Chapter 6: “The Secrets of The Spiritual Heart”

In truth, you are not your Heart. You are the experiencer of your Heart. What is it about the structure of the Heart center that permits it to close? What you will find is that the Heart closes because it becomes blocked by stored unfinished energy patterns from your past. If the energy patterns that are coming into your Psyche create disturbance, you will resist them and not allow them to pass through you. When you do this, the energy patterns actually get blocked within you.

What it means to live life is to experience the moment that is passing through you, and then experience the next moment, and then the next. This is how an awakened person lives in the NOW! They are present, life is present, and the wholeness of life is passing through them.

The overall system of perception is meant to work like this: We take things in, we are allowed to experience these things, and then they pass through so we are fully present in the next moment. While this system is in a working operative state, you are fine, and it is fine. You are simply having experience after experience. It’s a phenomenal system when it is working properly. If you could live in that state, you would be a fully aware being. That is how an awakened being lives in the “NOW”!!!

But this is not how it happens for most of us. Let’s say we are driving down a road and just noticing things as they pass by. The trees, the streetlights, other cars, everything seems to be passing through us. Then we see a car that resembles your girlfriend’s car, and there is another man in the front seat, and they are hugging!!! Now you are stuck, your mind starts to spin with thoughts. You are questioning was that really her car? At the mental level, the impression didn’t make it through. When the next moment comes, you no longer notice the trees, or the rest of the cars; your heart and mind are fixated on that one car, even though it is gone.

What you don’t realize is that your entire experience of life is about to change because of what didn’t make it through you. You will see is that your tendency is to think about constantly. This is an attempt to find a way to process it through your mind. All of that inner noise is just an attempt to process the blocked energy and get it out of the way. When you are unable to allow life’s events to pass through you, they stay inside and become a problem. These patterns may be held within you for a very long time!!! (Let’s Discuss Resentments).

This unfinished Energy pattern is called Samskara. This is a Sanskrit word meaning Impression, and in the Yogic teachings it is considered one of the most important influences affecting your life. A Samskara is a blockage, an impression from the past. It’s an unfinished energy pattern that ends up running your life.

Every one of the Samskaras that you have stored is still in there. Everything that did not make it through you, from the time you were a baby all the way to this moment, is still inside you. It is these Samskaras that encrust the valve of the Spiritual Heart. These encrustations build up and restrict the energy flow.

The point is that past impressions do get stimulated, even old ones, and they affect your life. If old energies come back up because you were unable to process them before, let go of them now. It’s that easy. Just open, relax your heart, forgive, laugh, or do anything you want. Just don’t push it back down. Of course it hurts when it comes up. It was stored with pain; it’s going to release with pain.
So you have a choice: Do you want to try and change the world so it doesn’t disturb your SAMSKRAS, or are you willing to go through this process of purification? Don’t make decisions based on stimulated blockages. Learn to be centered enough to just watch this stuff come up. Your heart will become accustomed to the process of releasing and cleansing. Just let it all happen. Get it over with. Your reward is a permanently open heart.