

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

Class 4: Summary of Course and Questions

Phil ... Welcome ...

Welcome to class 4 in our course, *The Mind-field and the Heart-field*. In this final class of formal course content, we will summarize our understanding of the Mind-field and the Heart-field. We will also continue our experiential practice of balance to actualize our Heart-field, and we will answer some of your questions.

To begin, I'll pose a question to you. Why are you here, in human form? As individuated forms of the one consciousness, we're here to fully experience being human. And we're here to master that experience. To do so, we must have a sound strategy. We must know where we are and where we're going. Otherwise, there's an old saying that rings true: "When you don't know where you're going, any road will do."

A truthful instruction manual is essential, along with a modern GPS, that shows us exactly where we are in our journey. In other words, we must have the tools to "do the job". This instruction manual -- the guidebook of which we are speaking and the GPS for where we are -- is the Holistic Model of Reality and the Mechanics of Consciousness. The model and the mechanics is a most important contribution that Master Charles Cannon has made to our world. In it, he has fully delineated a modern understanding of a time-honored truthful model of reality. Furthermore, Master Charles recognized that a Holistic Model of Reality can be completely intellectual, unless it also includes a way to actualize it. And so, he created the Synchronicity Holistic Lifestyle, to give us the necessary tools to make the model work.

In this class, we will refer, again and again, to the Holistic Model of Reality and the Mechanics of Consciousness as both the concept and the experience of true reality. Remember that true reality is our experience when our Heart-field makes the truthful connection between our Individuated Consciousness -- that is, our dense dimensions -- and our Universal Consciousness (our subtle dimensions).

And it's time to pause. Before proceeding, let's step back from concept and move to experience. Begin by simply slowing down ... take some deep breaths with awareness ... feel yourself relax. The content of the class will happen soon enough.

As you have observed, this course has had an equal focus on concept and experience. You have found your classroom material frequently placed on pause in order that we may practice exercises in experience. And the focus of all of our exercises together has been on balance.

For the experience of this course to actualize, balance is necessary. So, throughout all the presentations, we have repeatedly brought focus to our wakefulness, which can only be experienced when we are consistently balanced.

Our primary balancing technique is the Balance Position. The Balance Position is natural in the evolution of a meditator. It's a technique that can be practiced to perfection. Master Charles originated the Balance Position. He coined the term, and he's taught us how to apply it.

So, now, let's refresh our focus on it. The Balance Position simply involves bringing awareness of your non-dominant, interior polarity and bringing it into simultaneity with your dominant, exterior polarity ... awareness of the stillness simultaneous to the noise. Both polarities are always present ... they are always interactive. They are always oscillating, back and forth. The oscillation is natural.

Initially, we have to call our attention to this simultaneity over and over until it becomes substantiated. And this is the reason why we practice. Yes, the Balance Position is natural. It's our nature. But until we are substantiated in the unified state of oneness, we have to practice bringing our awareness to it.

When you maintain the Balance Position in duration, you observe some things happening. Your awareness expands. You experience yourself wakefully. You find your wakefulness to be more palpable, more vivid. You watch the mind as it settles into stillness. You watch your Heart-field open. You notice this by your feelings. What are your feelings now? Let me share with you what I'm feeling. It's best described as an "inner smile". It feels peaceful, and content. It feels happy and loving. Do you notice feelings that are happy, peaceful, and love-based? In balance, our individuated and universal consciousness have a true communication. We experience true reality -- the reality of ourselves as one blissful consciousness experiencing life lived truthfully. Master Charles tells us that another term for life lived truthfully is "love". Love and all the human descriptors of love -- such as happiness, contentment, delight, compassion, joy -- are all the experience of blissful consciousness.

As we continue, maintain the balance you've created ... watch your resulting holistic experience as this class unfolds. Now we will proceed.

In the depths of the involutory cycle of consciousness and, even after awakening, the negative polarity is dominant. It's the default dominant, and this is appropriate. It's part of the process. You now know that consciousness must fully experience what it is not through the ego-driven virtual reality. This is the experience of illusion.

When the experience of illusion is complete, when the individuated form of consciousness is full in the experience of who and what it is not, when it has journeyed the experience of virtual reality completely, a most important event occurs. This event is termed *awakening*. Your previous classes have fully developed the awakening process for your understanding. When awakening happens, all one can say is that it's the experience whose time has come. You also know that awakening almost always happens through the agency of the authentic master.

Following awakening is the cycle by which consciousness returns to its unified state of oneness. The illusions of the separate "many" are dismantled. One progressively experiences unification of the seemingly different polarities into the one that they've always been. This cycle is termed the evolutionary cycle in human experience.

Your previous classes have focused in depth on both cycles -- first involutionary, and then evolutionary. It is through an understanding of the vertical polarities that we come to see how the evolutionary cycle is actualized. We begin with an illustration that simply depicts the vertical polarities of the relative field as subtle and dense. Our subtle dimensions correspond to the supra-causal, causal, and subtle dimensions. Our dense dimensions correspond to the mental, emotional and physical dimensions.

The next illustration shows a 4-quadrant representation of the Holistic Model of Reality. Bring your focus to the left upper quadrant of the illustration. Upon creation of the relative field of experience, the positive polarity is dominant and there is just enough negative polarity for form to exist. Through the process of downward causation in the involutionary cycle, consciousness contracts into energy, then matter, and finally into the matter of dense form that we experience as human beings (these physical bodies and the myriad forms in our physical world). In this cycle, the negative polarity progressively increases and becomes extremely dominant as shown in the left lower quadrant of the model. We've seen this in ourselves and in the default dominant imbalance in our world. The symptoms of this imbalance are experienced as the pathology of fragmentation -- separation, egocentricity, and selfishness. Our experience of fragmentation can be summarized in one word -- "suffering".

With awakening, the process of reversal of polarized dominance from the negative polarity to the positive polarity begins. Following awakening, the primary principle of the mechanics of consciousness is "balance". Balance is created through emphasis of the non-dominant positive polarity. Returning to our 4-quadrant model, bring your focus to the right lower quadrant of the illustration. You see that the beginning of the evolutionary cycle is still characterized by negative polarity dominance. Yet, with balance, this dominance progressively

weakens, and the positive polarity progressively increases. There's a point of balance mid-way up the evolutionary cycle in this schematic diagram. At this point, wherein the dense dimensions are relatively balanced, the subtle dimensions actualize.

Throughout this first part of the evolutionary cycle, all the dense dimensions are coming into balance through living the Holistic Lifestyle, which includes meditation. Our physical body, our emotions and mind are progressively becoming balanced. The busy, thinking mind slows down. It becomes quiet. There is progressive stillness. With balance and stillness in duration, the Mind-field is essentially neutralized and its blocking effect on the Heart-field is relinquished. The Heart-field actualizes and progressively opens and flowers.

From previous classes, you know that the Heart-field is a coherent, harmonious energy field. The nature of the heart is love. Love is a positive-polarity experience. Therefore, there is finally a connection by which universal consciousness can truthfully interact with individuated consciousness through a coherent Heart-field connection. There is no longer a limitation in the relationship between universal and individuated consciousness. The incoherent, interfering Mind-field no longer stands in the way. And the truthful downloads from universal consciousness, which is all-possibility, result in the experience of true reality replacing the virtual reality of the mind.

In our last look at the 4-quadrant illustration, we now focus on the right upper quadrant where we see progressive positive-polarity dominance. This experience is true reality as one blissful consciousness. Master Charles tells us that there's no end, no goal, no final destination. He tells us: "there's eternally more".

It's time for a balance break. Before we proceed, let's revisit our balance and wakefulness. Are you maintaining your focus ... are you holding your two polarities (the interior and exterior) at the same time -- in balance? It's most important to maintain the Balance Position in duration. If you are watching your balance in duration, you're experiencing the positive polarity as it increases in dominance. The experience of balance is most important ... you may not remember the concepts, but you will never forget the experience.

Well, you have the summary of our course. It's a brilliant concept, and it is completely experiential as well. Master Charles often tells us that all great masters have always known this -- that the Heart-field is the gateway to the experience of true reality. They've also known that the interfering Mind-field must be addressed first. The Mind-field must be disempowered before the Heart-field can actualize. So the great masters, and this includes Master Charles, spend much time with disciples and their illusory Mind-fields. They know it's all about balance, including meditation, to get to this point.

From previous classes, you know that the concept we have been exploring together in this course has sometimes been called The Creation Game. Why? It is analogous to a game of hide-and-seek in which consciousness hides itself from itself, only to take great delight in finding itself again. Ben Radtke did an exceptional job presenting this in Class 2. The challenge in being human is to play the Creation Game masterfully and, in doing so, enjoy the full expression and mastery of the human journey -- experienced as balance, wholeness and fulfillment.

This, then, concludes our course summary. Now I will address some of your questions. But first, let's pause ... slow down a moment ... focus on some deep breaths with awareness ... and re-install the Balance Position if it has slipped in our experience. Just take a moment. We will proceed soon enough.

Now our first question. Why is it said that the heart is wiser than the intellect?

Did you know that human beings have more than one brain? We have a brain in our head. We also have a brain in our gut and a brain in our heart. The three brains are connected and interactive. They represent our dense dimensions. The brain in our gut represents our physical dimension. The brain in our heart represents our emotional dimension. And, of course, the brain in our head is our mental dimension. When the dimensions are balanced and harmonically coherent, then they interact with the subtle dimensions of universal consciousness by way of the Heart-field, which is often called a gateway.

Regarding our mental dimensional brain, the mind-intellect is a data processor. Almost all of its software is virtual -- i.e. imaginary. Its field is incoherent. Thus, it doesn't have the power or creative intelligence of the Heart-field.

The Heart-field, on the other hand, gets its creative intelligence through its interaction with the supra-causal dimension of universal consciousness -- the crown vortex. When the connection between the Heart-field and the crown vortex actualizes, it represents balance of the two vertical relative polarities.

Compared to the Mind-field, the Heart-field has by far the greater power and amplitude. Master Charles has often told us it is the center of our individuated consciousness. It's the gateway to our universal consciousness. The Heart-field is the connection, not the mind. The heart's more powerful. It's more creatively intelligent. For these reasons, the heart is considered wiser than the intellect -- truth versus illusion. No contest here.

Once again we briefly pause and refocus on the Balance Position -- the simultaneity of what is happening in this moment in relation to our inner stillness. If you then maintain the Balance Position throughout this discussion, then you know that these points are true because it's your experience. If you have been imbalanced due to a primary focus on the content we've

discussed, then your mind is trying to convince you that it's wiser than the heart. So, keep your focus on the Balance Position as we continue.

Next question.

We have learned that the nature of the heart is love, and human beings experience and express love. Yet, it is said the Heart-field must be opened for the experience of true reality. Why is the heart not already open?

You are correct in understanding the nature of the heart as love, and that human beings experience and express love. Yet, human love is also a dense dimensional experience. It's colored by the virtual reality of the involutory cycle. Therefore, human love, as a rule, is characterized by the illusions of attachment, possessiveness, ownership and so on. It's often flavored by wanting the experience of love to be other than it is. So human love is most commonly egocentric and self-centered, despite statements to the contrary. Mostly, human love is not truthful. Of course, there are many examples of unconditional love. A good example is the bond between mother and infant.

So, yes, the true nature of the heart is love. And love is what the heart expresses. However, this experience is not dominant in human experience. The dominant experience of the emotional dimension is fear, not love. The positive polarity of the emotional dimension is love. The negative polarity of the emotional dimension is fear. In the imbalanced human being, fear is dominant. Also remember, the dense dimensional polarities are not isolated, but rather they're interconnected. They're interactive with each other. What happens is that the dominant, life-negative Mind-field influences the Heart-field by blocking its true expression.

Only when balance has been brought to the emotional and mental dimensions through the balancing practices of the Holistic Lifestyle, only when the Mind-field has been disempowered to stillness -- only then does the true nature of the Heart-field (as love) emerge and flower. This is unconditional love. It's a coherent energy field. It's the gateway (or the connection) to universal consciousness and the experience of true reality.

Your next question. How does meditation disempower the Mind-field?

First and foremost, Master Charles teaches us that meditation is a balancing technique. It's the primary balancing technique in human experience. The default-dominant focus of humanity is to the outside. The non-dominant polarity is to the inside. The negative polarity of the mind is active and busy, external. It's noisy with thoughts and words. The non-dominant positive polarity of the mind is quiet. It's still. It's empty like the spaces between the words.

When you meditate, you close your eyes and shift your focus from the outside to the inside, from the exterior to the interior. With this simple shift, you create balance. You

emphasize your non-dominant positive polarity and create balance. With practice, you find yourself watching the spaces between the words rather than the words themselves. With balance, your awareness expands and you're more wakeful. You're watching stillness.

The same mechanics apply to the Mind-field. It's a product of the ego-driven mind and its illusory database that creates a virtual reality. With the balance of meditation, the Mind-field is gradually dis-empowered. The illusory database is gradually relinquished. Ultimately, the mind becomes dominantly still and the incoherent field of the mind becomes balanced. It no longer interferes with the Heart-field, which then emerges as the dominant field of individuated consciousness.

Your questions have been answered. But remember, we will have a final live teleconference session together following this class. Please check your course schedule for the date and time. At that time, we will share a session on our course together with the other faculty and answer your additional questions. Please post any questions that you have in the course discussion site.

In conclusion, this has been a good course for understanding the mechanics of consciousness. You now have a solid, conceptual grasp of the Mind-field and the Heart-field. You know what they are and how they interact. You have also created the experience of truthful reality that results when your Heart-field, the center of your individuated consciousness, is open in its connection to your universal consciousness. The experience of true reality is blissful consciousness.

As we prepare to close, check in one last time on your balance. Maintain your Balance Position in duration and experience the true reality that this course has both pointed to and that we've experienced together. And continue your focus on balance and the Balance Position right up through our last session together. One more point: we encourage you to post your personal experiences of the Heart-field so that everyone in this class may experience this important sharing.

It has been my great pleasure to participate with Master Charles and the Synchronicity staff in this course on *The Mind-field and the Heart-field*. The Synchronicity staff looks forward to our last session together.

Thank you.