

THE HEART — Through the heart we receive many gifts

Natural Laws and Spiritual Advancement

No matter how much time we spend speaking to one another, there is a point at which we have to become silent. Before we switch from event to event and act to act, we take pauses of silence that can be conscious or unconscious. Consciously experienced silence is inspirational and the deepening of such silence can lead us to access intuitive wisdom.

We live under the assumption that there are fixed natural laws governing forces such as gravity. However, these laws can be seen to vary in their effects when our perspective changes. Universal forces combine and recombine at different times and stages, in different patterns, making the apparently impossible possible.

There is one supreme intelligent force, hitherto unknown, that encompasses all the forces we know today. It divides into various forces and sub-forces to govern itself and its creation. This does not happen just once or twice: it is an ever-blossoming flower of creation that will never cease or fade. Creation becomes dissolved only relatively or locally in the infinitude of space. We are all a part of its beautiful pattern. These forces have a self-guiding system that is beyond our perception. We cannot create something absolutely different from the universe we live in; to invent something of that kind would be to turn against ourselves.

When we try to extend the frontiers of science too far we come close to the brink of extinction unless we use our knowledge and inventions with consideration for humanity, the planet and the environment. Such is the discipline, authority and protective nature of the universe. However, when our curious minds are harnessed together with our far-seeing intuition, there are no boundaries or limits to what we can explore and experience in this universe. We are still far from discovering the sanctuary of the secrets of life and creation. The beauty is that we have been granted the privilege of admiring, adoring and celebrating life with health, abundance and joy. However, in the course of challenging nature through our lifestyles and creativity, we have fabricated a net of minds called society and, although our physical comfort has increased, we have created domestic, national and global problems.

We need to pause and observe moments of deep silence as part of our daily lives and not only when someone passes away. When we observe silence and look inward to reconnect with the heart, with the spiritual self, we find the intuitive guidance that comes without words but with meaning. Thus, keeping in touch with the deeper spiritual self is of huge significance in our lives.

The guides are the forces of nature themselves, so guidance emanates from within them. *Everything that offers guidance is conscious, as is everything that receives guidance.* Hence we are conscious and the universe is also conscious, but we are usually unconscious of the guidance emanating from within and of the higher guidance coming into our hearts and spirits from the universe. In other words, everything is conscious in the ocean of infinite cosmic consciousness. Why are we not always conscious of this fact, when we could use it to

raise our lives to the peaks of beauty, truth, love, perfect health and eternity? This is because the universe itself has a purpose and meaning that we do not yet know. We make our own assumptions and interpretations, influenced mainly by our culture, background and other circumstances since birth. We must endeavour, from the heart, to minimize the effects and limits of such imposed conditions. We have a thinking mind, which is subject to temptations and is distracted by having to respond to the information constantly entering it. Above all, we are bound by the universal laws of discipline, in order for us to exist and experience life in our physical form. Much of our energy and time is consumed by the mind in responding to and processing the information. Hence, it is not always possible to become conscious of the guidance emanating from within us and the guidance coming from the universe, unless we undertake a humble, adventurous journey. Then we will be able to have a glimpse of what the universe is for us and what we are for the universe.

In relation to our physical existence the first conscious being is the earth; then there are animals, microbes and plant species. Because we have senses, we are sensorily conscious, whereas the earth possesses greatly expressed consciousness that manifests itself as valleys, volcanoes, deserts, oases and forests. Elements, which we can think of as, for example, fire, air, water, earth and ether, are greatly conscious of their nature and are guided by higher forces to retain their specific natures and to act accordingly. These elements obey the 'laws of nature'.

The laws of the outer world are different from the laws of the inner world. In the laws of the outer world, what we say is more important than what we think and how we feel. When we are in the inner world and our consciousness is largely internalized in the heart, we think differently and what others *intend* is more important than what they say to us. In the material world, nothing is ever enough, whereas in the inner world it is contentment and quality of life that matter, rather than the accumulation of material possessions. It is when we are more present in our minds that we seek material things in the world outside.

The effect of becoming more worldly is that we become more externalized. We engage ourselves heavily in worldly activities and our existence within shrinks dramatically compared with the more obvious outer existence. As a result we become exhausted. Though we see our reflection in the mirror, we find it difficult to recognize ourselves because we have extended our minds to reach the mirage-like outside world and in the process have become outsiders to ourselves.

If someone caresses us we find it difficult to feel it because we have become outsiders to ourselves during that state of externalization. If someone shakes our hands, we do not feel their warmth; when someone hugs us, we are not there. We accept these acts of warmth and tenderness mechanically but we feel emptiness within us, because we have moved away from being in our feeling hearts.

When our being is externalized, we have less contentment and more contention; less concordance and more contradiction. People with externalized consciousness feel empty, even though they have family support and physical comfort. They may also feel that they have achieved little, though they have achieved many things in worldly terms. The human body functions mechanically, obeying the laws of physiology, but the individual is not consciously involved in bodily activities. When the body functions like a machine, people may experience illness and discomfort, though there is nothing wrong with the physical body. When examined medically, they display normal health, yet a sense of discomfort, a perception of loss, a feeling

of emptiness prevails. However, there is a way to recover from this state of meaninglessness and apathy.

The first step is to reduce voluntary physical activity. We must bring our bodies to a state of rest. The second step is to synchronize our breathing with the rhythm of our bodies. The third step is to draw the curtains of our eyes in order to separate ourselves from the world and to protect ourselves from worldly temptations. In normal terms, we are merely closing our eyes but, in the spiritual sense, we are silencing the mind and reducing outgoing mental energy, consciously preventing extra brain activity from fatiguing us in response to outside stimuli. Thus we reduce the lavish expenditure of energy, and begin to descend from the ocean surface of the physical body to the depths of the inner being.

In this process, we begin to rediscover ourselves. Awakening our emotions, we are able to tap the power of creativity and unleash latent energy resources. Consistent practice of these steps can result in accessing our great potential. As we move from the surface of the intellectual-consciousness to the intuitive-consciousness of our being we begin to obtain answers and to find solutions. We discover our mystical beauty, rather than concentrating merely on our physical beauty.

Many people believe that being spiritual means withdrawing from the world, staying in solitude and silence, being detached and meditating most of the time. Or they may think dogmatically that we should live austere, giving up pleasurable activities.

Just as we learn to rediscover and recognize ourselves, we are also able to recognize others and relate to them. We become convinced of our mystical connection or spiritual relationship with everyone, regardless of background. We have realized our connection through the medium of experience, with all that exists.

We are no longer merely worldly or physical in nature; we are more human, more universal and more cosmic. We become increasingly connected with the inner and outer realms of consciousness and sense little difference between others and ourselves. We are connected. Wherever we go, we find friendship and witness love in others. Even extremely negative, materialistic people sense our positive energy and our positive effect, which is conducive to moving their hearts. The process of experiencing various dimensions of our spirit begins with the descent of our consciousness from the mind to the heart, to the core of our being.

If we cannot relate to others, if we keep finding fault with others, if we always have opposing views and conflicts and end up contradicting everyone else, then we have not recognized ourselves. We have not loved ourselves. Others can do physical work for us, but no one can eat for us. When we are thirsty, others cannot quench our thirst by drinking for us. How then can anyone else work for our spiritual growth? We must make the wish: 'I want to expand my consciousness. I want to realize my potential and resources. I want to know my unique nature and purpose in life.' Then the guidance of inspiration descends on us.