

Let Heart Qualities Guide You to Harmony and Transformation

Part I

This lecture delves into heart qualities, their profound significance for personal and spiritual development, and the practical methods to integrate them into your life. Discover how reflection, self-evaluation, and action can assist you in awakening and refining your heart qualities to establish a deeper connection with your soul and achieve harmony and growth in all aspects of your life.

Welcome to this project about the development of the heart and personal self. Our goal is to assist people in mastering heart qualities and living in harmony with their soul and spirit. Within this series of posts on applied esoteric psychology, you will find methods and tools that can support you in this transformative process.

We aim to convey a spiritual path that accelerates development beyond the ordinary. Our desire is to teach you to listen to your inner spiritual heart, find inner silence, and choose a heart quality that serves as a "spiritual lever" in your life. This is an individual journey, a project where you take responsibility for your own life journey, but group dynamics can also be enriching.

We believe that every person possesses one or more unique heart qualities. When you use these qualities as a lever in your life, it can transform your existence in a more spacious, dynamic, creative, and positive direction. Understanding these qualities will also refine your relationships and improve your life circumstances. We draw inspiration from approaches such as cognitive therapy and modern pedagogy.

By choosing a dynamic and high-vibrational heart quality, a refinement of your character begins. This gradually develops, like a snowball rolling down a hill and growing larger and larger. To create this "snowball effect," it is important to choose a quality that is already well-integrated and dynamic in your life. If you choose a quality that you have limited experience with, it will feel like a constant struggle, with new challenges arising as the old ones are overcome.

We will now explore the topic of heart qualities and their significance for our personal and spiritual development. We will start by delving into what heart qualities are and then delve into some of the most central aspects of them.

Heart qualities are a state of the heart characterized by love, compassion, and understanding. They form the foundation of our spiritual growth and our ability to build meaningful relationships with ourselves and others. It's important to note that heart qualities are also soul qualities.

We will now delve deeper into the subject of heart qualities and their significance for our personal and spiritual development. Let's take an example, namely tolerance. To understand tolerance at the highest human level, we must discover new heart qualities that support and enrich our

understanding of tolerance in its full breadth. This makes our understanding of the chosen heart quality more complex and profound.

It is thus essential to note that there is an inner coherence among the different heart qualities. This becomes apparent when we intentionally refine and master a heart quality in our lives.

The person who decides to let a heart quality function as the dynamo in their life is a person who cannot help it. The journey into the infinite heart is an adventurous journey that opens doors to your inner universe.

Let us briefly describe some heart qualities to give you a sense of their essence.

Love constitutes the fundamental essence of the heart, a force that drives us to connect with others and our surroundings. This love is not limited to romantic feelings but also includes unconditional love that embraces all living beings. Love is considered the essential connection that unites all people and all of creation as a harmonious whole. It has the ability to open our hearts to each other and to the divine, represented by Christ and the Hierarchy, the symbols of the highest spiritual aspects of our existence.

Living as "pure love in action" involves translating love into action in our daily lives, not just as a feeling but as an active force. This includes actions and decisions based on the principles of love, such as compassion, kindness, and service for the greater good. "Standing forth as a Christ soul" represents a high degree of spiritual enlightenment and realization, where love and divinity are manifested through our behavior and attitudes.

Love serves as the key to spiritual growth and guides us in serving others in the most rewarding way. It reminds us of the importance of living with love as our foundation and exploring the deeper aspects of the nature of love.

Compassion goes beyond empathy. It is the ability not only to understand others' feelings but also to share them and act with love and compassion toward others. It is the source of care and assistance to those in need.

Gratitude is the ability to appreciate the good things in our lives. It is a powerful attitude that can transform our perspective and lead to greater happiness and satisfaction. Spend time each day reflecting on the things you are grateful for. This will help you focus on the positive aspects of life.

Forgiveness is the ability to let go of anger and bitterness. It is not only about letting go of what has hurt us but also finding peace and healing within ourselves. Work on forgiving yourself and others for past mistakes and injuries. This will ease the burden of old conflicts and free up energy for positive change.

Why do we suggest that you choose a heart quality based on what you are good at rather than what you are less proficient in?

It is our experience that people who overly focus on their weaknesses often find it challenging to elevate them beyond a human threshold. Struggling with oneself is a perpetual battle, where at some point, you may give up. This is, of course, a generalization, but we present it in this context.

Many seek therapeutic help to address their weaknesses that are on the brink of capsizing the boat, but that is not our focus. We aim to present a method that others have used before us, which we believe some individuals may find interesting and instructive. Many weaknesses can be expressions of lacking personal development, which changes over the years with life experiences and realizations. It's not those we are considering here.

Most people have an idea of the cause of their inner struggles. It could be impatience, a short fuse, explosive temper, or a lack of compassion that hasn't lessened over the years, perhaps quite the opposite. You have likely become aware of these weaknesses because your closest associates have expressed criticism.

We have been inspired by the way many Buddhists choose a topic to meditate upon, which indicates that they want to influence their weaknesses. They say, "I choose the counterbalance to, for example, anger, hatred, or envy." What would you think is the opposite of anger? Let's say it's a mixture of greater openness, tolerance, and gentleness. The Buddhist will then begin to focus on greater openness, tolerance, and gentleness. The hope is to strengthen the opposites of anger, making them so powerful that anger finds less room in your life. Through the theosophical literature, we acknowledge that when you fill a person with a particular thought form, there is less space for the thought form that burdens your mind, thoughts, and feelings. Meditation is a living process, where it's important that you practice visualizing the opposites of anger.

You can visualize situations from your personal life where you imagine that anger no longer occupies the space it used to and where the chosen opposites become living entities in your life instead. You create your own film where you see yourself as the person you truly want to be. You are openness, you are more tolerant, and your voice is gentle. You are building a thought form that you continually nurture with your new positive visualizations. This thought form gains more and more energy, and you begin to use it in your life outside of meditation. You are in the process of creating a new reality where anger plays a smaller role.

You "starve" the thought form of anger when you no longer nurture it in the same way as before. When you no longer use anger as a tool for impulsive outbursts. You may reach a point where you can pause in the midst of an anger outburst, starting to thin and reduce the previous role pattern of anger. Anger is often destructive in nature and creates imbalance within. It's a spiritual process where, even after an outburst of anger, you will focus on whether it was a rational and reasonable reaction coming from me. Do I feel good about this angry reaction, or do I want to diminish my anger?

For some, reducing anger will be easy, possibly because it is not a dominant factor anymore, while others may see anger as acceptable and relevant. In other words, we have different attitudes towards the concept of anger. From those who see anger as a burden in their lives to those who find it relevant and even necessary.

In this project, our focus is on those who want to reduce anger in their lives because they believe it affects their human relationships in a negative way, and they may even feel emotionally troubled when anger spirals out of control. You might find yourself in a situation where you ask, who is in

charge of my life? Is it anger? However, this is not necessarily where we start if anger is one of your most significant challenges, but that is a decision you make yourself.

In this personal process, we would like to start by having you choose a heart quality that you are good at expressing and that comes naturally to you. Why do we want to make your chosen quality even better? We can best explain it this way: if your best subject in school is mathematics, we are making you even better at mathematics. If the gap between your ability in mathematics and your other school subjects is unsatisfactory, that gap will now become even more significant. When the gap becomes considerable, you will consciously or unconsciously begin to reduce the gap because you personally cannot accept the significant difference between what you consider a successful experience and what you perceive as a challenging one.

What have you done? You have made the subject of mathematics your personal "Express train," which enhances your performance in other school subjects. You have created a larger gap, which you find difficult to live with and believe you need to do something about it. The "Express train" pulls the other carriages along with it. The other carriages represent the other school subjects. You may also experience some resistance, possibly from your teacher, who may find it hard to believe that you are excellent in mathematics but struggle very much with other subjects. We push your frustration and influence your determination. In other words, we use an indirect method to improve your abilities in other subjects. We believe that you are capable of choosing the right goal. We reflect on weaknesses that cause us problems in life and remain unchanged over time. We select the opposites, but only if they are deeply rooted in your life. That's where we start.

In other words, you could say we consciously choose the path of least resistance, not the path of greatest resistance. Many might find the path of greatest resistance the most exciting and challenging. True, but few have the resources to go through it in a satisfying way. They might say that the path of least resistance is too easy and won't satisfy them. They are mistaken. The path of least resistance is still tremendously challenging, and you will have your share of difficulties. You choose your own "battleground," and you choose a heart quality to work on. Over time, you will realize that the heart quality you have chosen requires the development of other heart qualities to strengthen your chosen one. The choice of your heart quality elicits resistance on your path that you must overcome to progress.

It is a life choice that you must continually reflect on—not necessarily every day. Your life situations will tell you over a long period whether your chosen heart quality has become stronger and more deeply rooted in your life. Choosing a heart quality, integrating it into your life, and mastering it is one of the greatest gifts you can give yourself. Living with your heart quality is living with your eternal child; it is a part of the Way of the Heart. The child needs to be nurtured and encouraged for it to one day become an adult. Walking the Way of the Heart requires courage, endurance, strength, and will. You have chosen a heart quality that you have the opportunity to develop over time, and you can look back on it as a valuable investment of your time. However, you will experience setbacks, forget what you have learned and practiced, but in the long run, you will stand at the top of the mountain, and your soul will receive you without reservation.

You have shown yourself that you have contributed something valuable, even though your progress remains your own secret. It is your secret because you risk losing what you have gained if you become a billboard for your personal spiritual "gains." Choosing a heart quality is best done in connection with meditation, where you repeatedly ask your inner voice, your inner heart, what should I choose as my heart quality? When the answer comes, hold onto the heart quality you have chosen unless a new quality comes along that you cannot refuse. We recommend that you analyze and reflect on the chosen quality in various ways. Do not expect that in your meditation you can analyze all aspects of your heart quality.

Why do you think it is precisely that quality you have chosen? If you have chosen the quality of patience, you will later find that if you analyze what patience means to you, you will have to examine other heart qualities, such as tolerance and empathy. Like most people, you will come to the conclusion that patience is at the top of the chosen pyramid, and other heart qualities form the base of the pyramid. Is the development of a heart quality an expression of personal gain? We prefer not to see it that way, even though it contains a certain truth. We choose a heart quality to become a better and more harmonious person. We expedite our spiritual evolution.

Even though we are just a micro-molecule in the larger context, quantum physics shows that all molecules can communicate and influence each other, even over longer distances. On one hand, we develop ourselves to become better and more harmonious individuals, but at the same time, we serve a greater spiritual whole by doing so. That's why your spiritual development is your own secret, so your ego doesn't get the better of you. We have chosen a project that can be realized in the short and long term. It is a project where we strengthen your best and strongest heart quality because we believe we have introduced an "Express train" into your life, which will influence your other strengths and weaknesses. We have created a spiritual circuit.

In this lecture we have explored heart qualities, their significance in personal and spiritual development, and practical methods for integrating them into life. It emphasizes the transformative power of reflection, self-evaluation, and action in awakening and refining heart qualities to establish a deeper connection with the soul. The goal is to assist individuals in mastering heart qualities for a harmonious and spiritually enriched life. In the lecture we have introduced a project focusing on applied esoteric psychology, providing methods and tools for this transformative journey.

Let me briefly touch upon what we have discussed:

1. The project aims to accelerate spiritual development beyond the ordinary and guide individuals to listen to their inner spiritual hearts.
2. Participants are encouraged to choose a heart quality as a "spiritual lever" for personal growth.
3. Heart qualities include states of the heart characterized by love, compassion, and understanding, forming the foundation for spiritual growth.
4. Participants are advised to choose a heart quality they are already good at expressing rather than focusing on weaknesses.

5. The process involves visualizing and meditating on the opposites of weaknesses to create a positive thought form.
6. The lecture encourages a conscious and continuous choice of a heart quality, reflecting on its development over time.
7. Spiritual development is considered a personal journey with setbacks and challenges, leading to the top of the metaphorical mountain.
8. Spiritual development is viewed not only as personal gain but also as a service to a greater spiritual whole.

The next lecture will focus on methods that support the development of your heart quality. These are tools designed to help you better understand and cultivate your heart quality.

Thank you for listening.

The following material has been used:

“Service Is Truth and Love in Action” – Ananda Tara Shan

“A Treatise on Cosmic Fire” – Alice A Bailey

“The Flame of the Heart” – Torkom Saraydarian

“Keys to the Heart Wisdom” – Ananda Tara Shan

“The Seventeen Steps to Perfection” – Ananda Tara Shan & Victoria

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