



The First Steps in Opening the Heart

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Some of the students in the last retreat had difficulties to enter the heart and if you cannot enter the heart it's difficult to initiate the process of healing, one. Second, it makes impossible to achieve one of the most profound realizations on the path which is realization of our divinity. Realizing the divine dimension of God within us. There can be several reasons why one can experience difficulties to enter the heart. One is because the heart is blocked, energetically closed. Second, resistance to enter that part of oneself. Resistance to become vulnerable. Resistance to get in touch with one's pain. Certain fear to enter the heart. There can be also insensitivity.

Such as that one cannot really feel what is there in the heart. Even if one starts to the work of opening it, one simply does not feel anything. Perhaps because one lived too much in the mind. So the sensitivity is blocked. And another reason is because even though the heart is

relatively open there are just too many things happening there. There are just too many quiet, confusing emotions gathered in the space of the heart. Too many energies. So one can find it really disturbing. And instead of bringing more consciousness to the heart and trying to add to the heart the quality of peace and calmness one is just evading the challenge. Instead of going to one's habitual places, to other centers where one feels more comfortable.

No matter what is the reason, if one truly wants to grow spiritually sooner or later one has to enter the heart. There is basically no choice. Living without heart, living without love, living without getting in touch with one's divinity is not a choice. It is an escape from making the right choice. The choice which is inevitable. The choice which is choiceless. Having closed heart is a common thing and in itself is not really an obstacle to enter the heart. It is just a starting point. One has to start somewhere.

And starting here means that we activate the intention to awaken the heart. The heart may be closed, but it is never fully closed. There is always something there. It is just that many people simply do not register it. The first step in entering the heart is, as you now very well know opening it energetically. The energetic space has to open. Awakening of the heart is more than energetic opening and it is more than healing the heart. Awakening of the heart is realization of love plus realization of the divine which are, on the one hand, one and the same on the other hand, not entirely. The divine is love, but it is more than love. So, in this meditation I would like to devote this time to assisting you in opening the heart energetically.

Even if it is opened energetically, it may very well be it is quite likely that it can open more. Those who fully opened energetically the heart are actually quite rare because there are many depths to the energetic dimension of the heart. Depths that can reveal themselves if you give yourself a chance to dive deeper into the heart, to explore it. Not being just content with a slight opening of the heart or having gentle access to the heart. You want to really go deep into the heart and for that to be possible you have to enter its energetic dimension. So step number one is just to be in the heart which means that you direct your attention to the heart. Even if you don't feel anything which is not unusual you still stay there with your attention knowing that by staying there it will energetically open up. This energetic opening is not necessarily sudden and complete. It may be very gradual but that is fine too and that is beautiful too. Now, as you know, we have the concept of pure attention attention which is beyond the kind of attention that humans usually use beings, in fact, any creatures, they use external attention.

External attention is spiritual attention, internal attention, internalized attention attention of pure subjectivity, attention of the inner realm, a very different attention. Well, most of you already know this. I am just saying it in the case that any new students are listening.

So anything that you recognize in the inner realm, in pure subjectivity in the realm of the soul has to be done through pure attention and pure attention is also required to recognize the essence of the divine heart the heart which is behind the human heart. But the thing is that pure attention is also needed to recognize the human heart. So when we say feel your heart, the common tendency would be to feel it somehow somatically in a similar way as when you are told to feel your arm or to feel your belly.

You can, of course, feel your belly but from the standpoint of self through somatic recognition, through somatic attention you are objectifying the experience. You feel something, you know that it is part of you, it is connected to you but at the same time it is somehow outside of you. You cannot really become it and so this is the limitation of somatic attention. It is the same as when one is told to feel the back of the head in order to recognize the pure me of consciousness, there is also a tendency to use somatic attention which makes the whole exercise unfortunately futile.

If you use somatic attention to feel your heart you may be able to activate the heart a little bit in time but your chance of success or to go deeper is quite limited. On the other hand, if you use pure attention your ability to enter the heart is much more empowered and above all you are doing it from the right place with the right attention. The reason being is that pure attention has sense of subjectivity, it is attention of self and furthermore it has intelligence which is being transferred from the person.

So there is something very real happening when you are using your pure attention to open your heart. Even if you have not entered the heart yet, somehow you are already at the door. The door is not opened yet but you are already connected to what is behind the door. So, before you can say I am in the heart, you need to be able to say I am at the gate to the heart, I am at the entrance to the heart and that I is pure attention.

It is a very specific kind of pure attention, the one which activates the heart. It is quite different how we usually speak of it. First of all, even if your heart is energetically open, I would like you to explore it because it is interesting. You are not paying attention to your heart, you are there. This is how you are working with the heart, you are there. Second, that

pure attention which is there, which is you, has stopped actually. So in a way, it has become like that nucleus of pure me.

But here awakening of pure me is not needed. That pure attention has a different function. Still, it has stopped so it became in a way pure attention center and it is in a relationship. The center is filled with intelligence and it is in a relationship with that heart that is meant to be opened. It is knocking at the door of the heart. So there is a deeper purpose of pure attention, several purposes. One is to facilitate the energetic opening of the human heart but there is a deeper purpose as well, quite an important one.

After that heart is opened to make the heart conscious because it is important to note that heart is generally completely unconscious. Even if it is somehow opened, it doesn't mean it is conscious. There is no subjectivity in the heart, there is no consciousness, there is no sense of self. There is just a flux of emotions, energetic manifestations and so forth. So what this pure attention does to the heart, it brings subjectivity to the heart, to the human heart. It is not yet pure subjectivity, it is nonetheless subjectivity.

Eventually, the human heart reaches pure subjectivity or primary subjectivity but that is another matter. Here, the most important is that this pure attention allows the heart to become conscious because how can the heart become conscious? That is actually an important question and it has to become conscious because if the heart is not conscious, it means it is not really awakened. Maybe opened energetically, but not awakened. So awakened, as we said, is about realization of love, indeed. But realization of love also implies that it is conscious because unconscious love is not the true love that we speak about here.

What pure attention does further, after the heart is opened, it gives subjectivity to the heart of that sort that the feeling me, the one who feels in your heart from your heart, not translating it from the mind but within the heart, the feeling me becomes conscious. It is that pure attention that not only awakens the heart, opens the heart rather, it also makes the feeling me conscious. So this is how you acquire eventually that sense of subjectivity in your human heart.

We have spoken about feeling me for many years but that mechanism by which feeling me becomes conscious was not really explained. And it is being explained now, better late than never. The main point here is actually not the main but one of the main points or perhaps the main point is that the process of opening of the heart should start from the right place.

Of course, you do not need to understand the concept of pure attention, you do not even need to know that you are doing it through pure attention. That is all fine, but you still have to do it through pure attention, otherwise how can you do it?

Who is supposed to feel your human heart? You can feel it somatically, try to feel it and you will objectify it. There will be always "I feel the heart" not as the heart. So who is feeling the heart? And we are speaking here about a situation that one has still not fully merged with the heart, this is still a process of opening it. Who is feeling the heart? Who is trying to enter it? Who is trying to open it? Who is begging the heart to open up? "Please open, I want to enter you. I want to realize that dimension of the soul because I miss it, I need it, I cannot live without it. I will never be whole without my heart. I will never truly feel without my heart. Please open yourself to me."

Who is asking that? There is only one, the intelligence of the person. And that intelligence needs to be the inward intelligence, the internalized intelligence but it is asking it from when being already at the gate to the heart through pure attention. Meaning, the person is not asking the heart to open from the head. He is asking the heart to open while being already at the gate to the heart. To say it simply, the intelligence which is one with that very attention which is feeling the heart is the one that is begging the heart to open and is working diligently to help that opening.

And that attention is not just waiting for the heart to open, it is actually helping the heart to open. It is contributing to the heart by bringing into it consciousness, sense of self, subjectivity. So in a way, if one can see, it is quite an exquisite process, quite extraordinary in fact.

The question is, is the heart just opening because we stay with our attention in it? Is it enough? It may be not enough. We need to simultaneously get in touch with the emotional dimension of the heart, of the human heart. Everything that was happening in the heart until that point was an unconscious process. The heart was experiencing many things or processing many emotions, but it was disconnected from conscious recognition. The heart was not conscious of itself, the mind was not conscious of the heart, and so forth. That does not mean it did not exist. It existed just in a very basic state and below the threshold of conscious recognition.

And now it is being linked to consciousness. Getting in touch with the emotional part of the human heart, which is a big chunk of it, is part of the process of making it conscious.

But getting in touch with these emotions, memories, hurts, moments of emotional exaltation in the heart is having an energetic impact. It enlivens the human heart because it now becomes more conscious and consciousness is also energy. It begins to wake up. Something is stirring up in that heart, something is coming back to life. All these feelings you have in the heart, they have energetic impact. But there is more to that, not just about energetic impact.

Because getting in touch with the emotional dimension of the heart is also part of the awakening of the heart. There is one type of awakening that we forgot to mention, which is emotional awakening. Awakening to love is one, awakening to the divine is two, emotional awakening is third. And getting in touch with the emotions, being able to feel what the heart feels emotionally, is part of that prerequisite for that emotional awakening.

So, long story short, being with your attention in the heart is of the essence, but it is not enough to open the heart energetically. You need to feel what the heart feels. You need to enter its emotional part. You need to experience it fully emotionally and sometimes even to experience in it your past because you have not experienced it fully. You have not experienced it in your heart before, you experienced it only in the mind. Meaning, you did not have the full experience. Because you did not have the full experience, the experience could not be properly digested or integrated. And assuming these experiences were negative in nature, so they left scars in your psyche. Why? Because you did not experience them fully.

That's why going into the heart often implicates that you have to relive some aspects of your past emotionally to experience them. That is not just for the sake of emotional healing, which is important, but actually going through these experiences or reliving those experiences is actually very important to activate the heart, to open it energetically, not existentially, but energetically.

First, you are entering your heart as if you are meeting someone you have forgotten, an old friend. And everything that is there is right. You can trust that nothing that is there is wrong. Everything is as it should be, even though it is just a starting point of what it will be, what it will become.