

AWAKENING THE HEART CENTER

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For many years in my studies, I have felt inspired to tune and activate my heart so that I could be a more useful tool in service to humanity and to all creation around me, in cooperation with, and with guidance from, the God of my Heart.

That is why our topic is Awakening the Heart Center.

Anatomically, the heart is located in the thoracic cage, between the two lungs. It is shaped like a curvilinear pyramid with the larger muscle mass on the left side. This explains why many people think that this organ is located on the left side of the body. The heart controls blood circulation and therefore plays a fundamental role in our metabolism. The heart is considered to be the seat of life.

The heart depends neither on the brain nor on the cerebrospinal system. The heart acts independently of our will. All its activity is controlled by the autonomic nervous system and the hypothalamus, seat of all involuntary functions of our physical body.

However, we can do our part in helping the heart to function at peak performance.

First, any excesses of toxic substances such as alcohol, coffee, and tobacco should be avoided since these substances accelerate the rhythm of the heart and tire it. Second, physical rest is needed so that the heart can regenerate itself. Third, it is important to

avoid excessive stress and anxiety as these are the source of many heart problems.

It is useful to remember that the heart's action is dual in nature. First, blood is sent to the lungs so that it can become permeated with oxygen and Vital Life Force. Second, it pumps this re-oxygenated and revitalized blood to all parts of the body, supplying them with the positive polarity of Vital Life Force. As for the negative polarity of this force, it passes into the bloodstream mainly at the level of the small intestine

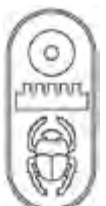
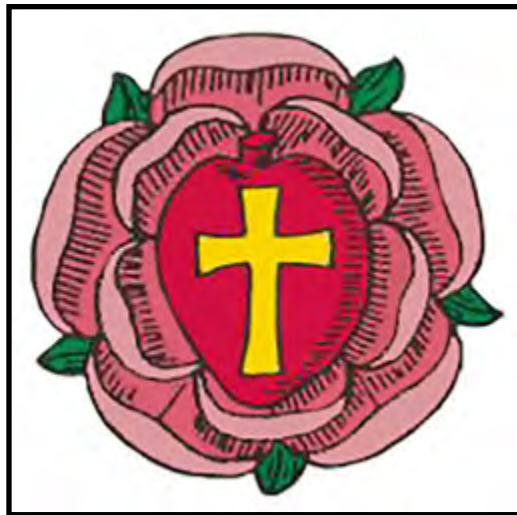
where the nutritive substances produced by food are found. Therefore, on the physiological level, the heart is the organ through which our entire being receives its "material" and "spiritual" vitality.

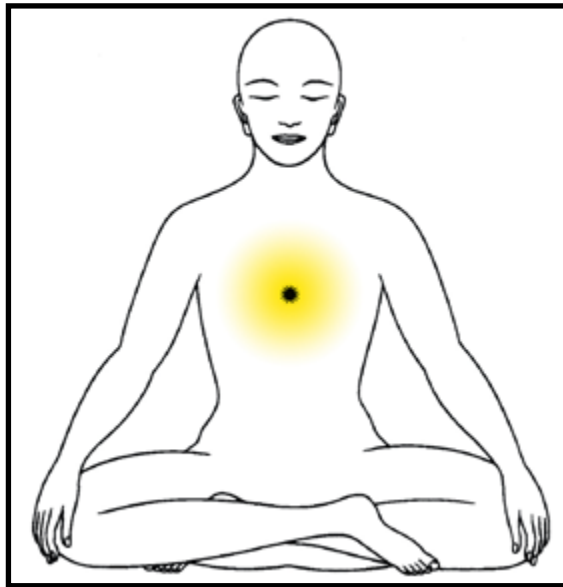
By definition, the heart center is the psychic counterpart of the heart. It is therefore located in

the same place, that is, between the two lungs, in the center of the chest. Among the seven major psychic centers, it is the most voluminous of all.

What is the specific function of the heart center? It can be said that the emotion of love originates in the heart center. For this reason the heart is the universal symbol of love. In a wider sense, it is through the heart center that we feel the love of others towards us and generally the positive thoughts they send to us.

The heart center does not only make us feel the love, friendship, and kindness





that radiate from others. It also radiates the love, friendship, and kindness that we feel towards others. We can notice that in some religious iconography, angels or saints are often depicted with a radiating heart, a symbol of the compassion they feel towards all human beings. Along the same lines, the positive vibrations we radiate when we are happy or when we are in a very elevated mystical state, especially during periods of meditation or prayer, originate in the heart center.

In keeping with previous explanations, the most compassionate and altruistic individuals are those whose heart center is awakened. These individuals are especially sensitive to the sufferings of both people and animals, and they try to alleviate them either through their profession or by supporting those who work for this purpose.

The heart center is stimulated by a vowel sound intoned on middle C. This center is also very sensitive to the color yellow. The best way of awakening it is to use this sound and color.

Now let us perform an exercise to awaken the heart center. In this exercise we will intone the vowel sound on middle C. First, take a deep breath through the

nose, and hold the air in the lungs for a few moments.

While slowly exhaling, intone the vowel sound and visualize your heart center as a yellow sphere approximately 15 cm or 6 inches in diameter.

We will repeat this process for a total of seven intonations.

Then please remain in silence and be attentive to any impressions you may receive.

Now please, place the joined tips of the thumb, index finger, and middle finger of your right hand over the heart. If you find the position of these fingers too tiring, simply place your hands on your lap throughout this exercise.

Please close your eyes, take a deep breath through the nose, and hold the air in your lungs for a few moments, then exhale slowly and intone then exhale slowly and intone the vowel sound associated with the heart center.

We will do this seven times.

Dear Fratres and Sorores, we have now regenerated and revitalized our heart centers, both physically and psychically.

In light, life and love!

So Mote It Be!