



Opening of the Heart through Feeling of the Pain

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Feeling the heart, you are helping the heart to feel. It may help to breathe to your chest because breathing, conscious breathing, is activating it energetically. It may also help to put your hands on your heart. Putting hands on your heart is beautiful in itself. Imagine the heart is putting hands on itself, your hands which are his hands too. You don't have to do it all the time, but now and then it is both helpful and it is beautiful. It's a form of prayer as well. Instead of putting your palms together, you are putting your palms together on your heart.

Now, staying there, sooner or later will activate it energetically. One should not be too much in a rush but rather appreciate the process itself. It's not just about attaining a goal

because each step of the journey into the heart is self-fulfilling. We spoke before about pure attention, or that bare attention, that sense of self which is feeling the heart from that place. From being at the gate to the heart, from that place, from being at the gate to the heart, meaning that the pure attention moves to the chest. That pure attention has intelligence, but moreover, it is also being directed by intelligence of the person. And what is here of the essence is how a person, through that pure attention, is relating to the heart. Because there is a relationship, and that relationship has to be loving, already nurturing, already devotional. Pure attention is a lover and heart is a beloved. In a way, that pure attention wants to enter with devotion, with gratitude, into the house, house of the heart, into the house, house of the heart. And let's assume that the heart has already opened to a degree, that process continues.

Because the pure attention wants to enter deeper, further. Wants to not just to be in that temple, but it wants to enter its main chamber, the main altar which is the essence of the heart. So it is very important to understand, it is not just about opening, awakening of the heart understood in general terms. It is about your relationship with the heart, because your relationship with the heart eventually translates into the relationship of the heart with itself. So that is very important. If you are not devotional to your heart, how the heart can realize itself? Impossible.

So you must stay there until the energetic space opens, and you will feel certain warm, expansive energy emanating from that place on the one hand. But you will also feel that you can actually enter deeper. There is certain horizontal depth to the heart. I am speaking here, we are speaking here, at this point about the human heart. So what happens is, as pure attention, the nucleus of pure attention enters deeper and the space gradually opens up more, you are becoming absorbed in that space. The more you are absorbed, the more you become one with the heart, which also means the more the heart becomes itself.

The next step is to, as we have already mentioned, to get in touch with the emotional dimension of the heart. This will assist its opening from within itself. Feel the emotions that were the deepest in your life. The most painful, where you felt shattered, where you lost all the hope, where you thought there is no reason to live tomorrow. Because the thing about the heart is that there is no more powerful emotion that awakens it than pain. But if one is simply suffering, when one is simply in pain, it does not necessarily help or is connected in any way to awakening of the heart.

It has to be, you have to experience that pain from the right place, right intention. Where you take responsibility for your existence, where you trust life. And in this case, we speak more about memory of your pain. To relieve that memory pain is that emotional pain that existence is using, also for a reason. One of the important reasons is to somehow awaken us from our complicity, from our state of being asleep, and from our lethargy. Sometimes even to break us and to melt our heart. It has to melt, because when it is frozen, how can it awaken? It has to melt, blow out. So when you are in your heart, and then you feel all this most terrible memories, or at least the most difficult moments of your life. Moments of abandonment, not being loved, perhaps completely lost, no hope, and the list goes on and on. Because that is, unfortunately or fortunately, a human condition. Your heart, you truly feel your heart. Your heart is going to burst, and this is how it awakens, through pain. Constructive pain. It's not the pain itself is constructive, but the way existence is using it. And it awakens through our constructive relationship with pain. And here, not only the heart is using pain to awaken, to open, but for the purpose to experiencing it fully, in order to release it, to heal it, to dissolve it. So when you feel pain in your heart, and it's usually connected to certain memories, how can you feel?

How your heart responds if it is alive? Use it for deeper awakening of your heart, for deeper surrender to your heart, for entering deeper that heart that suffers. We could even say that it is your love for your heart that allows the heart to heal. And in reciprocation, your heart heals you. As long as we have pain, it means that our heart has to be healed. It also means that our heart is not fully complete. So looking at it from another perspective, our heart needs our pain to awaken itself, to become complete. So in those initial stages of the work with the heart, we would recommend that you oscillate between periods where you simply stay in your heart gently, quietly, peacefully, in that beautiful embrace of your heart, and where you connect to the pain in your heart. Healing the pain is one thing. Using the pain for awakening of the heart is another thing. So if your approach is just "I want to heal my pain", which is understandable, and you are impatient to heal your pain and you somehow cannot, it means that your heart actually still needs that pain to awaken itself.