

The “Language” of the Heart: returning to silence.

Popular culture often talks about the problem of feeling something with the heart but not the head, or with the head but not the heart. But what does this mean exactly? Are we saying one is better than the other? What does the heart say that the head does not and vice-versa?

In actual fact the head and heart when clear are both in alignment, the head following the heart. The problem comes when there is “self”. “Self” is foundationally a state within the head but it blocks the function of energy flow around the body. The “self” forms mental-emotional dis-ease, the mental aspect is in the head and emotional in the heart and body. Mental dis-ease is about the blocking of the mind and the inability to see or understand anything other than through very a narrow channel. Mental dis-ease blocks the ability to see broadly and so forms a narrowness and a darkness of the mental process. Emotional dis-ease traps the heart and blocks the process of expression and feeling. It makes the body numb and unable to feel. Always the “self” state is a contraction, or a holding inwards, a state of inability to let-go. So interestingly when the mind is sick so will the heart be and when the heart is sick so will the mind be, they are one and the same expression.

When one “goes with” the “self” state the resultant expression sounds very analytical and intellectual, it sounds very ordered and idealistic or “realistic”. When the expression is from the natural state, then the expression is very instinctive and responsive to what’s going on right then and there. The natural “language” of the heart and head are the same, but in the instinctive process the heart is the controller of the thoughts and expression of the mind, whereas in the “self” state the head directs the heart and attempt to make it do what it wants.

When using the phrase “*going with the head or going with the heart*” the “head” here means the mental-emotional dis-ease state and the “heart” means the instinctive response. One might say “go with the head or the gut” it would mean the same, because it is about going from below to above, i.e body to mind rather than mind to body, above to below.

Body to mind = Instinctive/ Natural state/ no-self
Mind to body = “self” state

Body = Heart or Gut

So the “language of the heart” is really the language of Nature and as such it is really the universal language of Oneness, furthermore there is no central organ to this. The heart is an empty vessel, right at its centre there is no-thing and this is the centre of who or what we are. The “language of the heart” therefore is about the sensory, it is about the instinctive response rather than the “self”-based response; the natural expression versus the trained, the spontaneous rather than the conformed.

When we speak of “love” often the meaning of the word is associated with a very romantic and transactional relationship. However the actuality of Love is Unconditional, there is only one kind of “Real love” which is this unconditional quality and this is what all of life is made of. We could call it simply “energy”. The

language of the heart therefore is the language of energy, it is the realization of total Oneness and the impossibility of separation. This is what the “heart” knows and the “head” has forgotten. When we feel the bliss of the letting go of tension or the allowance of things we are simply less in alignment with the “self” state and more in alignment with the nature of Unconditional Love”, of the energy of the universe.

And “what” is in “alignment”? Well in fact all that has happened is that the “self” state has dissolved a little and then nature simply goes back to the child state or natural animal state that the body was in prior to being masked by “self” while growing up into adulthood. The “self” state is really just a mask, a thin skin that once fully shed, never comes back again. But only natural processes allow for this to be fully shed, no matter how hard the individual tries to correct it by whatever means, it will still return until it is time for it to let go. Just as a tree will not yield fruit any faster because you provide it with rain and light...more rain and light won't make it faster and sometimes in fact can make it slower.

The “language” of the heart is actually wordless and it has neither music nor human-made ideology attached to it, it is as utterly free as the sea or the wind and belongs to both. It has no ideology that one has to believe in; there is nothing but Oneness, formlessness in freefall.

In instances where the human being experiences Oneness, for even a brief moment, there is a great desire to express what it feels like. But when we open our mouths to express things they form dualistic expressions of belief, love, so-called spirituality, fairies, angels, spirits, ghosts, demons and every conceivable expression that can come from our subconscious. However all of these things are the distortion of what happens when the person moves from the trance-natural-state back into the dualistic realm of “self”. As we transition back into this dualism we find that none of the words we utter quite hit the mark and actually there is something odd and mal-crafted about them. But this would be the case, because the true language of the heart is utterly wordless, or is about noises made because of the expression the body, as it is with animals. The words we use are expressions of duality, and the more we transfix on them the more they miss the mark. We can make words clearer, this is expressed by Tony Parsons and U.G Krishnamurti and a few others. However in the end it doesn't matter what the words are, no language can ever utter what the heart really means. To feel is real, the rest is illusory.

So it doesn't matter what people call what they believe, what they think and how they express it, it doesn't matter because all the words are nonsense. It is the energy underneath, the nature of what is really meant, as when a person struggles to explain a dream, this is the way many ceremonial situations of old are carried out upon the backs of these dualistic concepts.

Overall, at this point in history the human being knows instinctively that we need to feel more and to talk less, to express by means other than by the word and for ceremony only to be the realization of the transition between the trance-natural-state and the dualistic state of the human. There need no longer be a process of continuing beliefs that are obviously dualistic in nature and to keep expressing them. Why are words necessary? This is very important...why is it that we feel the words are so necessary in order to communicate. The message of the heart is actually to feel and to

sense and to express but always within this Oneness. It has no words, for nature does not use words to express, and as a result music is closer.

The guitar player and song writer Harry Manx spoke of his teacher of the Indian slide guitar Vishwa Mohan Bhatt who explained to him about the nature of music, he said that first there was no-thing and silence, then there was music and then there were words. This I think is the key. We eventually will give up words for music and give up music for silence as we gradually let go of our old ways and return to the forest once again.

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