

## Course One: Introduction to Modern Spirituality

### Class 5: The Mind-field and the Heart-field

**Master Charles** ... Welcome ...

Our theme for this session is the mind-field and the heart-field. But first and foremost, let us be as wakeful as it is possible for us to be in this very moment. I remind you again of the Balance Position. There are many applications of the Balance Position within the modern spiritual experience. Thus, let us explore the Balance Position this time in terms of thoughts, words, and the spaces between them.

The words and the thoughts represent the negative or objective polarity, the dynamic, noisy exterior of our consciousness. The spaces between the words and the thoughts represent the non-dominant opposite polarity, the positive, the subjective, the interior, the stillness and emptiness. Just open your awareness to include the words and the spaces between them. Most of the time we miss the spaces through our focus on the words and thoughts. Rather, slow down and observe. There are always spaces between your words and your thoughts. If there weren't, they would all run together and not make any sense. Accentuate the spaces. Words ... spaces.

The more you maintain the focused awareness of the spaces simultaneous to the words, the more you create balance in this application of this Balance Position. Wakefulness increases. Holistic awareness expands proportional to the balance, and we are more present here and now in the happening of consciousness that is true reality. This experience of balance, of wakefulness, specifically assists with mental dimensional balance and facilitates access to the heart-field, which is what we are discussing in this session, the mind-field in relation to the heart-field. So let's endeavor to maintain the Balance Position, words and spaces, as we continue.

In this session we address the mind-field and the heart-field in terms of the human evolutionary process of consciousness.

The Holistic Model of Reality has four quadrants. Just as there is horizontal relative reality there is simultaneous vertical relative reality. We have the two **horizontal polarities** – positive and negative, subjective and objective, being and becoming—and then we have the two

**vertical polarities** which are represented as density and subtlety (or individual consciousness and universal consciousness). When the horizontal polarities are sustained in balance, the subtle polarities of the vertical polarities more fully actualize.

Individuated consciousness is always in relation to universal consciousness. Individuated consciousness is a fragmented, incoherent energy field, and universal consciousness is a unified, coherent field of energy. The dense dimensions correspondent to individuated consciousness tend to be more fragmented and more mired in illusion while the subtle dimensions correspondent to universal consciousness are more unified and truthful in their expression. Also, self-awareness is maximized in the subtle dimensions and minimized in the dense dimensions.

So how do we get these fields—coherent and incoherent—to interact and harmonize? Only coherent fields can interact with each other. If our individuated consciousness remains fragmented and incoherent as an energy field, we cannot interact with universal consciousness. Or in other words, we cannot experience wholeness. We remain fragmented in our experience.

At the center of our individuated consciousness is the heart. In philosophical terms it is referred to as the heart-field, and it is always in relation to universal consciousness which is symbolized by the crown of the head. The two vertical polarities must interact and they do so in every human being. Since people differ in self-awareness, some people are more aware of the interaction than others, but we are all constantly downloading information from the all-possibility of universal consciousness into individual consciousness and thus, self-referentially, we create our experience moment by moment by moment.

You could read about this in quantum science as they describe the true nature of reality creating itself newly in each moment. This is operative in every form of consciousness, including human consciousness. We are constantly interactive, downloading information that is necessary and self-referential to where our feet are, to our individuated consciousness. The interaction of the two vertical polarities, universal and individual, creates the experience of each moment. And it is very precise. In truth, we are consciousness creating our experience newly in each moment. If we are truthful, if we had enough self-awareness to perceive true reality, we would see that we are new, that our experience is totally new in this nano-second of its happening. The past is gone forever. The future is but a fantasy. And this very nano-second of consciousness is new. If we are not fully self-aware, we miss it. We miss the newness of life, It has been said the only truthful state of being is surprise, joyful surprise at the newness of each nano-second of the happening of the consciousness that we are.

Let's pause. Focus. Be aware of the words, the thoughts and the spaces. Slow down, so that the spaces between the words are longer and easier to be aware of. As we focus on the spaces between the words, our wakefulness increases. Holistic experience expands. We are here and it is now in the newness of the happening of the consciousness that we are as a witnessing consciousness watching itself.

Let's continue ...

Throughout mankind's history the significance of the human heart has been expressed in many stories, analogies and metaphors such as this one:

*"Once upon a time God thought to himself, "where should I hide the key to the mystery of life?" He thought that maybe he could hide it on the moon and then he looked into the future and saw that mankind would eventually go to the moon and realized that this would be too easy. The game would be over quickly. Since he wanted to extend the game into an eternal forever, he continued his contemplation. Then, God thought about it more and felt that the key to the mystery could be hidden on the bottom of the ocean. He then realized that mankind would build submarines that could go to the depths of the ocean. This would be too easy, and the game would quickly be over. Then, after a period of great contemplation and consideration, the light came on in God's head as he realized that the last place that mankind would look for the key to the mystery of life would be within their own heart." So that's where he hid it, and the game has thus become eternal.*

Now we can begin to understand the relevance of these stories from a modern scientific perspective. As we understand the role of the heart, scientifically, the opening and flowering of it can become more clear and precise than has heretofore been possible.

What has modern science discovered about the human heart in relation to one's moment to moment experience? Scientists exploring the physiological mechanisms by which the heart communicates with the brain and body have found that there were four primary ways that this takes place:

1. Neurologically through the transmission of nerve impulses.
2. Biochemically through hormones and neurotransmitters.

3. Biophysically through pressure waves.
4. Energetically through electromagnetic field interactions.

The heart, through these biological communication systems, has a significant influence on the function of our brain and all our bodily systems. The beating heart generates electromagnetic fields and pressure waves, which in turn generate neurotransmitters, proteins and hormones. The interplay of these energies at the cellular level sends nerve impulses and corresponding chemicals in a cascade throughout the body. The charge felt is energy in motion or what we call EMOTION.

By understanding the scientific, medical and spiritual properties of the human heart, it becomes obvious that it is the director, conductor and organizer of our human experience.

The key to human fulfillment and the qualities related to it such as love, peace and happiness are reflected in the degree of coherence and balance that is achieved by the individual in relation to the rhythmic beating of their heart moment by moment. This can be diagnostically measured by what is known in the medical community as Heart Rate Variability.

The Institute of HeartMath, <http://www.heartmath.org> offers a vast amount of research results and practices as well as a training device to develop and increase heart coherence.

In summary, here are some basic facts regarding the heart:

- The heart beats non-stop over 100,000 times in 24 hours.
- The electrical field of the heart is 40 to 60 times stronger than the electrical field of the brain.
- The magnetic fields of the heart are 3000 to 5000 times stronger than the magnetic field of the brain.
- Within the heart is a separate little brain and nervous system connecting the heart directly to the neo-cortex also known as the new brain or higher brain.
- The heart is autogenic. This means it does not require a signal from the brain to beat. The impulse to contraction is not dependent on external nervous stimuli but arises in the heart itself.
- The heart's electrical field can be measured up to eight feet away from the body. Also, the heart rhythms of one individual can be measured in another person who is in proximity to them.

- Heart disease is the number one killer of adults in America. Over 57 million Americans have one or more types of cardiovascular disease.

All of the great wisdom traditions and masters speak of the heart-field as the gateway to the holistic experience of true reality. It is well-established now, mystically, spiritually and scientifically, that the heart field is at the center of our individuated consciousness. However, until we actualize it in a coherent state of balance, we cannot experience true reality through a connection to our subtle dimensions (or our universal consciousness). We cannot be wakeful enough or self-aware enough to have a truthful perception of reality. So heart-field and mind-field is most important to understand. The heart-field is the gateway. Yet, until the mind has been cultivated, mastered, balanced and transcended we cannot gain access to the heart-field, the gateway to the eternal now of true reality.

Let's pause again. Words ... spaces ... the Balance Position ... wakefulness ... we are here and it is now. Lengthen the spaces and the mind balances and quiets down. The heart opens. When the mind-field is balanced, the heart-field is actualized. Words ... spaces ... thoughts ... spaces ... noise ... stillness. Maintain the Balance Position. Actualize holistic self-awareness, wakefulness. Access your heart-field, and experience true reality right here, right now, as blissful consciousness.

Let's continue ... Again, until the mind-field has been cultivated and mastered, we cannot gain access to the heart-field.

If the mind has not been rendered neutral through balance, the heart-field remains beyond our grasp. In this understanding, it could be said that the mind-field commands our undergraduate focus. The heart-field is graduate and post-graduate education. This is particularly true in terms of holistic lifestyle and meditation. The mind must be mastered before it can be stilled enough (or balanced enough) to allow heart-field access. Just as the post-graduate level of education is well beyond kindergarten, so also is advanced meditation to beginning meditation. A neophyte meditator is concerned with the mind while an advanced meditator is all about the heart.

Minds only create a virtual reality. I am sure you have observed this. The reality of your mind is a reality created by thoughts and beliefs and words and the symbols you assign to them along with the meanings and the definitions that you assign to these symbols. With them you simply create your version of reality and it is virtual to you. It is imposed upon true reality which is the ground of being, the life, the blissful consciousness that you are ... that all is. So if you

live in the habitual indulgence of the automatic mind, you live within your virtual reality.

Your virtual reality for the most part is illusion. That is what virtual means — not real, illusory. The reality that you experience through the mind, the imbalanced fragmented, non-wakeful, unconscious mind is like living in a movie, whether the movie is a cartoon, a fantasy, or a tragedy. Whatever you create with your illusory thoughts, words, beliefs, stories — your illusory database — constructs your virtual reality and you become what you are not. You experience what you are not. Your thoughts and your beliefs and your stories flavor what you experience. What you think is what you get, and you experience what you are not.

You live within the ego-driven mind and its primary illusion of separation and difference. You believe yourself to be separate and different from everyone and everything you encounter. That's the experience that you have. What you think is what you get. You experience yourself as separate and different, and that creates conflict. Conflict results in imbalance, and imbalance results in fragmentation, and fragmentation in consciousness results in suffering. So you are the creator of your experience. And by indulging the ego-driven virtual reality of the mind-field, you create a miserable experience and it's not real. It's not true. In this way you experience what you are not. You experience a virtual reality rather than a truthful reality.

The heart-field, it is said, is the gateway to the eternal now moment of the present and of presence — your conscious existence here and now as blissful consciousness. If you are not present, if you're not here, you are not experiencing true reality because true reality can only be experienced here and now in this very moment. The here-and-now moment is experienced through the heart, not the head. But if the mind-field is still fragmented, it gets in the way of the heart-field and there is only limited access to universal consciousness, no experience of true reality but that old virtual reality of an imbalanced mind and its fragmented perception of reality that you have come to know so well (along with its resultant suffering). You are not consistently happy or fulfilled. When the mind-field yields through consistent balance, the heart-field is actualized and individual and universal consciousness interact to deliver the experience of true holistic reality as one blissful consciousness.

Again, the efficacy of the Balance Principle, of meditation, of the holistic lifestyle, all of which are based on balance. You must balance the mind-field in order to actualize the heart-field. The heart-field is the gateway to the interaction of universal and individuated consciousness and the experience of true reality as one blissful consciousness.

Pause. Be wakeful, here and now ... words ... spaces. If I am speaking too fast, you

lose the spaces, so I'll slow down and really observe the spaces. Emphasize the spaces in relation to the words. Balance is created. Holistic awareness expands, and we are more fully here in the now of the heart-field because the mind-field has been balanced. Then and then only we have access to the heart-field, which is our experience of being present, more present here and now, experiencing our presence as blissful consciousness.

The heart-field is always available, but the mind-field is in the way. Thus, it must be balanced and transcended. The great master, Krishnamurti said: *"To understand the immeasurable, the mind must be extraordinarily quiet and still."*

The question thus is: Can you go beyond all these definitions, these illusory thoughts and beliefs and stories and get to essence? Can you get to the joyous energy that is your true nature that is the true nature of all and everything? Answer? Yes, you can ... in the stillness of the mind ... in the emptiness of the mind ... in the nothingness of your own existence. That, of course, is the meditative art and science of balance, practiced for thousands and thousands of years by human beings, such as ourselves.

Can you get to the essence, the source, to the true experience of reality within yourself? Yes. Yes, but the way out is "in". The way out of virtual reality to true reality is within, within you. You meditate. You close your eyes. Where does your gaze turn? Within. Your awareness focuses within. The interior of your being simultaneous to the exterior creates the balance that stills the mind and gives access to the heart-field and the truthful experience of reality. Can you go back to that particulate Sourceful essence, the source of your being, the consciousness that you are that all is, and simply be without any distortions of the ego-driven mind, the fragmented mind-field. Can you rather be just a still, empty, wakeful awareness in which true reality is unveiled and reveals itself experientially, existentially in each moment as a joyous, blissful, delighting energy, a blissful consciousness, the unity within all diversity?

This is the focus of the contemplative traditions. This is how meditation emerged in human experience. The time-honored traditions of meditations were originally created to explore the nature of true reality, as oneself, as all and everything in 50 billion simultaneous universes, the unity in all diversity. So it is in this context that we meditate and why meditation is the cornerstone of modern spirituality, for modern spirituality is all about the exploration and experience of true reality. Very simply stated, meditation is the means. And what is the basis of meditation? The Balance Principle. Meditation is the foremost balancing technique in the whole of recorded human history. So one more time, as we come to our completion of this session, I remind you of the Balance Position.

The Balance Position ... words ... spaces ... thoughts ... spaces. We slow down, lengthen the spaces, the stillness, the emptiness, and increase the balance between the spaces and the words. Our wakefulness, our holistic awareness expands the more, and the more wakeful we are, we can even observe there are spaces between the letters that form the words, that form the sentences and the stories. Can you be so wakeful as to be aware of the spaces between the words ... the Balance Position ... wholeness proportional to balance ... fulfillment proportional to wholeness ... the experience of true reality. We are blissful consciousness experiencing the experience that is happening. Wakeful, holistically aware that there is only One.

So this then brings us to our completion for this session on the mind-field and the heart-field. And once again I take this opportunity to welcome you right here and right now in the awareness of our oneness. Yes!