

The Integral Yoga: Access Through The Heart - March 12, 2019

The access to the supra-consciousness brings us to discuss the plane of perception through the heart chakra. The heart chakra is called *Anahata* and corresponds to the heart in the physical sense. It controls the emotions, which are usually fairly strong (note emotion comes from the Greek meaning 'blood'), and also the more common feelings and sentiments. It also governs the intuition.

These concepts do not obviously agree with the scientific modern research which connects these functions to the brain and the thought process (Ajna). Science rarely sees the distinction between the knowledge of the heart and the knowledge of the mind. But it should also be pointed out that there is still a lot of connectivity between the heart and the brain, between thoughts and sentiments, that seems to be mixed but as with oil and water, won't ever completely fuse together. Our decisions will draw from both the rational and the sentimental, but the mind will often go with the rational process since it is more favored socially. Both are actually needed for balance, and it is commonly known that the one with the great heart is certainly more lovable than the intellectual one. They also tend to have more common sense. However, in society at large it is the brightest ones who govern, and they even look down upon the sentimental ones. Nonetheless, the heart is the center of divine consciousness, and great growth occurs at this level.

From a spiritual view, **the heart thinks, just as the brain does**, however the heart thinks in feelings and the brain in terms of ideas. These are not irreconcilable. Spiritually, there is no class structure, or elite, and all are invited equally, whether intelligentsia or commoner, as was the case for the teachings of Gautama Buddha. It is true that in our human condition we have to use the language of the brain to describe the sentiments of the heart. It is the only way that one can do so, but, as everyone knows, our language cannot adequately describe our feelings and emotions and even less so when we endeavor to describe beauty. Usually, most people can agree that a particular sunset is beautiful, without question, but none can describe what beauty is.

The heart has thus no specific language of its own and uses the language of the brain to articulate a description of its feelings. It does not follow an intellectual or discursive thought process. This is why it is so difficult to describe beauty or ugliness. It is something that one 'feels' but cannot explain. It is often said that the apprehension of beauty is one's first true spiritual experience.

On the other hand, **the thinking of the heart is not susceptible of error or lies**. There is no language with which to lie. A clairvoyant communicates with the heart for this reason, the message is pure. The mind does not alter it. In a concert hall, the public

communion with the music is complete and unique without any verbal explanation needed. Meditation focused on the center of the heart will often help before a big decision. Remember the process of accessing the supra-conscious, which is ever open and available, is to be accomplished through the heart only.

The principle of liberation in the spiritual sense, and by this we mean liberation from the grip and limitations of the mind in favor of the freedom of the heart, requires the complete integration of our fractional self to achieve the perfection. We must master the complete integration of our 'single wave' in the ocean to be fused in total harmony with the immense ocean.

In the Yoga this integration is performed with the help of the Divine Shakti, a primordial cosmic energy representing the dynamic forces that are thought to move the action of the entire universe. She is the concept and personification of divine feminine also known as the Great Divine Mother, or the Virgin Mother in Christianity. Shakti is also referred to as Kali, or as Kundalini.