



## Awakening of the Divine Heart, and the Journey of the Heart into its Completion

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Because our focus in this retreat was healing and purification of the human heart, we did not have enough time to talk, meditate upon the Divine Heart, which is a name given to what we called previously just the spiritual heart.

It is the heart, Divine Heart, is the heart realized in pure subjectivity. And it exists behind the human heart, deeper. Where the human heart ends, the Divine Heart begins.

How does the Divine Heart become awakened? Initially, what is there is just the essence of I Am of the Divine, spark of the Divine, an information of the Divine, hidden inside us. And we need to discover it. We need to bring it into open. We need to actualize it.

When the human heart is awakened, it already begins to activate that spark of I Am, the spark of the Divine. But the human heart alone cannot awaken that spark. It is done through a different process. Pure attention, which is the spirit of recognition, has to enter that spark. And as it enters that spark, that spark becomes activated and additionally pure me of the heart comes into existence.

And it is an interesting pure me, it is an interesting pure me, because it is made from two nucleuses. The nucleus is the center of pure me, and the heart of pure me. But here, additionally, there is the nucleus, the pure me of I Am, of the Divine. So this is what makes it unique.

We are not going to look into all the details here. A simple guidance will suffice. We have been working with the spiritual heart, the Divine heart, for a long time. Most of you should be able to recognize it with relative ease.

Why pure me needs to be established in that space? For two reasons. One is to open the space, to create the space, because at that point there is no space yet. There is just a spark that is not even actualized. The experience of the Divine heart is either limited or it is with none whatsoever. So pure me has to be born to activate that spark. It is a function of pure attention and to open the space. So as you stay in pure me, because you are supposed to cultivate it, you are supposed to be in it, you open that space. The innermost space. The human heart has also space and has inner space, but the spiritual heart, the Divine heart is the innermost space. It is deeper.

What is the meaning of the Divine heart? Isn't human heart enough? The meaning of the Divine heart is to bring into our existence the knowledge of the Divine. There is also love, there is also Divine in the human heart, but the Divine in the Divine heart is different. It is love-being. It is not connected to creation as such. It dwells in different dimension. It is transcendent.

So first it allows us to acquire the knowledge of the Divine, but later also the presence of the Divine heart allows a deeper transformation and deeper awakening of the human heart, as you will see.

So we have here two hearts. One is human, one is different. It is not impersonal, because pure me of the heart is supposed to be embodied through personal intelligence. So there is a personal dimension to it, but in a very different way than in the human heart. It is

personal indeed, that pure me of the heart, but it is not human. Human heart is personal and it is human. So more or less that is the difference.

So as I said, pure me needs to be awakened by pure attention activating that essence of I Am in the heart in order to create space, to open space. This is very important. And second, in order to make it constant, to make it permanent. So it is not just an experience, but a natural constant state.

You could ask, how can I distinguish whether I am experiencing the human heart or the Divine heart? This question may arise if your human heart is open, spacious, deep. Well, the human heart at that point is lacking one thing. It is lacking pure subjectivity. There is subjectivity, certainly. You know it is your heart, you feel it. But it is not pure subjectivity. We'd say it is an imperfect subjectivity. So that is one way to make the distinction. But then again, if you don't experience Divine heart, you don't know what pure subjectivity is. So you may still get confused.

Divine heart cannot experience human emotions. It is not an emotional heart. So the moment you experience emotions, or you are able to activate emotions, that is already human heart. Human heart, it is not just about emotions. It has a human flavor to it. This is what makes us humans. What makes us human. Something very special. And we sort of take it for granted. We don't have a distance from it to really understand what it is. But it is unique and important. And it is good if you try to get in touch with that. What actually makes you human? And what makes your human heart being human?

The Divine heart offers the human heart a connection, a direct connection, to the knowledge of the Divine. That is why it is actually very, very important. Its awakening is very, very important.

For those who have not been really in touch with the teaching, Pure me is a center of the soul created usually at the portal to the beyond. An extension of the soul into the beyond. A new me. A new identity. And it is very fine, very subtle, very different than person. When you surrender to Universal Consciousness, you need Pure me. To awaken Pure me first, because it is Pure me which is entering Universal Consciousness. But, again, the unique situation with the Divine heart, that it is not a portal to the beyond. That I am in the heart, you could say it is an immanent beyond within us. It is the beyond that has already lived with us and now is being just recognized.

So we have two spaces here. Space of the Divine heart and space of the human heart. They co-exist. But, of course, when you are working with the Divine heart, you are emphasizing the awakening of that dimension more. Even though the human heart still should be open. And, actually, the fact that it is open is supporting and completing the awakening of the Divine heart.

In the ideal scenario, a student has already reached the Absolute. Has passed through the portal of the Tientien into the Absolute. Which is the Source. What we perceive from our relative standpoint as the unmanifested. Space containing everything. And then, again, in an even more ideal scenario, that student has realized what we call Absolute Subjectivity. Where not only the final depth of the Absolute has been reached, but Pure Me, Pure Me of Being, in this case, has dissolved. And we have become, through our intelligence, that Absolute Space. We have become the Absolute. Right? And if the Absolute has been reached, and the heart, Divine heart has been awakened, what is the implication of that is that the Divine heart naturally moves into the Absolute. It doesn't have to surrender. It is in the Absolute. Meaning, it is in the Absolute Rest. It is in a vertical Samadhi. When there is no Absolute, the heart cannot rest. Irrespectively of its beauty and its Divine quality, it is imperfect. It is fluctuating. It is restless, energetically. This is

why Absolute is so important. And it allows the completion of the heart.

Imagine someone awakens the heart, Divine heart, but does not have the Absolute, and then is reaching the Absolute. So, reaching of the Absolute will allow the completion of the awakening of the Divine heart. Which also means that even though the Divine heart was awakened, it was not completely awakened. Because nothing can be complete without the Absolute.

So, the heart is resting. There is the space behind the human heart, of the Divine heart, filled with the pure subjectivity of pure me of the heart. And that essence of I am emanates through the space with the Divine quality. Divine heart is resting. It is in a state of stillness. A place where expansion and stillness meet.

The next step is... I would not want to confuse students who have not followed the teaching. There is no time here to go into too much explanations. But you will understand in time.

When the Absolute subjectivity has been reached, and the Divine heart awakened, at some point pure me of the heart also dissolves. It becomes forgotten. And forgetting pure me of the heart is actually very effortless. Forgetting pure me in being, in the Absolute, is more difficult. Here it is quite easy. You just forget it. And what remains there is pure subjectivity of the Divine heart and personal intelligence. And there is just one space between Divine heart and the Absolute. Everything is Absolute and everything is Divine.

The next step occurs through what we call primary subjectivity. Where the physical body surrenders through absolute let go. Basically all your body has to let go. Your body has to be in the state of surrender. And in this way your body enters the Absolute. And what happens then is the unification, natural unification, between spirit and body. Between pure subjectivity, sometimes we call it the innermost body and the physical body. Pure subjectivity automatically enters the body and the body becomes itself. Pure subjectivity.

Well, technically the unity of these two is called primary subjectivity. So what is the implication of that for the heart? The implication is that the Divine heart enters the human heart. And there is no effort here whatsoever, nothing to be done, no practice, it just happens as the body surrenders. The Divine heart enters the human heart. And they become actually quite indistinguishable. So, they become one heart. Human Divine heart, if you will. Not Divine human heart. Either way, one heart containing these two dimensions.

And what are the implications of that for the human heart? Human heart now, truly, fully, is experienced as pure subjectivity. And because it is experienced as pure subjectivity, it also means that intelligence can embody it deeper. And when intelligence can embody it deeper, it can be realized even deeper as the human heart than as it was before.

So basically the self-realization of the human heart takes another turn. Awakening of the heart is a journey, something that you need to keep in mind. It's not just having a thought, I have awakened my heart. So you did, but you will keep awakening it.

The next implication is that now the human heart not only has pure subjectivity, but it is in the Absolute. It is actually in Samadhi. And just think about it, about the further implications. How will that affect your emotions, the emotional dimension of your human heart? Everything here is in Samadhi. It is not that you will stop feeling, that you will not have emotions, but there will be a different quality to them. And certainly, assuming you have not healed your heart fully, you will be much more empowered in coming to that place. Your heart is whole. This is how it feels, whole.

Divine and human have become one. I mean the divine heart and human heart have become one. There is a deep space, complete vertical absorption, nothing moves, complete stillness. One could have a thought perhaps that this may disconnect us from our emotions, but actually that stillness, that absorption, because one is in a state of absence, but it is actually just the opposite. From that place, from that unconditional place, you are actually able to feel so much deeper. You can feel everything. Not just your human emotions, you can feel creation. Through your feelings, you can experience creation as living God, as the very manifestation of the divine. It is not that divine manifested this world, divine is this world. So the deeper your heart is awakened, the more you can feel, the more you can understand, the more you can experience.

There is a journey into the heart and there is a journey of the heart. It is not just about you trying to realize completion in the heart, the heart wants to realize his own completion. It is his journey. And that is how it is being seen from the higher place, from the perspective of the heart itself.