

**Abiding in our Heart
by Paul Constant**

*'Twas grace that taught my heart to fear
And grace my fears relieved.
~ "Amazing Grace"*

What are the qualities of a full heart? Is it a sensory organ, a feeling center of being human? What prevents a person from knowing a full heart? I'll start with a bold declaration: our Heart is always filled—filled with the entire world, beyond all imagination! Although we often fail to appreciate it, we all serve as an amazing transformer between heaven and earth. We transform an empty, vibrant awareness into thoughts, feelings, beauty, joy, love, sorrow, suffering, fear, *ad infinitum*—in short, we are the creator of life. The raw stuff of life plays its music through us, and vice-versa. That said, few choose to embark on a journey that allows us to recognize and fully appreciate this gift. Perhaps to most, all of these words sound too abstract and lofty.



My teacher, Richard Rose, provided an enormous amount of direction, principles, and inspiration for spiritual seekers in finding their Heart, Love, Reality, Truth, the Absolute—whatever we wish to call it. Before anything else, Rose maintained that we must apply our energy and attention to the spiritual search if we truly desire an answer to our deepest curiosity about life. He encouraged us to employ the reverse vector, which is a subtractive approach, an erosion of ignorance brought about by watching our thoughts and feelings from a superior vantage point that he called the Observer. And ultimately, for those who persevere, even this stepping stone dissolves....

Importantly, Rose said to go within and "employ whatever means necessary," leaving it up to each seeker to find the door to his or her Heart. Over the years, I have come to appreciate the myriad "means" at our disposal—the energy, grounding, and natural intelligence within our body; the resourcefulness, creativity, and reasoning skills of our mind; and the feeling sense of intuition and awareness. As we spiritually mature, a dynamic balance between body, mind, and Essence becomes our natural way of being.

A profound curiosity about Reality—or perhaps for most, profound suffering in life—often propels us to look deeply within. Our frivolous distractions, mundane desires, and participation in the seductive games of life will never permanently fill our heart. By contrast, looking within and cultivating our feeling-sense serves as the doorway that leads to our True Heart if we are genuine, sincere, and honest with ourself. By abiding in our Heart, we can richly experience the pendulum of our humanness and all its movements between an empty heart and a full heart.