

CHAPTER VI

FOUR: THE POWER OF LOVE

(Anahata, the Heart Chakra)

In this chapter:

Introduction

Meditations:

Commitment

Excitement

Ownership

Passion

Spirit

Energy

Responsibility

Power Seeds for Thought

Yoga seeds: Chaturanga Dandasana, the Plank

‘God is Love, but Love is not God’ – Dadi Kumarka, Brahma Kumaris, 1978

Love is the most important thing of all. You could say it is the only thing. The introductory part of this chapter is entirely concerned with spiritual love and consciousness; we don't deal with romantic or sexual love here. Both come into it, in the 'Passion' meditation of this chapter and elsewhere. But right here, right now we are concerning ourselves only with the power, depth and truth of Love as pure energy, both spiritual and physical.

As we consistently return throughout this book to the project of balancing the component powers that make up the soul's ecosystem, we continue to get new insight – and experience – into how achieving that balance sets us free and leads us to a place of perfect peace, power and stillness.

Love is the name of that balance. Love is the name of that place. Love is the name of that peace, of that power, of that stillness. Love is the goal, and love is the means to get there.

Our natural, original, perfect state of being is Love. We are love, we are made of love, we seek love, we seek to give love, we seek to give ourselves with love – or indeed, we seek to give ourselves to love. We don't seek hatred, fear, despair and misery, do we? They assail us and we find ourselves living inside them; but the true nature of even the 'meanest' and most negative of souls, who wilfully turns away from the light, is Love and Peace.

Love is Light, and Light is Love – spiritual light, that is. That spiritual light is You the Soul, who – precisely because you are made of light – seek enlightenment. Physical sunlight and fire are also love, but only in the sense that Love is also a name for physical energy. You the Soul are a unit of consciousness, of spiritual energy, aware of itself as light and as love. So the energy that is You is love, and the energy that flows through your body – Ch'i, Pran, the life force – is love. Energy is love. Love is energy. Energy is power. Love is power. But power is not necessarily love.

While Love is You and You are love, you are not indistinguishable from the rest of the universe that is love; you are very much distinguishable, a unique and individual entity. Made of love – yes. But somehow individual and universal at the same time, swimming in a boundless sea of love which is everything? – no.

Love is the power that runs the Universe, which is why we seek it in any form. But don't make the mistake of thinking that it is all the same kind of energy. We don't subscribe to the idea that everything is the same thing, here at the Ecology of the Soul. There isn't some kind of universal energy 'soup', of which all beings and all natural and manufactured phenomena are a part. There is a very definite difference between spiritual and physical energy; and each individual human is an individual human soul, for ever has been and for ever

will remain so. We don't come from a universal general miasma, nor shall we return to one.

Our energy (love) powers us through our cycle of births, but becoming depleted – 'running out' – just as any source of power does without replenishment. As the Love has been running out, the Ecology of the Soul, our ecosystem of spiritual powers, has become imbalanced, out of whack, corrupted. The effect on the planet, the pain of the Earth and its people, is there for all to see. Souls have lost the connection with their own Truth, and see happiness in physical things, the creation and collection of which have ruined both the ecology of the planet and the Ecology of the Soul. Reconnecting to the Seven Powers, rediscovering, recreating, replenishing and nurturing them, is reviving Love.

Love is rooted in the heart, where Anahata, the heart chakra, is located. But if we are non-physical beings made of love, why does it need a specific location in the body? The non-physical owns and drives a body; physical energy (love) – Pran, Ch'i – flows through the body. This chakra is a centre, a pivot, a portal between spiritual and physical. Though it's not in the middle of the body – that's Manipura, the solar plexus chakra, the personal power and endurance one – Anahata is the middle chakra of the main seven.

Anahata honours unconditional love for the Self and others, passion and compassion, devotion and dedication. The word itself is Sanskrit for 'unstruck', 'unhurt' or 'unbeaten'. Not unlike the Zen concept of the sound of one hand clapping, Anahata Nada is the name for the 'unstruck sound', the sound that comes without any two objects being struck together (think about it). It is the Music of the Spheres, the sound, embedded in the heart, that comes from the heart of the Universe, the celestial realm; 'A' for the sattvic principle of subtle purity and spirituality, 'U' for the rajasic principle of activity, and 'M' for the tamasic principle of inertia. A-U-M equals OM. Which is to say, OM is where the heart is, and your heart is your OM. As we said at the beginning, there is pretty much nothing else but Love. ('Pretty much' because there are the Enemies, of course. But they have their own Chapter.)