

# Linking to the Cosmic Heart

by Wendy Glaubitz

When I was younger, I wrote a letter to Sai Baba, asking him to help me to open my heart. I never received a reply, but I didn't really expect one. Just writing to him made me feel better because I knew that there was perhaps something Sai Baba understood about the heart that I had not yet discovered. I have been pondering on the 'heart' ever since. Here are some of the thoughts that have come my way.

As the heart opens, it reveals the mysteries of the universe. It seems to be a doorway to more expanded fields of consciousness and experience. The journey of life begins with the beating of the heart of the unborn child, signalling to the mother that her child is alive and growing within her. Later the child learns love through family and friends. Eventually, the growing human begins to explore the higher dynamics of heart that lead to love for humanity and all life. In this paper, we will explore the path of the opening heart, how it is fuelled by the downpouring of life energy from the monad and then how it opens as consciousness grows and flowers during one's sojourn on the planet.

## The Heart Center & Life

When referring to the 'heart', we are really talking about the heart center. As we know, this center is found between the shoulder blades along the central energetic channel going up and down the body. The center consists of an intense point of light that is the manifestation of the monad at this level of frequency. Radiating outward from the point of light, there are twelve energetic emanations which we call petals. The heart center between the shoulder blades is unique from the other four centers on the body in that a thread of energy coming directly from the monad via the soul and head center is attached at this energetic center and even at the etheric level in the right atrium of the heart organ. Through this thread, the pulse of the universe is stepped down to become the beating of our physical heart. This stream of energy coming from the monad is called the 'sutratma'. When it arrives at the causal body, it divides into two threads. One thread,

named the 'consciousness thread', continues into the head center and anchors in the etheric brain near the pineal gland. The other thread enters the head center and extends down to the heart center and heart organ. Via this thread, called the 'life thread' or 'vitality thread', the monad sends down the energy of Life – a Ray One energy – which is the reason why we can be alive. If this thread becomes detached from the heart center, we immediately die. In fact, when we die, the final step in the deathing process is for the life thread to detach from the body.

This life energy flows from the monad through the jewel in the soul lotus (causal body) and then through the head center and on to the heart center between the shoulder blades. From there, the life energy flows outward via individual nadis to the monadic points of light which are the other major centers. In this way the other centers receive the life energy of the monad. The life energy is then circulated through the whole etheric field of nadis, centers, minors, and points. In addition, the life energy coming into the heart flows directly into the blood stream which then carries the life energy to all the cells in the body. Interestingly enough, DK tells us that the healer's work is found in releasing energetic blockages so that this life energy may circulate freely through the whole human system. Therefore, our job as healers is not to focus on the consciousness aspect but to support the increased flow of life energy. In *Esoteric Healing*, DK says, "The healer does not work with the consciousness aspect. He works entirely with the life aspect." (*EH* 628) When there is more life energy in the system, consciousness will automatically increase.

After hearing this, you may be struck by the fact that life energy is a Ray One energy. And most of us do not think of the heart as a Ray One organ, expressing the energy of 'Will and Power', but more as a Ray Two organ with its energy qualified as 'Love and Wisdom'. To answer this, we may have to look to more cosmic reasons. Our solar system is a Ray Two solar system. This means that the energy coming through the heart of our sun is Cosmic Ray Two. Therefore, it follows that all rays of energy

within our system are sub-rays of this great Ray. Ray One in our solar system will actually be qualified as the 'Will to Love'. The inflow of life energy is circulating as the 'will to love' through our whole being. What a thought!

When addressing the heart center between the shoulder blades, we always need to keep foremost in our thoughts the fact of this attachment of the life thread to the heart and that it is an extension of the sutratma. In this way, the heart center is directly connected to the head center and to the soul lotus (causal body). And of course, it is also directly connected to the monad, the origin of the sutratma. Intrinsic to the heart center is a multidimensional aspect. We might even think of it as a gateway or bridge to higher aspects of 'Heart'.

### From the Heart of the Sun

In *Esoteric Healing* DK tells us, "The heart center corresponds to the 'heart of the Sun' (the inner point of life in all manifested forms) and therefore to the spiritual source of light and love." (EH 156) He goes on to say that the heart center is brought into full activity after the second initiation. At this point, the emotional nature has been brought under control of the soul and the main quality of desire of the emotional body has been transmuted into love. Then the heart center's true function emerges – to be the organ for the distribution of hierarchical energy "poured out via the soul into the heart center of all aspirants, disciples and initiates." (EH 156-7) As we know, the Hierarchy is the Heart Center of the Planetary Logos – Shambhalla being the Head Center and Humanity being the Throat Center. When we build the bridge to the spiritual triangle, we are finding our way back to our 'overshadowing spiritual souls' who dwell at the level of the Hierarchy on the Buddhic plane. So our true home is at the level of Hierarchy, the Planetary Heart Center. When we have made this link, the energy of love is made available to humanity through us and brings two results:

1. The healing of humanity through love.
2. The creation of a closer relationship between Humanity and Hierarchy.

With the opening of the heart center of humanity, the soul of humanity will correspondingly begin to manifest more directly on the planet. According to DK, there are two reasons for this:

1. The heart center's direct connection to the soul via the life thread.
2. The heart center as the lowest reflection of the 'heart centre in the head center' and the solar lotus (causal body).

Let us look now at the relation of the 'heart center between the shoulder blades' to the 'heart center in the head' and to the solar lotus.

DK goes on to say the following immensely meaningful statement:

"As the Bible says: "the love of God is shed abroad" in the human heart, and its transforming, magnetic and radiatory power is essential for the reconstruction of the world and for the establishment of the new world order. Upon the unfoldment of the heart center, and on an intelligent relation of mankind to the Hierarchy, with the consequent response of man to the energy of love, all disciples are asked at this time to ponder and reflect, for as a 'man thinketh in his heart, so is he'." (EH 157)

### Thinking in the Heart

"Thinking in the heart becomes truly possible only when the mental faculties have been adequately developed and have reached a fairly high stage of unfoldment. Feeling in the heart is often confused with thinking. The ability to think in the heart is the result of the process of transmuting desire into love during the task of elevating the forces of the solar plexus into the heart center. Heart thinking is also one of the indications that the higher aspect of the heart center, the twelve-petalled lotus found at the very centre of the thousand-petalled lotus (the head center) has reached a point of real activity. Thinking as a result of correct feeling is then substituted for personal sensitivity." (EH 157)

This ability to 'think in the heart' is gained through one's efforts to transmute the desire of the emotional body over many incarnations. And it results in the creation of what Assagioli has called the development of the 'I' consciousness – the ability to observe oneself as applied in the process of bringing the personality into integration and ultimately into fusion with the Soul. As we know, the ajna plays a direct role in the process of personality integration, and we see here that the urge to move into this process began with the opening of the heart center located between the shoulder blades.

In the book *Light of the Soul*, Alice Bailey (under the tutelage of D.K.) wrote, "In the process of unfoldment, heart development precedes head development. The emotional nature and the senses unfold prior to the mind, as can be seen if we study humanity as a whole. The heart center opens before the head center. Love must ever be developed before power can be safely used. Therefore, the light of love must be functioning before the light of life can be consciously employed." (LOS 293-297)

However, there is a unique relationship between the heart center between the shoulder blades, the heart centre in the head center, and the causal body in that they all have 12 'petals'. Bailey further clarifies this relationship between these three centers by saying, "It might be stated here that the awakening of the heart center leads a man to consciousness of the source of

the heart center within the head. This in turn leads a man to the twelve-petaled lotus, the egoic centre on the higher levels of the mental plane. The path from the heart center to the head when followed is the reflection in the body of the building of the antakarana on the mental plane.” (LOS 295)

### **Building a Bridge**

How is the path from the heart center between the shoulder blades to the heart center in the head center built? First of all, the fires of the solar plexus center must be transferred to the heart center between the shoulder blades. In undeveloped man, this heart center is said to be a closed lotus turned downwards. With the lifting up of the energies of the solar plexus, the heart center begins to turn upwards and its petals unfold. At the center of the heart center is the light of love. And when that center turns upwards, the radiance of this light illumines the path to the 12 central petals in the head center and then to the causal body of the soul. Bailey writes (LOS 294) that this reversal of the heart center is produced in the following way:

1. Through the subjugation of the lower nature which transfers the activity of all the life below the solar plexus and including the solar plexus, into the three centers above the diaphragm, the head, heart, and throat. This is done through life, love and service, not through breathing exercise and sitting for development.
2. Through the practice of love, the focusing of the attention upon the heart life and service, and the realization that the heart center is the reflection in man of the soul, and that this soul should guide the heart issues from the throne or the seat between the eyebrows (ajna).
3. Through a knowledge of meditation. Through meditation, which is the exemplification of the basic yoga aphorism ‘energy follows thought’, all the unfoldments and developments which the aspirant desires are brought about.”

Meditation supports the process of the heart center turning upwards with its petals unfolded. The path that is revealed is not the spiritual path but that path which leads us onto the real path. This initial aspect of the path is already within us. And it is revealed to us through the agency of the heart center between the shoulder blades. This heart center then leads us to the heart center in the head which is the real door to the spiritual path. At the same time, Bailey tells us that it is

all one path. However, the path of initiation begins at the heart center in the head and continues from there to the Soul.

As meditation and access to the head center deepens, we initiate the needed stimulation and unfolding of the other centers on the spine. This awakens the ajna and eventually the ‘Light in the Cave’. This light is formed near the pineal gland and is actually an extension from the heart center in the head down into the third ventricle of the brain. It is also the place where the consciousness thread is attached. Thus we can get a hint how the greater increase of life energy flowing from the heart center between the shoulders blades leads to the expansion of consciousness. When speaking about this light, Bailey says, “The light in the cave is the great revealer and purifier. It is what Christ meant when he said ‘Let your light shine’.” (LOS 296) This light is also connected with the development of higher intuition --the primary faculty of the Buddhist Plane and a higher quality of ‘Heart’.

As the heart center between the shoulder blades open, its resonance with the head center and the solar lotus initiates similar openings at these higher centers. Our personalities then come gradually into closer relationship with the soul, leading ultimately to fusion with the soul. As we tread this path, we eventually ‘realize’ our true nature as souls dwelling within the spiritual triad. We then connect directly to the Hierarchy, the Heart Center of the Planetary Logos and can join with full consciousness in service to Humanity and the other kingdoms on earth. Our heart centers then become agents of the Soul, not only our souls, but also the Soul of Humanity and the Soul of the Planetary Logos.

*Whoever loves flowers is on the heart's path. Whoever knows the striving to the summits is on the heart's path. Whoever thinks purely is on the heart's path. Whoever knows of the highest worlds is on the heart's path. Whoever is ready for Infinity is on the heart's path. Thus shall we summon all hearts to the realization of the Source.*

*Heart, Agni Yoga Society 226*

### **Bibliography**

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