

Meditating on the Spiritual Heart

excerpted from Meditation : Man-Perfection in God-Satisfaction by Sri Chinmoy

The spiritual heart is located right in the centre of the chest. You can feel the spiritual heart when you are aspiring intensely, and you can also see it with the third eye. If you find it difficult to meditate on the spiritual heart, you can concentrate on the physical heart in the chest. But after you meditate there for a few months or for a year, you will feel that inside the ordinary human heart is the divine heart, and inside the divine heart is the soul. When you feel this, you will start meditating on the spiritual heart.

To reach the spiritual heart you have to feel that you do not have a mind, you do not have arms, you do not have legs, you have only the heart. Then you have to feel that you do not *have* the heart, but that you *are* the heart. When you can feel that you are the heart and nothing else, then easily you will be able to reach your spiritual heart during your meditation.

It is better to meditate in the heart than in the mind. The mind is like Times Square on New Year's Eve, the heart is like a lonely cave in the Himalayas. If you meditate in the mind, you will be able to meditate for perhaps five minutes, and out of that five minutes, for one minute you may meditate powerfully. After that you will feel your whole head getting tense. First you get joy and satisfaction; then you may feel a barren desert. But if you meditate in the heart, you acquire the capacity to identify yourself with the joy and satisfaction that you get, and then it becomes permanently yours.

If you meditate in the heart, you are meditating where the soul is. True, the light and consciousness of the soul permeate the whole body, but there is a specific place where the soul resides most of the time, and that is in the heart. If you want illumination, you have to get it from the soul, which is inside the heart. When you know what you want and where to find it, the sensible thing is to go to that place. Otherwise, it is like going to the hardware store to get groceries.

There is a vast difference between what you can get from the mind and what you can get from the heart. The mind is limited; the heart is unlimited. Deep within you are infinite peace, light and bliss. To get a limited quantity is an easy task. Meditation in the mind can give it to you. But you can get infinitely more if you meditate in the heart. Suppose you have the opportunity to work at two places. At one place you will earn two hundred dollars and at the other place five hundred dollars. If you are wise, you will not waste your time at the first place.

As long as you have tremendous faith in the mind, which complicates and confuses everything, you will be doomed to disappointment in your meditation. Ordinary people think that complication is wisdom. But spiritual people know that God is very simple. It is in simplicity, not in complexity, that the real truth abides.

I am not saying that the mind is always bad. No, it need not be. But the mind is limited. At most, what you can get from the mind is inspiration, which itself is limited. For real aspiration you have to go to the heart. Aspiration comes from the heart because the illumination of the soul is always there. When you meditate on the heart, not only do you get aspiration, but you also get the fulfilment of that aspiration: the soul's infinite peace, light and bliss.

There is a great difference in the methods of meditation, although ultimately height and depth become one. When we want to go deep in meditation, we have to start our journey from the spiritual heart. We should feel that we are digging or travelling very deep into our heart. We are travelling inward, not backward or downward towards the feet.

If we want to go high in meditation, then we have to feel an upward direction in our meditation. Our aspiration is climbing, climbing fearlessly toward the Highest. We must pass through the thousand-petalled lotus at the top of the head. Again, the distance is infinitely vast. There is no end to our upward journey because we are travelling in Infinity. We are climbing toward the ever-transcending Beyond. In terms of distance, upward and inward are both infinite journeys toward one Goal, the Supreme.

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