

# Let Heart Qualities Guide You to Harmony and Transformation Part II

Welcome to the second lecture on the development of the heart and the self, a lecture created in cooperation between Jan Ruben and myself.

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This lecture is a continuation of the talk "Let Heart Qualities Guide You to Harmony and Transformation." It focuses on methods that support the work with your heart quality, tools that can help you better understand and develop your heart quality.

We have developed sociological methods to support the results you achieve in this project. There is no one method or tool that fits all, hence there are several models. Here, we will go through the principles of these models.

The models are built on meditative elements, elements from esoteric psychology, elements from what we call the Path of the Heart, elements from modern educational tools, and Buddhist insights, requiring your will, discipline, and courage to withstand adversity.

You must understand that this is a lifelong project, where it may take years before it becomes apparent whether your heart quality has made a difference in your life, and you can nod "yes" to yourself and acknowledge that it has made a difference in your life. A "yes" that is only revealed to yourself, showing you what you have been through and where you are in your life now.

Before you start your inner journey, we would like to ask you a question. Can you, with your hand on your heart, say: I am ready to fight against all resistance I encounter on my way?

## 1 - Reflection (strengthening, neutral, and weakening)

Now, let us talk about the reflection model.

In working with your chosen heart quality, reflection is an essential factor as it transforms this quality from the abstract to the concrete. This involves regular self-reflection on your actions, thoughts, and feelings. During the reflection process, it is crucial to assess whether your actions align with the chosen heart quality. Honesty with yourself is the key. Ask yourself, "Have my actions contributed to the strengthening or weakening of my heart quality?" If an action has had a weakening impact, ask yourself, "How could I have handled it differently?" This is a path to transform your behavior and integrate the quality more deeply into your life. You can also seek insight by asking, "What went wrong?"

The reflection model is based on relations and situations in your life. Also, reflect on whether specific situations or relations have a weakening effect on your actions. Consider how long an action continues to affect you before its influence gradually fades. At the same time, assess whether external influences play a role and whether you have control over them. Over time, you will learn to observe yourself more objectively without letting your actions color your judgment.

Through this process, you gain inspiration to adjust your behavior, and over time, you will recognize what strengthens your heart quality. You will discover how to fully incorporate the quality into your actions and life. Your ability to ask yourself the right questions will develop, and you will learn to trust the answers you find within yourself. By looking through the 'eyes' of your heart quality, you will gain a deeper understanding of your actions and behavior.

A simple sketch in your diary can help visualize this: Place the heart quality in the center, and let the arrows pointing toward the quality represent what strengthens it. Conversely, let the arrows pointing away from the quality illustrate what weakens it. Your relationship with other people constitutes the primary area where you can practically apply your quality.

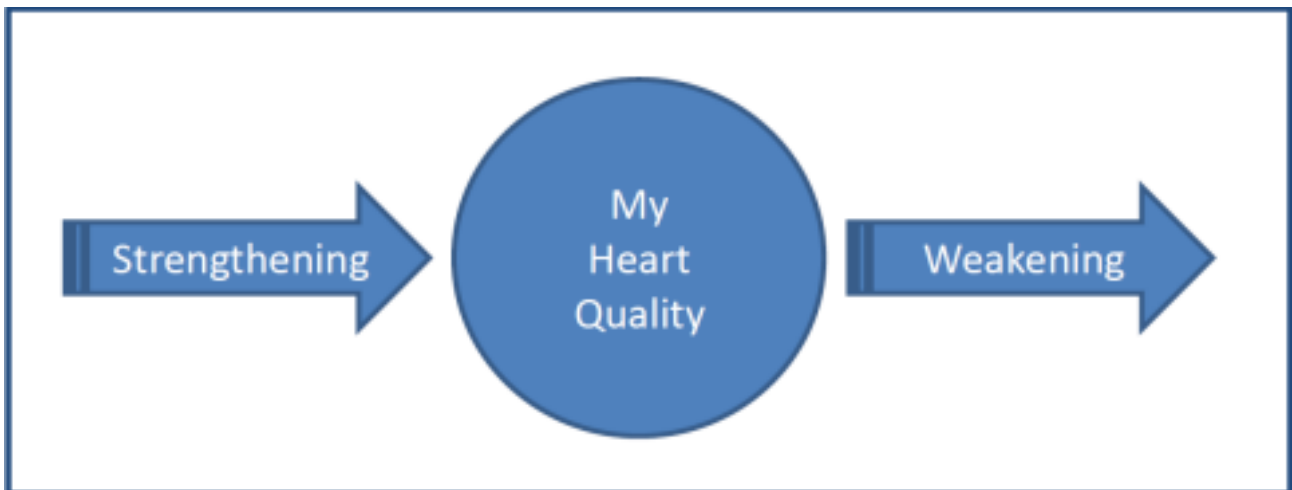


Figure: Reflection Model

In this way, you gradually build a more nuanced picture of your heart quality and understand what either strengthens or weakens the quality in your life. Be aware that changing behavior takes time, so patience and persistence are necessary.

## 2 - Self-Evaluation

We will now talk about the self-evaluation method.

We have developed a structured self-assessment method for individual assessment. This tool can be used periodically to evaluate your progress in working with your heart quality.

Self-evaluation involves assessing the level of your heart quality in different situations and relations. The method requires you to rate your quality on a scale from 1 to 10 for different scenarios. You can use this scale as inspiration. The scale is grouped in relation to how the level of the quality affects you in a given situation and relationship:

- Strengthening (7-10)
- Neutral (4-6)
- Weakening (1-3)

When a situation is rated on the scale between 1 to 3, it weakens your heart quality. Between 4 to 6, it remains neutral to your heart quality, and between 7 to 10, it strengthens your heart quality.

Situations	In a supermarket	Driving in a car	Speaking on the phone	For a family party	Etc.
<b>Relations</b>					
- Family	8				
- Friends and acquaintances	8				
- Work colleagues	5				
- Employer	6				
- Strangers	6				
- Community	6				
- Animals	3				
- Nature	3				
- The Earth	3				
- God	3				
- Etc.					

Figure: Self-Evaluation Method

When an action contributes to strengthening your heart quality, it helps integrate the quality more deeply into your life. Conversely, if an action weakens your heart quality, it pulls the quality away from you. By evaluating your quality on this scale, you get a sense of whether you are on the right track with your chosen heart quality.

Analyze how many of your ratings cluster around the boundary between weakening/neutral and how many around the boundary between neutral/strengthens. If the majority of your ratings are near the weakening/neutral boundary, it may be time to consider whether you have chosen the

right heart quality. If the majority is around the neutral/strengthens boundary, you are likely on the right track with your choice.

There are two transformative principles, one for each of the two main categories:

1. Move the top group upward and believe that the bottom group will follow. Focus on the positive and strengthening, and let it be a force that uplifts the weaker aspects. This is the model we base our approach on.
2. Move the bottom group up to the top group. Focus on transforming the lower into the higher. This is a challenging process that requires strength, discipline, and purpose.

The implementation of these models, methods, and principles can be complex, so it is crucial that we help you gain a deeper understanding as you begin. We are here to elaborate on these concepts and ensure that you can apply them effectively in practice.

Through increased awareness of one or more heart qualities, your ethics will refine in all aspects of life. However, applying these ethical principles, especially in relation to those close to you where emotions often come into play, can be more challenging. The art is to maintain a suitable inner distance, remain unaffected, and not let emotions dictate your actions. This is where the upward connection comes into play, along with the work on strengthening the heart and mind, to achieve a kind of balance that calms the emotions. It is essential to continuously integrate your heart quality, 24 hours a day, so that you, as an individual, radiate high integrity, and your life is experienced as fulfilled.

This contributes to raising the baseline in all aspects of life. The goal of the project is to initiate a personal refinement process in each participant, where your chosen quality gradually becomes integrated into your thoughts, feelings, and actions. This creates change in your life and influences the people around you—in groups, family, friendships, colleagues, etc.

Consider your expectations for both yourself and others when you begin using your heart quality. Envision how you will manifest the quality. Through your thoughts, you can visualize how the quality transforms your life and how you act when it is fully integrated. You are thus creating your own story, a journey, and a transformation where you are the main character.

Let's assume you have chosen tolerance as your heart quality. To understand your level of tolerance, find different situations and relations where your tolerance is tested. It could be driving a car, standing in a long queue, conflict situations with your spouse, children, and friends. You will likely realize that the numbers vary from situation to situation. To measure progress here, analyze for yourself why the number is lower in one situation than in another. Your average tolerance score indicates your current status.

Over time, you will see if the average increases, but you cannot be entirely sure that you are achieving what you are aiming for. Personal inner training to change yourself does not have a fixed schedule. Inner joy cannot always be expressed in words. Joy comes with true spiritual progress. At

the same time, you can accept this understanding of personal progress and simultaneously a true contradiction: one step forward and two steps back? Life does not always move forward.

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The refinement process can be divided into different steps:

1. The first step is to 'study': This step involves a thorough exploration of your chosen heart quality. Consider it in relation to your own life universe, get inspired, and continue to study continuously throughout your life.
2. The second step is to 'reflect': This step involves asking yourself questions, exploring, dwelling on, and analyzing life. Give yourself time to reflect on your actions, thoughts, and feelings in relation to your heart quality.
3. The third step is to 'realize': This step focuses on practicing meditation and contemplation throughout your life. Create space to gain insight through inner reflection and connection to your inner self.
4. The fourth step is to 'act': This step is about translating your realizations into action. Convert your insights into action through your thoughts, feelings, and external actions. Use your heart quality to guide and inform your daily actions.

These steps constitute a continuous cycle of personal development and refinement. By engaging in each step, you create a deeper connection to your heart quality and fully integrate it into all aspects of your life.

Maintaining the refinement process requires willpower and discipline. Here, the diary and daily routines play a crucial role as they help maintain progress and guide you back on track if you lose focus.

Remember that any beginning can be challenging, but through perseverance and commitment, you can gradually transform your approach to life and strengthen your heart quality.

### 3 – Diary

Let us now focus upon using a diary and daily routines in your life.

We recommend getting a diary. In your diary, provide daily feedback to yourself and evaluate the chosen heart quality in different situations and relations.

Every day, ask yourself questions, work on studying, meditating, contemplating, exploring, and understanding the chosen quality. Keep the quality in your consciousness all the time and make it a natural part of your life. You should be able to feel that it makes a difference for yourself and others. You will gain more understanding by participating in the project or other esoteric groups.

Daily notes in your diary should include:

- How is it going?
- What have you studied/explored?
- What questions have you asked?
- What realizations have you made?

- How do you listen to your quality?

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Also, note how you integrate your quality into your thoughts, feelings, and actions. Over time, your diary becomes a personal mirror, making it easier for you to see and feel yourself and life's true values.

#### 4 - Daily Routine

We would like to inspire you to introduce a daily routine that makes your day a spiritual day. The elements we suggest for your daily routine are meditation, mantras and study. It is about creating good habits and training your mental capacity - both intellectually and practically. Also, let your diary be a natural part of your daily routine.

Find out what is realistic for you. Feel and listen inwardly to determine what your heart wants you to work on. We have the following suggestions for your daily routine and practice. You can adjust the times and the level of ambition according to your own life, whether you are a beginner or experienced.

- 07:00 AM - Morning Meditation
- 12:00 PM - Mantra or Alignment
- 05:00 PM - Mantra or Alignment
- 07:00 PM - Study
- 09:00 PM - Evening Meditation/Reflection

#### 5 - My Spiritual Calendar

So now, let us talk about a calendar.

We would like to introduce a method for better structuring your daily routine, which we call "My Spiritual Calendar." The idea behind this calendar is to spread your daily activities over an entire week, so each day has its own content within the daily rhythm.

This method is especially useful if you have several different mantras you'd like to practice or several themes you'd like to focus on. Below is a template showing how such a calendar could look. It's essential to tailor the weekly calendar to your specific spiritual practice—remove topics you don't need and add topics you'd like to include.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07.45 AM	Work out	-	Work out	-	Work out	-	-
09.00 AM	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
09.45 AM	Study	Study	Study	Study	Study	-	-
12.00 PM	Alignment						
17.00 PM	Alignment						
21.30 PM	Reflection and review of the day						

✓ If there are appointments during the day, alignment and meditation can just be switched around.

Figure: My Spiritual Calendar

If you wish to expand the use of the weekly calendar, we have some practical suggestions. Each weekday can have its specific focus, theme, daily quality, mantras, alignment, and meditation. The timings during the day form the basis of your daily rhythm and remain consistent every day.

Let's delve into these elements intertwined within a weekly calendar.

Each day may center around a particular 'Focus,' whether it's Master R, membership in an order or a board, involvement in a church, or other topics. Pairing this focus with a corresponding 'Theme' can add new dimensions to daily experiences, whether exploring concepts like The New Age, engaging with a Teacher, connecting with an Ashram, embracing humanity, or nurturing a connection with the Earth.

Central to this structure is your chosen 'heart quality,' an enduring quality anchored each day in your spiritual calendar. For instance, if 'joy' is your chosen heart quality, it remains a constant presence throughout the week, providing a consistent spiritual background despite daily variations in focus and theme.

Additionally, if you seek to explore an extra quality beyond your heart quality, incorporating an additional 'Daily Quality' each day, such as 'love' or any other quality, can enrich your daily experiences further.

Mantras resonating with your spiritual or humanitarian affiliations find their place within this structured framework. Whether tied to specific groups or organizations, the inclusion of mantras fosters a sacred atmosphere, potentially encompassing multiple mantras in a single day, such as invoking "The Great Invocation."

Incorporating physical well-being, designated exercise times on specific weekdays and daily meditation become integral parts of this structured routine.

Allocating time every weekday for study and personal growth acknowledges the significance of continuous learning.

The concept of 'Alignment,' permits flexible attunement practices by incorporating mantras that foster inner connections with soul and spirit, aligning with the day's theme.

Finally, setting aside time for 'Reflection' enables contemplation, thoughts, realizations, and

journaling, encapsulating the day's experiences and fostering personal growth.

Initially, the complexity of these elements in your spiritual calendar might seem overwhelming. However, structuring your day and establishing specific routines can seamlessly integrate these practices into your daily life.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Focus	The Hierarchy	Your connection with a Humanitarian Order	Your Spiritual Project Your chosen Heart Quality	The Great Light	Your Inner Connection Right Human Relations	Your Dharma	World Service
Theme	The New Age	People in need	The Way of the Heart	The Teacher	The group	The Ashram	Humanity & Earth
Daily Quality	Will	Mercy	Love	Joy	Hope	Grace	Service
Heart Quality	Love	Love	Love	Love	Love	Love	Love
Mantras	The Great Invocation	Daily Dedication	The Yasodhara Puja	Prayer to the Holy Spirit	Attunement to healing and similar work	Mantra to White Tara	Invocation for World Peace
07:45 AM	Work out	-	Work out	-	Work out	-	-
09:00 AM	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
09:45 AM	Study	Study	Study	Study	Study	-	-
12:00 PM	Alignment						
17:00 PM	Alignment May the Power of the One Life pass through the group of all true servers. May the Love of the one Soul characterize the lives of all who seek to aid the Great Ones. May I fulfill my part in the One Work through self- forgetfulness, harmlessness, and right speech						
21:30 PM	Reflection and review of the day						

- ✓ Alignment contains mantras, the inner connection to soul and spirit and the theme of the day.
- ✓ Retrospect includes reflection, realization and diary.
- ✓ My heart quality is with me every day, even if I change focus and theme daily.
- ✓ If there are appointments during the day, the content for that day can be exchanged.

Figure: Extended Use of My Spiritual Calendar

Regular daily work with your heart quality slowly affects your subconscious and, over a long period—perhaps your whole life—makes your heart quality the preferred reaction and choice of your subconscious. Thus, your heart quality becomes very slowly embedded in your consciousness throughout your life, becoming a pervasive factor for your emotions, thoughts, and actions. You are, so to speak, changing your subconscious, instinctive reaction pattern for your emotions, thoughts, and actions.

Along the way in your project, you should ask yourself: Have I reduced my level of conflicts? It reveals whether your heart quality makes a difference in your life.

Today, we have explored methods such as reflection and self-evaluation that can support us in our inner growth.

We have also delved into practical recommendations, including the value of journaling and



establishing daily routines with meditation and studies.

The idea of integrating a spiritual calendar has been raised as a tool to structure our spiritual journey.

Our persistent work with the heart quality affects our unconscious reactions and choices, creating a deep connection to our innermost selves in all facets of life.

Let us continue this journey with openness, persistence, and love in our hearts.

Let us strive to integrate a heart quality into our daily lives and form a deeper understanding of ourselves and the world around us.

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Thank you.

May the Light be with you always.

**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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This lecture was created through a collaboration between Jan Ruben and Martin Binderup.

Esoteric Psychology Applied (2) - Reflection and Self-Evaluation + Esoteric Psychology Applied (4) - Diary and Daily Rhythms and Rituals

