

FOUR

THE POWER OF LOVE

Meditation 02: Excitement

‘Get excited and enthusiastic about your own dream. This excitement is like a forest fire - you can smell it, taste it, and see it from a mile away.’

Denis Waitley

‘At the moment you are no longer an observing, reflecting being; you have ceased to be aware of yourself; you exist only in that quiet, steady thrill that is so unlike any excitement that you have ever known.’

May Sinclair

Excitement is a component of emotional love. Or it leads to it, or is a result of it. One of the Shorter Oxford English Dictionary’s definitions is: ‘move to strong emotion, stir to passion’. This kind of love is in the domain of the mind (though we say we feel it in our heart), the part of the Soul that generates everyday thought, emotion and feeling and that engages with the physical world through our bodies. We’re familiar with its tendency to wander uncontrolled, leading us towards illusory goals and a mistaken, body-conscious sense of Self. But as I’ve said elsewhere, the mind, as well as being random, undisciplined and playful, is also – when it is under control – extremely powerful. It can hold you down, but it can also propel you up – in fact, it’s unavoidably the tool you use to start you off on that trajectory. It’s the bridge between physical and spiritual, the launching platform for your higher consciousness, fuelling the high-energy, anti-gravity early stages of the spiritual rocket’s journey towards inner space.

So the job is to identify and apply the energies of the mind to that launching process. Here we deal with activities and processes of the mind that you wouldn’t normally associate with a higher spiritual plane. I already mentioned in the introduction to this chapter that Love is seated in the heart, and that the spiritual heart, which we identify with the fourth chakra, Anahata, is a meeting point, the pivotal balance point between upward (spiritual) and

downward (physical) energies. The mind is where this duality is played out. We harness Love and its 'physical' subsets of Commitment and Excitement to free us from being stuck in the physical world and let us fly in the spiritual one.

In the straightforwardly physical world, excitement means adrenalin. Theme park thrill seekers, extreme sports fanatics, speed merchants or motorcycle maniacs like me know all about the attractions of that particular little hormone, and some admit to being addicted (or committed) to its charms. The heart rate increases, the blood vessels and air passages constrict or dilate; the net effect is more energy flowing through your physical body, a heightened awareness, faster reactions, enhanced concentration. Just what you need for snowboarding or skydiving – typical fight or flight stuff.

Which leads us to 'spine tingling'. You're in some extreme activity, or you just narrowly caught the train, or the interesting person on the other side of the room whose eye you have been trying to catch suddenly returns your glance, and you get a jolt. It's very much a part of sexual attraction, but it even happens in silly little moments such as dropping a glass and catching it just before it hits the floor. The 'tingle' is your nerve endings feeling the flow of adrenalin, which in this case we can call energy. No great leap of faith or intellect to see and feel that energy as spiritual, to evoke the tingling as you sit in meditation and fire up the Muladhara chakra, at the very root and base of your spine, where the kundalini serpent lives. Even in a small, amateurish and undeveloped way, once you feel him snaking up your spinal column you can easily feel the intimate relationship between excitement and heightened consciousness. It's a balance of power, peace inside energy, the stillness at the eye of the storm. The tingling sensation itself is a trigger for the 'still, small voice of calm'.