

## **Course 5: The Mind-field and the Heart-field**

### **Class 3: The Heart-field in the Evolutionary Cycle of Consciousness**

#### **Caroline ... Welcome ...**

Hello & welcome to Class 3, in our continuation of *The Mind-field and the Heart-field*. Our class today will focus on the Heart-field in the evolutionary cycle of consciousness.

Before we begin, our class will be more meaningful if you have the experience of the class, along with the truthful concepts you will be learning. And by the “experience of the class” I am referring to the experience of the Heart-field.

*With a focus on balance ... we are going to emphasize this practice throughout this class ... so that you may experience true reality as blissful consciousness. It is important to direct your focus to both the external polarity which, for you, is the experience of your computer screen in front of you ... and your internal polarity that you experience as an inner stillness.*

These horizontal polarities are polar opposites -- external and internal, active and quiet, noisy and still. They are always present, in relationship to each other. So, using the Balance Position is one of the most effective techniques to actualize balance and maintain it. So, bring your awareness to both these polarities as you breathe, actualizing the Balance Position of exterior and interior. By maintaining balance in duration, your mind will settle down and your Heart-field will open as the gateway to true reality. And it is the experience of true reality that is the real subject of this class. Now let's proceed.

In Class 2 with Ben Radtke, you developed the creation of the Mind-field in the involutory cycle of consciousness. You began by reviewing the horizontal, opposite polarities of the relative field of experience: positive and negative, subjective and objective, un-manifest and manifest, and the interior and exterior (which has our focus right now). With the understanding that a relative field of polar opposites is necessary in our experience, your view is then expanded through the introduction to the vertical polarities of human experience as represented by our subtle and dense dimensions, which are also termed our universal and individuated consciousness.

This point is illustrated by Graph 1, in which the relative field is shown to contain the vertical polarities of our subtle and dense dimensions. It is further developed in Graph 2, which delineates the multi-dimensionality of the relative field from subtle to dense. Our vertical polarities, like our horizontal polarities, are in relationship with each other, always interacting. In the involutory cycle consciousness densifies to energy, then to matter, and finally the

matter into dense solid form (such as the world in which we find ourselves, including these human bodies). This point is illustrated in Graph 3.

The mechanics of the involutory cycle was further developed in Graph 4, where we noted the progressive increase in the objective, negative polarity. This process ends in extreme default dominance of the negative polarity over the positive, which reaches its peak near to -- and at the end of -- the involutory cycle.

In Class 2, we also presented the downloading of information from the all-possibility in universal consciousness to limited individuated consciousness. This process creates our moment-to-moment experience. This is demonstrated in Graph 5.

The two vertical polarities are vastly different energetically. Our universal consciousness is harmonic and coherent. Our individuated consciousness, corresponding to our denser dimensions, is not. It is not harmonic within itself and not coherent. A coherent field cannot relate to an incoherent one. Thus, in their relationship and constant interaction, universal consciousness can only download (to individuated consciousness) the information which is self-referential to the individuated consciousness in any given moment, meaning that an incoherent field can only open to receive that which it can relate to. Even though the download is perfect and appropriate, it is, nevertheless, limited by the incoherence of that which is receiving it.

We also came to see that the problem is the chaotic, incoherent frequency of the mind's energetic field. It is a problem because the Mind-field blocks or limits the interaction of the vertical polarities, these being our individuated and universal consciousness of our dense and subtle dimensions, respectively. The reality created by the ego-driven mind and its incoherent field is often described as virtual, meaning it's not real. It is an illusion; it is a fantasy. It can be expressed simply as living in a dream. Yet our mind and its illusory dream reigns supreme through the densest part of the involutory cycle, and creates the experience of suffering. So, the ego-driven mind and its incoherent field is appropriate to allow consciousness to fully experience that which it is not, in order that it may then fully experience that which it is.

*Again, let's take a moment to focus on our balance. To grasp the lesson of this class is to experience the open Heart-field. So bring your focus into the Balance Position. It is very easy to slip into a total objective focus, and be absorbed in everything around you, forfeit your balance, and just experience intellectual knowledge. If you are experiencing the Balance Position, you are maintaining your balance in relationship to the happening of consciousness ... which for you in this moment is this class. This pause is to call your attention to wakeful balance. Notice your interior, "still" polarity ... simultaneous to the exterior ... the sounds and sights of this presentation. Focus on your breath ... focus on the in-breath and out-breath for*

*just a moment or two. Notice how the mind settles down when you focus on the breath. Now accentuate the in-breath so that you increase the positive polarity ... and watch your awareness expand, your wakefulness increase and your experience of blissful consciousness return. And now let's continue.*

At this point, we are drawing our review of the involutory cycle to its closure and we are moving into the evolutionary cycle and the emergence of the Heart-field. We do not experience true reality, a truthful interaction of our vertical polarities, our individuated and universal consciousness, because of the Mind-field. Yet, the humanity of this planet is Mind-field focused. We glorify the mind. Just look at our education system. Look at our blind devotion to the mind and its database, and it doesn't seem to matter whether it is related to work or leisure. Our times seem to demand that we fill our minds with the data to "do the job".

We also live in the Information Age. Our world is instantly connected, everywhere. As a humanity, we are addicted to information at light speed. Science and technology is moving very rapidly, and we are determined to keep up, to not get behind -- even though we are becoming slaves to our information streams. Our imbalanced Mind-fields are becoming even more so, and it affects all ages, especially children.

The Holistic Model of Reality and the Mechanics of Consciousness tell us that this experience will continue until we, as forms of consciousness creating our reality, have had enough. Only when we are full and complete with the illusory experience of who and what we are not, does the experience change. One polarity can dominate the other, but it cannot eliminate the other. In the depths of the involutory cycle, the negative polarity is default dominant over the positive.

Yet it is in the extremes of negative polarity domination that the opposite, positive polarity actualizes; balance of the horizontal polarities occurs and the experience of awakening happens. The experience of awakening is almost always under the guidance of an authentic master. With awakening, a glimpse of true reality may happen. There may be other experiences that can range from very intense to very subtle. But it is at that point that consciousness shifts and the evolutionary cycle begins. This is the cycle through which consciousness fulfills its primary intention, to fully be itself through the experience of its wholeness and fulfillment in human form.

*Again, let us check in on our wakeful balance. Are you breathing and present as the experience of your existence -- your presence? If you are continuing your focus, you are enjoying the experience of true reality. If you have lost the Balance Position, create it again with focused awareness ... and watch it closely while you listen to my voice and watch my image on*

*your computer screen ... and most importantly, breathe! Maintain your wakefulness as we continue this class.*

Awakening is described as a bridge between the involutory and evolutionary cycles. Having awakened, we are on this bridge, yet we remain densely configured with all the baggage of the involutory cycle. But we are now on the evolutionary cycle and our consciousness has momentum.

The key in the mechanics of consciousness (within the evolutionary cycle) is balance. And, based on the principle of balance, we emphasize the non-dominant positive polarity and create balance, first in the primary trinity, consisting of our dense dimensions -- the Physical, the Emotional and the Mental Dimensions. We initiate the Holistic Lifestyle and, with it, a life-affirmative focus on emotions and the mind. We balance the physical body through diet and exercise and other life-affirmative measures. And we find ourselves meditating.

Meditation is a time-honored balancing technique in human consciousness. The focus is on the still interior, away from the busy, noisy exterior. With practice, especially with a meditation system that is designed for the modern times in which we live, we create balance within our two brain hemispheres. This balance is termed whole brain synchrony. In this way, we decelerate our brainwaves into a meditative brainwave pattern. With a precision system, such as Synchronicity High-Tech Meditation, we do so in record time when compared to traditional, classical meditation systems. The importance of the Holistic Lifestyle, including meditation that is designed for our times, cannot be overemphasized. With it, progressive balance in the dense dimensions unfolds. Brain balance increases, thinking activity slows and, therefore, stillness increases. One has moved beyond the post-awakening period and into the evolutionary cycle in which the effect of balance is now experienced as a weakening of the Mind-field. The blocking, oppressive influence of the Mind-field on the Heart-field lessens, and the Heart-field begins to open and flower as a coherent and dominant field. This is not surprising considering the inherent nature of the heart and its field.

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 communication 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.

Thus, 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.

Let's take a look at a few more basic facts about the human 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 3,000 to 5,000 times stronger than the magnetic field of the brain.
- \*Within the heart is a separate little brain and nervous system. This connects the heart directly to the neo-cortex, also known as the new brain or higher brain.
- \*The heart is autogenic, which 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 also measured in another person who is in proximity to them.

*Let's take a moment again to breathe and focus on our balance ... has the balance focus been consistent for you? Remember, balance stills the mind and allows the Heart-field to open and flower. Take a deep breath ... and relax a little deeper. Now, let's continue as we learn more about the Heart-field.*

All of the great wisdom traditions and masters speak of the Heart-field as the gateway to the holistic experience of true reality. All great masters tell us that the Heart-field is at the center of our individuated consciousness. Some people find this surprising that it is not the mind. However, as you have learned, the Mind-field is chaotic and incoherent, disharmonic and weak. It only has the power we give it through illusion. However, until we actualize the Heart-field, we cannot experience true reality through a direct 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, based on the information given to this point, the relationship of the Heart-field and Mind-field becomes much clearer. Master Charles tells us that all masters know this through their own experience. They know the Heart-field is a coherent field and the gateway to our universal consciousness. However, they also know that the Heart-field is suppressed by the

Mind-field. Thus, they make the Mind-field the primary focus to their students. They know the mind must be balanced, mastered and transcended in order that we can gain access to the Heart-field. They know it must be balanced for the Heart-field to open. And this is illustrated in our final Graph, which shows the two vertical polarities in interactive synchrony through an open coherent Heart-field.

Ultimately, the key to this experience is balance, balance that is delivered through the Holistic Lifestyle in the evolutionary cycle of human experience. A Holistic Lifestyle aimed at balance with modern meditation at its center delivers the balance for our subtle dimensions to actualize, and for the Heart-field to open and flower. And through the gateway of the coherent Heart-field comes truthful interaction of individuated and universal consciousness with the resultant experience of wholeness and fulfillment. This is the experience of universal and individuated consciousness interacting on a nano-second by nano-second basis to deliver a true experience of reality.

And what is the experience of a fully actualized Heart-field? Well, this is the point of the class. Throughout this class you have been participating in an application of balance. The Balance Position is one such example, but there are many available to you. The Balance Position evolves to become a constant, but at the beginning one must practice it. Remember, evolution in human consciousness is a process. It takes time and practice. The Holistic Lifestyle includes focusing techniques that we term "Technologies of Now". You have been introduced to many of these in your previous courses. They assist us in creating balance until it is natural and constant.

In the Balance Position, just watching the experience of the class unfolding as a happening, you are creating balance in duration. Your mind settles down and becomes still. With stillness in duration, in the Balance Position, you are meditating. Your awareness expands; you are more wakeful and more aware of your Heart-field. And you are aware it is open. Life is effortless. You're watching consciousness orchestrating the show of your life. You observe your experience. When you do not try to understand everything as a mental concept -- but rather listen from your heart -- a clear and truthful understanding of what is being said will always reveal itself to you. Because your mind is quiet and your experience is of the heart, you feel peace, contentment, gratitude, happiness, joy and love. You feel your presence, your energetic experience of blissful consciousness.

*Breathe and feel the sweetness of this moment.*

There is only one more very important thing to add in our class today. And that is, that evolution in human consciousness requires the guidance and empowerment of an authentic master to guide the process to its full flowering.

In your next class, Phil Duncan will summarize some key points of today's class, and also answer some of your questions about the Mind and Heart-fields. If you have a question, I invite you to post it on the discussion board of this course. During the next week, I encourage you to practice your most effective techniques, your Technologies of Now for creating balance. And whatever you like best, be sure to practice the Balance Position we have emphasized today so as to carry it forward into your week.

And finally, I thank you for being with me in today's class.