

HEALING THE HEART

Spiritual Warrior II - Class Two (Transcript)

I would like to begin this tape on healing the heart with a quote from the Gospel of St. Thomas:

“There is Light at the center of a person of Light, and they illumine the whole world. If they do not shine, there is darkness.”

This verse from the Gospel of St. Thomas really forms the core of this tape. The whole purpose of our studying of self-discovery, the whole principle behind awakening, is to find this Core of Light, this center within us. In the esoteric literature of the mystery schools, they talk of the “Shushumna”—the Sanskrit word for it—or the “Tree of Life,” also known as the “Middle Pillar.” It is the Core of our body. Within the subtle body, it’s found. Corresponding to the spine, it forms the midline of the body and is the source of all of the chakras, the seven chakras contained within the body. They emerge from it.

Within oneself, finding this Core is the awakening of non-dualistic consciousness; therefore, this Core is the manifestation of the One within us. It is God-Consciousness contained within our bodies. That which we are most familiar with is our own body, and as we progress on this pathway to enlightenment, we come to know the subtle bodies, dovetailing or telescoping one within the other through the levels or dimensions of consciousness—from the grossness of the physical, the density of the physical—all the way through to the most subtle of the bodies which are Pure Light. And this Core penetrates through all of these bodies and is found in a physical body as the spinal cord, protected by the spine itself.

In our meditations, in our mental awarenesses, in our perceptions of the world, in our emotional responses to the world, we attempt...on the course of self-discovery...we attempt to penetrate into this Core. And as we do that, the Core expands, becomes larger and larger filling the whole aura, until we as an entity are aware of the presence of the Deity in everything around us and in everything we do. As one’s awareness enters this Core, we are able to perceive Oneness, we are able to perceive beyond all of the polarizations and dualities of this world. Everything seems to come together, or everything does come together. This is our perception...Unity Consciousness.

So this Core within the body is made completely of the Light of God which is Unity Consciousness. So we contain the Unified Field, or Unity Consciousness, or God...however you want to call it...we contain that within our very bodies. Jesus said, “The kingdom of God is within.” Therefore, to find that, we have to go within.

Meditation is the practice of going within. All that is born, all that comes forth in this world, comes forth from the Source, from this Core within us. And all that dies, all that deteriorates and disappears, dies into and returns into that Core.

So the study of self-discovery is the study of accessing that Light, that center within us, and

learning how to shine it up, shining up our Spirit so that we become illumined. And in our illumination, the whole world is illumined. We are the whole world. Our bodies in their unlimited state reflect the Cosmos.

So, one of the steps along the way—a fairly intermediate level on the journey toward enlightenment—is the opening of the heart chakra. To access the Core on a permanent basis, we must be able to hold the heart chakra open all the time. You may, on your journey, find that you have many peak experiences where you are lucky enough to experience Unity Consciousness. Those are moments when you're able to access the Core, and one of the ways is through the heart chakra.

The heart chakra, normally, in the average person in normal human consciousness, i.e., the limited un-illumined states, experiences their heart chakra like a valve. It is open at times and closed at other times. And the opening and shutting of the heart chakra seems to be dependent on our responses to the world. If we respond in a negative way, the heart chakra shuts down. If we respond in a positive way, the heart chakra opens. So we're constantly dealing with this opening and closing of the heart chakra. And, of course, when the heart closes, we find ourselves becoming contracted, and we tend to drop down into the third chakra where awareness is much more polarized between good and evil, right and wrong, negative and positive. And we're very heavily into the duality of life. We're more likely to perceive an enemy outside of us and to feel vulnerable and exposed to danger.

Whereas when we're in the open heart, there's a sense of being whole, of being complete, of being full, and in a flow of Light—we feel very expanded. We feel very connected with everything all around us and very tolerant and forgiving and amenable to whatever comes, which is actually a much more preferable state...to the state of the closed heart where we are vulnerable, frightened, perhaps paranoid and defensive. And we feel, in that third-chakra state, much more disconnected from the world around us. We are unable to experience being one with or merging with things around us—people, events, animals, nature, etc. We are more locked into our little shell of our own duality.

So in order to experience the open heart on a continuous basis, the heart chakra has to go through a healing, and the duality which passes through the heart, as it does through the whole body, has got to be knitted together...joined.

At our origin, we were whole and complete. We were one with the totality of the Universe. We were Light. And in our highest state, at the level of our highest body, at the level of Christ Consciousness, we are a body of Light, which is a state of non-duality or oneness. And as we took separation from the Source more and more and descended into the different levels, we were divided into different segments of consciousness...or the totality became fractured. One of the fractures or the splits in the totality is between the active and the passive, or the active-aggressive and the receptive energies. And we normally regard those active, expressive, aggressive or assertive outgoing energies as the masculine, and the receptive, formless, passive energies as the feminine. Now, as you know, all beings, whether they manifest a masculine or a feminine gender, contain both the active and the passive frequencies. But this splitting of those two—that duality—was a great shadow that came down through the middle of the body and the subtle

bodies. And what that shadow down the middle did was effectively block out our perception of that Core, that midline, that Source within us, so we experienced our separation from the Deity, from the Totality, from the Oneness, and our ability to access Christ Consciousness was cut off. So, effectively, we were split down the middle, and the heart chakra was also split right down the middle. If you look at the physical heart of a human being—in fact, of all beings—there is a septum down the middle reflecting that subtle shadowing or separation.

In healing the heart, we have to return to that wholeness of the heart chakra, and the way to do that is the illuminating, or the removing, of the shadow down the middle, which illuminates the Core once again. And then that shining Light fills in and joins the two sides together.

Now, as long as we are subject to the ebb and flow of negative and positive duality, the heart chakra is going to open and close. This is the way it works. So the process of healing the heart requires that the consciousness transcends the ebb and flow of negative and positive in our perceptions of the world.

We have something which we could call the “reactive mind”. The reactive emotional system is included in this. When something which we perceive as bad happens in the world around us, we tend to take a negative or contracted response, and the heart apparently seems to break. We may go from pleasure to a state of pain, from a sense of fullness to a state of loss, from a sense of togetherness with people to a state of separation, isolation, and loneliness. This is because our programming responded to the outer situation as a negative, and we were cut off from our sense of Heaven or God or Oneness.

So it stands to reason that the healing of the heart requires that we transcend the perception of negative and positive, which is another way of saying that we transcend living in the duality or the polarization of the third chakra. But the heart chakra itself is also at its surface levels dualistic or polarized. So we may experience tremendous love in the heart, but it is possible in a negative circumstance for the heart to shut down, and we would experience fear. We would perceive an enemy, and the heart would contract and go into a defensive mode. Fear would shut the heart down. So in the journey toward opening the heart chakra on a permanent basis so that it does not expand and contract or open and shut—it stays open all the time—we get there by realizing that the outside is not dangerous and that there are no enemies.

This is a very complex journey, and many of the other aspects of self-discovery deal with this. One of them, which is where I like to start a student, is the realization that there is no outside. Now it takes many, many years to truly perceive that everything is you, but in the beginning, we make the assumption that this is the case, and we learn how to process the events that are perceived as outside of us as aspects of our own dualistic consciousness. In other words, we are owning everything that appears separate from us, but shows up in our world needing to be accounted for—we process all of that as our own stuff. We embrace that phenomena and those outer occurrences as a polarized manifestation of our own patterning.

This is truth because you may know that we create our own reality through our subconscious and unconscious thoughts...and very often through our very conscious, manifested, and acted-upon thoughts...because everyone in a human pattern is subject to cause and effect. So that when

something occurs on the outside which we do not like, we have to look at it as an effect of one of the causes that we instigated either with a thought or a gesture.

What do you do in a situation where anger rises up? In the healing of the heart, anger is probably the big, major problem that you'll have to deal with. Well, in a situation where there's anger—and I do recommend taking a deep breath and pausing and trying not to get carried away in the heat of the moment by the anger—it pays to be very, very circumspect in a situation like that. The anger will blare off from your heart and from your third chakra, and it will shut down the heart...it will shut down the sensitive Core of the heart. Actually, that sensitive Core of the heart is where that circumspect consideration and sensitivity to the situation at hand tends to come from, too, so you'll have to be very, very awake and be in your Observer and remind yourself that you made a commitment not to go off “pop” in a situation of a fiery nature where all these volatile energies start bursting out of you.

These are the kinds of processes that I was just talking about, the kind that actually are a golden opportunity to join your heart together. And, of course, as you survive them and the heart is healed more and more, the anger that you have inside of you diminishes...and the fear and the pain, which are the three biggies that really interfere with our lives and our ability to love.

The reason you get angry is because the heart is broken already—it's split down the middle—and you've lost your natural state of unity which leads to an expression of compassion in your actions with the world. As you've lost that through the separate state, the energy or the attention tends to drop down into the third chakra where you feel you have an enemy...an outside of you that you have to defend yourself against. You lose sight of your commitment to perceive everything as you in the heat of the moment.

If you were living from a completely healed heart, you would not see danger in any form outside of you. You would not see an outside. But I do understand that that's a very advanced level of integration, and it takes a lot of work on the heart. You have to be very, very strong to hold it together in order to get to that level of integration, because you have to get past your limited and reactive self.

Anyhow, we do get angry because we feel that there is an outside which is separate to us, and that it is threatening us, and we have to defend our territory, the sense of “I-ness” or “myself/me” is my territory, and I'm defending it. If I don't have a territory, if I don't have a personal self, a sense of me—what is there to defend? It's a very big shift in perception that allows you to accept that there is no enemy.

Anyway, as you heal the heart, the whole state of being...of perceiving life as threatening...goes away eventually. One of the ways to get there is to view everything that happens to you as a process. And where is that process coming from? It's Eternity giving you a process, and the process is your own karma. So it's not your mom yelling at you, being nasty or mean or limiting—it's Eternity bringing you a process. It's not your boss being negative about your work or whatever—it's Eternity bringing you a process. And you might approach it with a state of curiosity: “What is there in this process that I need to see that will awaken and illumine me?”

Everything is a process. This is an intermediate stage of seeing, so that you don't have to yell at your mom or at your boss, or become "pouty" and feel like a victim and go home, even if you don't yell, with a great big knot of anger in your stomach that gives you indigestion for the whole evening. You don't have to do that. You have to approach it with a state of humility and acceptance and say, "What is this happening for? Why am I being exposed to this? What is the karma showing me? What is it in myself that set this up? What do I need to see about it?"

You may have to reply to your mom, or you may have to speak forcefully to your boss, in order to complete the situation. But don't blame, don't deny any responsibility on your part. You are definitely a participant in every situation that takes place around you.

On a broader sense, within the community, there develops an ability to tolerate other people and their differences...the ability to accept that the world is a certain way, to accept that people are a certain way. They may not agree with our opinions, they may not act the way we would like them to. They are different in their sense of values, and yet we have a tolerance and a respect and an acceptance of these differences, knowing that within the diversity of the world, there is always that Core of Unity. We feel the Core of Unity with people, even though they are different from us. We accept that they have a place in the world. This is the development of the Core, of the Core of the heart, and of the ability to get beyond the personal self.

The personal self, of course, is subject to its own sense of values, and when it faces a loss, it becomes defensive and shuts down. So our personal self and the patterning that holds the personal self in place is really the source of closing the heart chakra. So when we reach this final stage in the journey toward enlightenment, the heart chakra is able to open on a more permanent basis because of the falling away of the personal self. And this is a major milestone on the journey. So gearing our process of healing the heart, we are gearing ourselves toward the dissolution of the personal self.

When the heart chakra is open and stays open permanently, we are in a tremendous flow. We experience a flow of Light and energy constantly emanating like a wellspring from the heart. That is our ability to merge, to become one, and to be in a state of empathy with everything around us. We're truly on our way toward Oneness at that point.

When we're in the old consciousness, with the heart opening and closing, the flow is constantly cut off. So I like to define them as two separate systems. The first, which is the polarized system, the polarity is that of opening the heart and then closing it. And, of course, all of the emotional states that progress and proceed from the opening and closing are polarized emotional states. When the heart is open, we feel love, we feel connected, and we feel oneness with everything. When it's closed, we feel dislike or hate or fear...opposition...and the sense of oneness is cut off into separation and limitation, and we feel a sense of darkness. When the heart is open, the flow of energy through the heart is expansive and luminous. When it closes, we tend to feel the darkness closing in on us, and we tend to go through all of those emotional states associated with loss, depression, loneliness, abandonment, rejection, etc.

So the system of open-and-closed—the normal everyday system for 99.9% of the people in the world—is this open-and-closed system, where we're either in a positive state of mind or a

negative state of mind. And then, when the heart chakra is opened and healed, we move into a system that I like to call the “system of flow,” and it is a tremendous flow of Light and energy that constantly wells up through the heart chakra and emanates out into the world. There’s never a sense of it ending or a sense of this wave of Light coming to a state of depletion, because it is beyond the polarization of the “empty-full”. It simply emanates on and on an endless supply of light, luminosity, love, oneness, awareness, coherence, and deep and penetrating compassion that goes out and out and out and out into the world. This is what the verse from St. Thomas’ Gospel is talking about. “There is Light at the center of a person of Light, and they illumine the whole world. If they do not shine, then there is darkness.”

One of the ways of initiating this flow of love and Light through the heart and emanating it out into the world is to contact by mantra the Hindu goddess, Lakshmi. Lakshmi is the goddess of love, beauty, prosperity, and perfection—the goddess of abundance—and by using her mantra, we can create a wonderful flow of Light through the heart because she’s the goddess of love. She opens the heart chakra, and this beautiful flow comes through.

Now, as long as your personal ego is instituted, you’ll have to experience the shutting down of this at times. But to get a real feeling of this flow, I suggest using her mantra. What you need is a mala with a 108 beads on it, so that you can count off each of the mantras. Her mantra is very beautiful, and it is done in a very methodic—at least, melodic way. If you do a mala...108 mantras...once a day, or even more if you like, you will begin to contact this energy form that is Lakshmi and draw this flow of Light and love and abundance through your heart. But, of course, remember, in order to keep the flow moving, you must not become selfish.

Lakshmi is the consort of Vishnu, and together they embody the energy of preservation. And preservation comes about through continuous selflessness, through a continuous flow of love. Therefore, if you wish to keep the flow moving through the heart, you have to learn how to give, how to let go, how to be open to newness—not to be a hoarder or to be rigidly attached to things. You must be able to flow. And if you practice the mantra, you will soon learn how to become a fluid and open-hearted being. Her mantra is this:

[Leslie chants:]

S - H - R - I - N - G

S - H - R - I - N - G

S - H - R - I - N - G

S - H - R - I - N - G

S - H - R - I - N - G

You may do the mantra out loud, although I do believe it is currently taught that if you do it silently in your mind, it is more powerful. Good luck with that. I have had a great deal of success with that myself.

Now, the open heart is a purifier. It’s possible to learn how to transmute denser dualistic energy through the heart, and one of the things that happens when you achieve that state of full open-heartedness on a permanent basis, you become capable of transmuting the energy of the world through your heart and radiating it out into the environment in a purer, non-dualistic luminous

state. It's something that you can practice. For instance, if you're meditating and drawing the kundalini up from the root chakra, draw it through the third chakra and up into the heart. As you bring it up into the very center of the heart chakra, it actually transmutes into oneness, into compassion, into love, into purity, into Light, into the Christ Consciousness which is Light. It's a very nice exercise to practice at times when you're doing your meditation. If your heart feels closed and blocked, you can "Shring" for awhile. When the heart opens, then bring the denser energies from your aura into your heart—through the center of the heart—changing them forever into a state of oneness.

In this journey toward the healing of the heart, it's very important to learn to be able to surrender. If we hold very conditional viewpoints on our surrender, our life, and so on, then we are boxing ourselves in to a rather rigid structure, a very well-defined form world, which may seem like a security blanket or a very nice fort that we can be safe in—but in actual fact what happens is that fort becomes a jail, and we're boxed in by our own conditional surrender to life. "I will do it, but it has to look this way." "I would like this and this, and it has to come out exactly this way."

Try to accept the "whatever," that state of perfect surrender to the unknown. Try not to be shocked or surprised by the unexpected. Try to take it all in your stride. That state of complete and utter surrender to life, to the unexpected, to the unknown, is a very, very important aspect of keeping the heart chakra open all the time. If something displeases you because it didn't come out exactly the way you want, the minute you grab onto the idea of it being a negative, of it displeasing you—the minute you dislike, you are judging as negative and then the heart will shut down. We have to try and get past the negative judgments and, at times, it takes a tremendous amount of trust and faith in the basic goodness of life, of people, and of God, ultimately—of Eternity, of the Absolute. But it is very, very important to cultivate that state if you wish to experience the healing of the heart.

Now there are dualities on the surface of the heart, and you'll have to work your way through. The heart is an emotional center where we feel love and hate. We can feel an enormous amount of negativities out of the surface of the heart, but as we work through these layers, these skins of the onion, we come down to this Power of One, this non-dualistic Core which runs through the whole body, but is most easily accessed by human beings through the heart. The very center of the heart chakra brings you to this fine-tuned perfect place which is so, so sensitive—it resonates like a finely-tuned membrane to the sense of balance within us, that absolute balance that leads to the oneness where all of the dualities come together in that state of unity. And that membrane, that delicate sensitive place in the center of the heart, is where we're able to transmute everything.

As I said earlier, everything that is born is born from that Core, then it passes through the dualities and we express it in the world as diversity, but at its Source, it is a state of Unity. And on the return journey, everything that dies or deteriorates returns through the diversity, into the Unity, and back into the Oneness. So we come to live through the developed heart a state of consciousness which is known as "Unity in Diversity."

In this world and on this pathway, everybody is subject to having to live out their karma. The Guides, who are angelic beings, ascended masters—if we look at the Hindu cosmology, all the

gods and goddesses, the Bodhisatvas, all the divine beings that watch over us and help us—we call them “the Guides”— sort of non-specific, “the Guides.” Anyway, sometimes you know who it is—you don’t always.

They know that we have to live out our karmas, and even those on the path who are being worked with most closely by the Guides know that they have to live out their karmas, but we’re also seeking to ascend in consciousness so that we evolve, and so we have to...the Guides have to work around the fact that we are all subject to our karmas.

There’s no escaping the karmas. What the Guides do is find the loopholes in the system, so that you experience your karmas through something that we’ve come to call “simulations”. So you experience your karmas in a sort of simulated way. You’ll be put through a process where you get forced to live out some karmas which may have dragged on all of your life, or maybe for a decade or five years or whatever, and the Guides can put you through that simulation which will force you to live out those karmas in five months. A five-year karma becomes a five-month karma, or let’s say a five-month karma could be worked through by you in five days, or maybe even five hours if you’ve learned how to process that stuff.

But the rule that cannot be broken is that you always do have to live it out. So anyway, these Guides have devised ways of shortening the karmas and making the heart grow. When the heart grows, you’re on a higher level of attention, and when you’re on a higher level of attention going through that karma, you don’t suffer from the results of your karmas quite as much as you would if you were on a lower level of attention. You still have to experience the karmas, but they’ll pass through you more easily than they would have if you were on a lower level of attention.

So these divine beings who really, really do love us...they’re beings of infinite and endless compassion, and they have nothing but our growth, evolution and welfare in mind. They do not exist for any other purpose. They’ve dedicated their existence, their beingness, totally to the evolution of the Universe, and that includes us.

They can’t really take your karmas away from you, but they can work it out through the loopholes in the system so that you experience them either in a very watered-down form through a higher level of attention, or they can awaken you to what’s going on and shorten the time-span. And they’ll teach you ways that you can live through these karmas in a simulated way, so that you don’t have to live through them as though they were your reality—what we usually call “bad luck”, or dealing with adversity.

And dealing with adversity is the subject that I want to bring up here. Also, of course, the subject of raising the level of attention. Of course, as I mentioned, if you’re in a higher level of attention, then the karmas do not cause so much pain. They pass through you more easily than they would if you were on a lower level of attention. Now, raising the level of attention and learning to deal with adversity are two major issues connected with healing the heart.

One could almost call it s-t-r-e-t-c-h-i-n-g the heart. And in fact, the heart is healed...one of the techniques or simulations is healing the heart through a process of enduring. In a situation where it seems as though life has given you a blow or a kick in the teeth, if you can endure through it,

maintain your faith, and wait for the storm to pass without clutching at the lower vibratory things like revenge or retribution or blame or huffing off, or perhaps running a “sour grapes” routine...if you can just stay passive and composed and realize that this is just your karma coming back at you and that you can keep smiling without doing anything to increase the karmic load, then the karmas will pass through you. And they will be done and complete and the heart will be sort of knitted together, because you didn't create more karma or more separation by vengeful thoughts or blaming something outside of you, or cussing at God because he's punishing you, or any of those kinds of things.

If you can own...as I said earlier in the tape...if you can own that what happens on the outside is you—if something goes wrong, if adversity happens to you, don't blame the outside. Accept that this is your karma coming back at you, then the heart will be healed because you won't create any more separation. You won't create any more karma of separation.

In this journey toward awakens, we have got to deal with our karmas in a very rapid way. For countless eons, we've accumulated many karmas. If you wish to wake up, those karmas have got to be completed in one lifetime. So they're going to start coming back at you thick and fast. Karmas that may have taken several more lifetimes to work out if you were on a slower path, will come back at you very rapidly if you're seeking to awaken in one lifetime, and many of us at the moment are seeking to do that. So we have to learn to deal with adversity. Adversity is a fact in everybody's life, and in the life of the seeker, it intensifies.

Many people naively launch into the spiritual path, believing that they're in for sweetness and light, and when adversity strikes, they feel betrayed. It's very important to understand this principle of the karmas. The karmas that would normally be spaced out over a long, long time are now coming back. We call it “instant karma”. In this age of fast foods and instant life, we have instant karma. And this is very divinely inspired. The soul is seeking to awaken as quickly as possible because we're trying to save the world.

We have to face our karmas, therefore we have to deal with adversity. Therefore, we have to be in a higher level of attention, so that we can just flip through them like pages in a book. So expanding the heart is vital here, and this is actually what I'm talking about when I say “joining the two sides of the heart together”. We're bringing the heart into its Core quality, into the soul level, to that God within, that “Perusha” at the very sensitive center of the heart chakra. So the healing of the heart brings the two sides of the heart together, and your heart will not break any more in a situation of adversity. This is a spiritual reality, and it happens at a certain stage in your evolution. Life can deal you the most horrendous blows, but your heart won't break. On rare occasions, when something really sweeps the rug out from under your feet, it may, but for the most part, your heart doesn't break any more.

The average person experiences the schism or the broken heart several times a day. Sometimes they are little issues that make you feel bad, or they're really big issues that put you to bed. That's life. As you learn to deal with adversity, that won't happen. Those energies will pass through you. You will see that the separated or broken heart is part of the dualistic illusion of this world, and that the true essence or presence of the Divine in the heart is unbreakable. And as you contact that, as you identify with it, as you note that it is your heart, it is your soul, it is your

essence, it is your real true nature, your authenticity, and then it won't break because it's unbreakable.

That is the part of the heart that doesn't break. It is and always will be Unity. To get to that stage, you have to transcend duality consciousness, which is the normal human state in the dualistic polarizations of negative and positive. That's the state we were all conditioned into. But as we come into the Unity of the Core, we do not buy into the negative- positive fluctuations of the world any more. And you will still be able to experience all of the diversity of the world without breaking or ebbing-and-flowing with the fortunes of negative and positive. You become constant in this world of changeability.

While you're still very limited and fractured, though, you're going to feel sometimes the pain of life most horribly, and in that pain, life is reminding you that you are split, separate, and broken-hearted. You can go beyond it. So what happens...what do you do? How do you get out of this loop of flowing and ebbing or waxing and waning with the negative and positive—because it is a loop. Life gives you a blow. You take a kick in the teeth, and then you get reactive. You blame something or someone, and then you begin to plot your revenge—whoever did it to you has to pay. Or else you react, you run away, you freak out in some other way, and by that reaction, you increase your karma, thereby increasing the amount of blows that the life gives you, and so the loop is created.

We have to break that loop. How do you stop making the loop? Well, first of all, you have to know that it's necessary to break the loop. You have to see the loop. You have to understand how it functions, why it functions, and what the alternative to it is. That's how the heart gets healed.

The alternative course is knowing that the constant state is truth, the constant unbreakable state of oneness and unity, of selflessness—that's the true heart state. And that the “empty-full”, the fluctuation of the duality into negative and positive, the opening and the closing based on our reactions to life—that is the illusion.

So the Guides begin to train you and test you, using your own karma. They're not giving you a load of adversity that you don't deserve. It's really your karma. But they'll give you a simulation. They will bring some sort of karmic consequence of previous actions back to you. And there is a way to handle that that breaks the loop. It's a process that we've come to call, “Taking it on the nose and keep smiling.”

I've mentioned it in class, and I've mentioned it many times before. It's the process of healing the heart. I'll repeat it. It's just a funny way of talking about it, because it's really a good idea to keep your sense of humor while you're going through this, because you're dealing with your own egoic reactivity, and you're trying to act from your Higher Self, or your Observer, and break that loop. It takes a lot of concentration. It takes a lot of heart.

How do you get that heart when you're in the broken-hearted state? Well, that's a double-bind, isn't it. It takes a lot of heart to get heart. Anyway, a sense of humor helps. We call it, “Taking it on the nose and keep smiling.” And as you do it, your heart begins to knit together and becomes

much more strong and robust—if you can “Take it on the nose and keep smiling”. I think it’s what Jesus meant when he said, “Turn the other cheek.” I think what he meant was don’t react to those kinds of situations. When you receive a blow, don’t react. Don’t hit back. The minute you take the initiative and act in response to the situation in a denial of the situation, in a defense of the situation, in a blaming or a retribution of the situation—a blocking of the truth of that situation, a blocking of the information that that situation is bringing you, then you’re incurring more karmas, and so the loop is perpetuated.

And since, in the beginning particularly, you can’t control what comes at you from the outside, you can only break the loop by your own actions or non-actions. So the process of healing the heart is this: Eternity will put burrs under your saddle and then watch to see what you do. If you can get through it, you’ll be stronger. Every time you go through “Taking it on the nose and keep smiling,” you’ll be stronger. The heart will knit together more and more. Over the course of a year or so, in dealing with the adversity of your own karmas and allowing them to pass through you, you’ll be stronger. Your heart will grow. You’ll become more surrendered, more selfless, and the heart will stay open more easily. You will become fearless eventually, and quite invincible.

By the time you get there, you’ve pretty much done all your karmas, and the outside is very smooth and confluent with you. Your world changes, is what I’m saying. The blows don’t come that often—seldom, in fact, and life becomes very smooth and even.

Every now and then in the work, a simulation is created where you are invited to participate in the process, and often, before the process gets going, you’re asked to commit to the healing of the heart or the opening of the heart. Those of you who are willing and agree will be given a taste of “Take it on the nose,” etc. And if you get through it, you’ll actually experience your heart changing. You’ll experience the Guides rewiring your heart—sort of jump-starting it to a higher level, and you’ll notice that you’re different.

Each of you will be a little more of a heart person than you were before. Every year, you’ll become more and more of a heart person. So each year, the process evolves, and the heart energy builds and builds and builds. And this is what’s happening at the moment, at this time of the “Great Purification,” we’re calling it—at this end of the 20th century, when it seems as though the Apocalypse is upon us, and the Light is penetrating into the density of the physical plane, and everything is...everything in the dualities—all the good and evil polarizations—are being purified and coming together in a new way.

You’ll see...you’ll see it happening...you’ll see it happening to you. The tests...the tests of your karma come to you thick and fast at a time like this. And you have to be able to handle it if you wish to keep growing into the Light, into the Unity, and into the Core. There never was a time when we were more destined to do this work, which is why it’s so important to have the process explained to you in great detail. If you clearly and fully understand what I’m saying to you...listen to the tape again and again until you’ve got it...you’ll be able to handle it. And you’ll be able to grow into Unity Consciousness.

And, of course, if you find your feet dragging, or you start doubting, or you become uncertain of

the way—if you can always remind yourself of the blessings that come at the end of these little tests...when you complete the whole thing, then you'll find that you can keep going. None of what you do is wasted. Your suffering in the process of "Take it on the nose" is not wasted suffering. It leads to a healing, it leads to a transformation. So keep that in mind. Try to see the big picture, even as you deal with the small details.

I'd like to mention here the subject of anger, since healing the heart brings us to the subject of anger many times, and certainly anger is a problem. Anger is a way that we have that interferes with the healing of the heart. So when is it appropriate to express anger? And if it is at all? And so what I would like to say about it is that it's very paradoxical. Whenever you express anger and act on it, if you project it toward someone or something and then act on it, you're incurring karma. I'm sorry to have to say that. If you can act—and this is what you'll come to see in the future—if you can act the anger without meaning it, so that it's an act, so that you can actually match someone's energy, someone who's perhaps trying to dominate or abuse you, it may be necessary to match energy with that person.

For instance, if you tend to be a really passive person who avoids confrontation at all costs, then you may have to face your tyrant in order to become balanced. And in order to do that, you have to match that strong or forceful or violent energy equally to stop it. By doing that, you bring a balance within yourself, because if you're naturally a passive person, there's a resistance or avoidance in you toward using that kind of strong energy. In order to come into balance within yourself, you have to be willing to act out that strong energy.

But the problem comes up when you actually feel the anger. So you have to be able to act it and appear to be angry in order to stop the abuse—without actually being angry. You can act it, and it'll look very convincing, but it won't hurt anybody because it doesn't have that vibration of anger behind it. And until the time arises where you can actually take those frequencies like an actor or actress and mimic the forceful action of the tyrant—until that time arises, it's a good idea to restrain your anger.

Unfortunately, what we get then is the suppressing of the anger, and we get a sort of passive resistance. But if your committed intention is to opening and healing the heart, then that will count in your favor, because then you're following the dictum that Christ gave us, which was to "Resist not evil."

So there are occasions, is what I'm saying...there are times when one has to face one's patterning and the balancing out of the patterning. If you're a very meek or intimidated sort of person who's always been a doormat and everybody just pushes around, then there will come a time when it would be karmically proper for you to break out of that mode and express yourself forcefully. And it would be okay because it would be bringing you into balance.

There's a way to express yourself forcefully without being angry, but if you have become angry, it's because you still have anger inside of you. It's not because of what the tyrant said or did, etc. It's because of the anger that you have inside of you and your reacting, and that's a karmic responsibility. You have to see what you do with it, and you'll have to pray and pray until the anger is removed.

As the heart opens and the paradigm of perception about reality shifts, there's more of a willingness to accept responsibility for the processes that come your way. Then we take more of a curiosity about these incidents, more of a wanting to know what they mean rather than a defensive reaction of protecting oneself, which is usually what the anger is.

Anyway, in this situation that is volatile where there's anger present, if you can keep your Observer—and here, of course, is the key...you've heard me say this a million times—if you can keep your Observer and stay awake in the heat of the moment, you can feel perhaps the anger rise up in you even as you talk. But if you talk in an even voice, in your mind, you're in your Observer. You're awake, you're watching the anger, and you're saying, "I'm not this anger, I'm not going to project this anger out," you'll be free of karma. If you act impulsively from your anger, then there's karma for that, because you've been swept away by the anger, you've lost your center. You're asleep as you do it. Very often, we have this feeling, "Well, I don't give a shit. I'm angry and I'm going to get my pound of flesh. To hell with Spirit, to hell with karma." You know how it gets in the heat of the moment. But if you're watching...watching...and if you're really cool enough to actually act it, you can actually shift your consciousness radically without incurring any karma.

But anger is a problem. The reason you get angry is because the heart is broken. You've lost your natural state of compassion, and the energy drops down into the third chakra where you feel you have to defend yourself. If you were living from a completely healed heart, you would not see any danger in any form—even an angry person coming at you. But that's a very advanced level of integration. When we feel something is threatening us, we feel we have to defend our territory. Actually, that whole state of being, of perceiving life as threatening, goes away [and you realize] that Eternity was giving you a process.

When you're doing the work—when you've been doing the work for awhile—you begin looking at those sort of life situations in a very different way. And you'll find that your desire to get off and out of that karmic loop exceeds your sense of angry reactivity when things don't go your way. So you'll choose to work through the karma in the heat of the moment instead of incurring more.

All of the loops...all of the tape loops that we have in our system keep us on the Wheel of Karma. Whenever you find a tape loop, you've got to try and break it. You've got to stop the cycle, but nobody can see them except you. Sometimes, even you can't see them. So, perhaps, only your teacher, or perhaps some close friends who really care about you will see them. Many of them are so buried that you don't see them at all, and the teacher may see them—and may or may not mention them to you, depending on how much humility you have in accepting what the teacher sees.

But eventually you'll stumble upon them. Your awakensness will reach down to the level where suddenly you catch yourself in the act of doing them, and you'll think, "Oh, God, I've been doing this for years and I never saw it before." Once you see it, of course, you're taking the first step toward changing it.

And you can't hurry these things. They happen when they happen. You have to wake up at the right speed for your system, and in an ordered sequence of awakenings that cannot be changed. If you were to try and change it, you would probably create resistance.

Anyway, the heart is associated in its liberated state with the emotional quality of joyousness. What is joyousness? Well, living life from the heart is, in itself, a joyous way of living. Being able to share and share with others, care for the welfare of others, to feel connected and involved and participating in your process, in your awakening, your unfoldment...as the heart opens, there's a tremendous sense of discovering the vastness of existence. And this in itself is tremendously joyous.

Gratitude, I think, is a way of experiencing joy, too, and gratitude is one of the qualities of the open heart. Gratitude's rather like a life preserver. It takes you through the roughest stormy seas, just as your sense of humor does, too. It lifts you way, way up and keeps you very buoyant through the darkest times. If you have a large amount of gratitude, you can enjoy things, simple things like a nice day, even when your life looks a bit shaky.

So practicing forgiveness, trying to live in compassion, express gratitude for the small and simple things in life, and of course, gratitude for the awakenings, for the growth, and for the shifting in your awareness, contribute greatly to a state of joy in the heart. It's a good idea to make a commitment to yourself to practice joy and to receive your processes as an opportunity for growth, instead of looking at them as adversity. Also, always try to remember that none of this pattern—this egoic reactivity—none of this stuff is real. Remember that it's only God that's real. When you think of God, remember that that's what you are and try to be joyful about that, no matter what's going on.

The power of the open heart... anyone who has it, has the capacity to work on the collective for the benefit of mankind, and to move massive amounts of consciousness from duality into the state of Oneness. This person has the Power of One, the Christ Consciousness, and can hold the many, and move them into this new state. In other words, this person has become a teacher, an inspiration, a source of Light for all. Each one of you has that capacity to be an inspiration to others, to be a source of Light, the Light within you, the oneness, the expression from the heart.

I'd like to leave you with a very heartfelt Sufi greeting:

“From you I receive.
To you I give.
Together we share.
By this, we live.”

Thank you.

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