. You will feel light and peace, but first you have to have faith. Inside your body there are many organs: the heart, lungs, and so on. You believe this because doctors and others say so. Although you cannot see these organs, you know that they are there. Similarly, in the inner world, if you do not see something right now, you cannot say that it does not exist. In your inner life there are many things which you may not be aware of right now, but if you pray and meditate soulfully, and cultivate more faith in what you have heard from spiritual seekers and Masters, then eventually you will see that they are absolutely correct."

- Sri Chinmoy



The basis of the Path of the Heart, is you and your relationship with your highest self, your Heart.

Upon realising that all meaningful moments originate in the heart, it is also inevitable that the spiritual seeker, growing in wisdom and confidence in him/herself, will learn to trust and seek out more of those moments from within. It is with this wisdom that we are finally ready to embark upon the journey.

The journey

"Once there lived a village of creatures along the bottom of a great, crystal river. The current of the river swept silently over them all – young and old, rich and poor, good and evil, the current going its own way, knowing only its own crystal self.

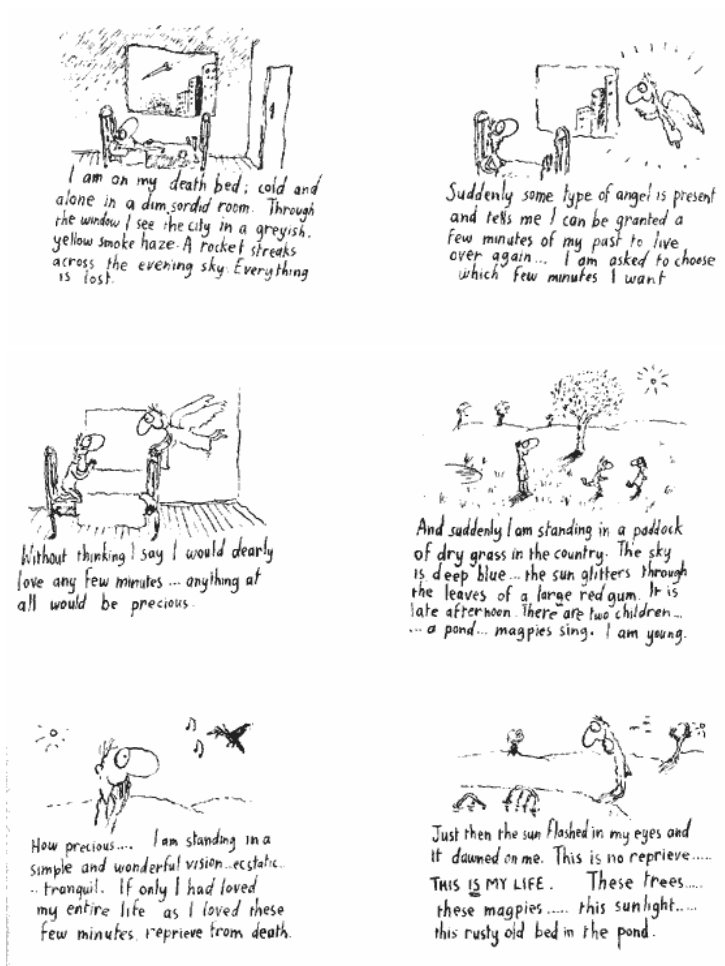
Each creature in its own manner clung tightly to the twigs and rocks of the river bottom, for clinging was their way of life, and resisting the current what each had learned from birth. But one creature said at last, "I am tired of clinging. Though I cannot see it with my eyes, I trust that the current knows where it is going. I shall let go and let it take me where it will. Clinging, I shall die of boredom."

The other creatures laughed and said, "Fool! Let go, and that current you worship will throw you tumbled and smashed across the rocks, and you will die quicker than boredom!". But the one heeded them not, and taking a breath did let go, and at once was tumbled and smashed by the current across the rocks. Yet in time, as the creature refused to cling again, the current lifted him free from the bottom, and he was bruised and hurt no more. And the creatures downstream to whom he was a stranger cried, "See a miracle! A creature like ourselves, yet he flies! See the Messiah, come to save us all!">

And the one carried in the current said, "I am no more Messiah than you. The river delights to lift us free, if only we dare let go. Our true work is this voyage, this adventure."

But they cried the more, "Saviour!" all the while clinging to the rocks, and when they looked again he was gone, and they were left alone making legends of a Saviour."

- Richard Bach, Illusions



Exercise 3

Meditating on the heart

Prepare for your meditation as usual

Close your eyes for a moment and contemplate this.

"The kingdom of heaven is within" - Jesus,

"He who knows himself, knows heaven" - Mohammed,

"So doth heaven abide within thee, why search without" - Vedas

See "[inspirational quotes](#)" on the side bar on the left for more quotes.

The simple truth is that no matter which philosophy or religion you investigate, all recognise that within each of us, are the qualities of heaven. It is here now, in this place, where you sit. So I'd like to suggest that you begin to visualise within yourself those qualities wherever you are.

When we think of heaven, usually we associate it with infinite love, infinite peace and bliss. There is a timelessness to it and perhaps we think of ourselves not being bound any more to a particular place or time in history. You might imagine that there is a golden light deep within you, that radiates these qualities and all you have to do is to focus for it to flow out into your awareness.

>So this exercise is one of identifying the process of discovering the heaven within you, the process of unveiling your real nature.

Please close your eyes and imagine yourself in the most perfect situation you could create here on earth. You are trying to visualize heaven here on earth. You might imagine yourself as being super-successful in your chosen vocation, or perhaps a great and powerful world leader, or a rich and famous musician or sports person. You might also imagine the perfect relationship; your partner, your perfect soul-mate brilliantly reflecting all that you had imagined your perfect mate to be. Or perhaps heaven for you is a quiet property in an idyllic forest away from the rush of the city. Perhaps heaven is just being popular and loved. Perhaps it is being close to the animals you love or experiencing the love of your children. Everything that you want for yourself or have ever wanted for yourself in this life you have achieved.

Glimpse yourself in this perfect place and focus all of your attention on how you feel. See yourself in heaven here on earth, and then be supremely objective. Realize that there is no anger or hate or indeed any negativity, that the earth is by no means perfect but observe your consciousness, objectively inspect your state of mind, and you will realize that in this heaven inside of you, you are free, there is pure love, pure happiness and perfect freedom.

You might visualize your heart being full of light and that all darkness - your worries, anxieties and fears - have been lifted and transformed by the flood of light from your heaven.

Now, gradually, I'd like you to remove the physical inspirations you used to create the vision of heaven for you, focusing more and more on the feeling of heaven within you. Take out firstly the place, removing your dependence for example on the idyllic forest or the stadium for your huge rock concert. Then remove your dependence on being materially successful, and notice that you can still feel the heaven within you. Then remove the time, if you were imagining this in the future, notice that you are feeling heaven now, and it is not bound to any time yet to come, it is here, now. Then try removing your dependence on certain things happening so that you can feel this heaven, e.g. I can't feel heaven until my existing partner is removed from the equation. Finally remove the physical you, stop seeing yourself in this body with these arms and legs, and if you can try removing even your superficial mind. Notice all that is left is the real you, the real you.

You might try imagining yourself as a small ball of light that is being shone through. As you focus on this ball of light it is almost as if it is being cleaned and more and more light can shine through it. As if heaven is not a place or a time or even a result of some event, it is a perfect light that shines simply and perfectly through your consciousness now, in this moment.

[To listen to Exercise 3 click here \(to save to your computer just right click and select "save target as" or "save link as"\)](#) [any problems click here](#)



Summary

During this third class you will have;

- Practiced the recommended meditation exercises for at least ten minutes daily - preferably the same time each day.
- Observed the power of the 'force' and the importance of your thoughts in helping to lift your consciousness
- Glimpsed the heaven within

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