

## Inner Call Podcast #169 Trusting the Heart June 9 2022

The prayer Salat offers homage to the unending flow of the divine Spirit of Guidance that inspires and shapes all forms. Before invoking the names of the great souls that have taught the world through the ages, the prayer begins with the human relationships that we know from our daily life – the loving mother, for example, and the kind father. Without the care of the parents, what could any helpless newborn make of this confusing world?

The prayer also speaks of the innocent child, and mothers and fathers know from experience that they learn far more from their children than the children seem to learn from them. In India parents speak lovingly – and sincerely – of a child as their ‘guru.’ But there is a still more transformative way of learning from a child, and that is to recollect our own innocence.

Wisdom tells us that there is only One Being, and that we err if we relegate God to a distant cloud in the heavens, leaving ourselves separate in the shadows down below; the Divine Presence is in us and we are in it, right here and now. But where? How to know that Perfection? With effort and sometimes with a lot of imagination it is certainly possible to recognize something of the One Life in our fallible and transient body, and in our jumping monkey-mind, but the most direct experience comes to us through the heart. Whoever has truly loved has known the perfume of the Divine.

But we can follow this thread a little further. If there is only one Being, then it is God who animates us, it is the breath of God that gives us the power to stand up, and it is the Divine light that shines out through our glance. It is also the Divine consciousness that enlivens our hearts and makes them exquisitely sensitive. When we say, ‘This is not my body, this is the temple of God. This is not my heart, this is the altar of God,’ we are respectfully reminding ourselves that what is found in that sacred space belongs not to my limited ‘me’ but to Perfection, and whatever might make our heart light up in fact is making God smile.

Can you remember when you were young, and your heart was still innocent of all the complaints and sourness of life? The time before the heart space had been filled with doubts, griefs, and the dense pollution of anger? The time when you knew the elation of waking to a still but intensely living morning, or the wonder of the slow dance of dust motes in the sunlight? The joy of that time was the Divine joy, and it is possible to reclaim that now. All that is necessary is to trust in the reality of Perfection, and to start discarding all the limitations stored up in your most tender place. Begin with regret – what is done is done, and cannot be undone. Learn the lessons, and discard the guilt, then, and go forward like a fearless and trusting child.

Whoever embarks on this work will quickly recognize more and more piled around the altar that is not worth keeping – bitterness, resentment, grudges, and all the rest of it. And as junk is discarded and the space within becomes more luminous, there will also be a growing power of love, for our heart was formed around a purpose; by returning to our innocent self, we are making that purpose a reality. That is what we might hear in this saying from Gayan Boulas : *The human heart is the home of the soul, and upon this home the comfort*

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*and power of the soul depend.* And as Jesus told his disciples, the way to enter heaven is to become like an innocent child.

Let go of your agendas, then and trust your heart. All the advice of the masters, saints and prophets is of no use if you do not. But the innocent child that lifts a hand to the Divine Parent and enjoys each moment, that child will always be rightly guided.