

MYSTIC JOURNEY

A Mystic Journey

The Way to the Heart

- A Journal -

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Abstract

A Mystic Journey: The Way to the Heart journals an ongoing transformation of re-discovering the sacredness of the heart as a guiding force for spiritual awakening and human evolution.

Weaving together ancient wisdom, quantum consciousness, and the interconnectedness of all life, the essay presents a new way of seeing, sensing, and engaging with the world.

Using the Chartres Cathedral as a central metaphor of unlocking the heart space, the sacred is presented as the key to sensing the universe, supported by insights from the quantum coherence of Planck-scale phenomena and the interplay between humanity and the planet. The heart way inspires a courageous journey through life's labyrinth, where inquiry heals, integrates wisdom, and creates space for transformation through light and love.

By linking the mystical approach of seeing, sensing, and shining light with groundbreaking scientific research, the essay lays the foundation for a heart-centered leadership and consciousness shift—a pathway to raise awareness, foster peace, and illuminate wisdom globally. Bridging wisdom, science, and consciousness this work calls for embodying the sacred light within the heart to reorient and re-awaken our inherent sacred humanness.

Keywords: Chartres, Wisdom, Academy, Mystic, Heart Leadership, Consciousness Evolution.

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*We are all made of stars,
we are infinite beings
on a journey
to express and embody
our divine essence.*

Unlocking the Heart space

Journeying for indigenous wisdom traditions suggests travelling beyond time and space, and transforming the way we sense and engage with the world, at the very core of our being.

I see Chartres as the beginning of such a journey, a profoundly *mind-blowing*, and *heart-opening* experience that I associate with “unlocking the heart” and the light within.

It is a space that illuminates the sacred within, elevates timeless wisdom and reconnects us with the greater source of consciousness and the universe at large.

Entering the Sacred

I remember going to Chartres for the first time in the Summer of 2019. I had been many times in France throughout my life, for the strong family ties I have in the region. It was however my first visit to Chartres. I knew the city was known for the Chartres Cathedral. Little I imagined the effect it would have on me. I had underestimated the trip. Obviously after Italy, churches and cathedrals were, not only not new to me, but also heavily associated with religious connotations, and hence they tended to trigger mixed feelings, coupled with some intellectual resistance.

Many religions, One Spirituality, One Inner Temple

I consider being more broadly spiritual than religious, in the mainstream interpretation of religion as framed by one institutional identity. Born in an international milieu with diverse roots and views, that encompassed key abrahamic religions, eastern philosophy, and at times atheist political ideas, I intuitively grew a fascination for wisdom at large, more than one exclusive religious institution that may prevent individuals from taking ownership of their own spirituality.

Reflecting on the term, I believe *religion* does not necessarily imply an institution cultivating spirituality on our behalf. The Latin root of 'religion'—potentially derived from '*re-ligare*' (to bind, reconnect, according to St. Augustine) or '*re-legere*' (to re-read or reflect, as per Cicero)—suggests an inner ability to reconnect with something greater than ourselves. From this perspective, a spiritual *re-ligion* inherently defines a personal process of connection and meaning, that is primarily pointing inward rather than solely to external church structures. We

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could say it may point to our heart as what ultimately mediates the access to our own inner temple and church, as the main portal to greater cosmic or divine consciousness.

“I looked in Temples and Churches and Mosques. I found the Divine within my Heart.”
(Rumi)

I learned to appreciate churches and temples beyond any specific religious connotation, as sacred sites that foster an intimate space for silence and facilitate entering the sacred within me. Most sacred sites possess a unique vibrational quality that facilitates profound insights and meditative states, transcending specific religious connotations. I attribute this partly to geography and geomancy—stemming from the natural energy of the land and its historical significance—and partly to the cumulative legacy of collective prayers and contemplative practices that have enriched the site's spiritual resonance over time, making it pregnant and dense. The architecture and sacred geometry of temples and churches may further amplify this connection, fostering deeper introspection and personal insight into what we hold as sacred in life.

The simple truth is that every single civilization [...] was brought into being from a sacred place to serve a sacred purpose.
Peter Kingsley¹.

Illuminating the Sacred within

The experience of the "sacred" is at the heart of any religions and wisdom traditions, as that which extends and transcends the "profane" and ordinary reality, and it is deeply interlinked with our human effort to create a world that has a profound meaning. As Mircea Eliade, leading scholar of religions (1907-1986), stated, the "sacred experience is an inherent state in the structure of our consciousness rather than a stage in the history of religions"²

Etymologically, the word *sacred* descends from the Latin *sacer*, and the Greek *sakros*, referring to that which is "consecrated, dedicated and connected to the divine", or that is "purified, made holy by the Gods or anything in their power"; thus, the Latin term for priests,

¹ Kingsley, P. (2010), *A Story waiting to be pierced*, (2018 Fourth revision edition), The Sufi Center, p.81

² From Chicago University Professor Mircea Eliade's talk at the History of Religions Conference, Boston, June 1968 (in *Fragments d'un Journal 1945-1969*, Paris, Gallimard 1973, p. 555).

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sacer-dotes, as those that give, transmit and lead to the sacred. More specifically, the root *sakros* can be found in the Akkadian “saqāru” (as to invoke deity), “sakāru” (as to bar, or forbid) and “saqru” (as what is elevated”). Similarly, the Indo-European radical “sak”, “sag” means “to tie, bind, adhere” or “sac-ate”, “to follow”, or “sap-ati”, “to honor”, always implying a divinity to the extent that in the ancient Ṛgveda texts, it becomes synonymous with "worshipping." Also, in ancient Central Europe, the term was closely tied to spirituality and the integration and elevation of the soul, indicated as “Heil”, from which the English term *holy* derive.

The ancient Romans and Greeks used to distinguish the *sacred* from *sanctus* or *hagios*, respectively Latin and Greek words, meaning *Saint* or *holy* as someone pure and upright in heart and life, or something consecrated, inviolable, in conformity with the cosmos. From here also comes the Latin term *sancire* meaning “to sanction or sanct-ify” (*in Latin* literally “making saint or holy”), indicating laws or agreements that are sanctified, established, brought to life and recognized by a higher authority. Following all the above, the term *sacred* sanctions an alterity, a state of being that is beyond the ordinary, the common, and “profane”³

Our human history, from prehistory to now, can be seen as a collection of manifestations of the sacred in various forms. A stone or a tree at different times have been viewed by wisdom traditions as imbued with the potency of the sacred without losing physical, "profane" features. Beyond any religious connotations, paraphrasing Eliade, every man who lives the experience of the "sacred" is intrinsically a “*homo religiosus*”, simply by being and becoming connected with the sacred, present within and beyond the ordinary and profane⁴.

We could say the "sacred" takes us to the deepest “essence”, as to what is being present within everyone and everything, as saturated with a deep state of “being-ness”. Living the sacred invites to integrate, rather than separate, the parts that are dis-integrated and dis-connected at personal, social and global level. It is what Franciscan friar and ecumenical teacher, Father Richard Rohr refers to as the “four splits” – disjointed body and mind, ego and soul, self and other, life and death – that keep us from recognizing and embracing the sacred essence everywhere, and that we are called to heal and make whole again as one.

³ Ries, J. (2007), Saggio di definizione del sacro. Julien Ries, Opera Omnia. Vol. II. Milano, Jaca Book.

⁴ "Every rite, every myth, every belief, every divine figure reflects the experience of the sacred, and consequently implies the notions of being, meaning, and truth. [...] At the most archaic levels of culture, living as a human being is, in itself, a religious act, as eating, sexual life, and work hold sacred value. In other words, being – or rather, becoming – a human means being 'religious". Translated in English from Eliade, M. (1999), Storia delle Credenze e delle idee religiose vol. I. Sansoni, 1999 (p.7).

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Lastly, from the word sacred also descends the term *sacrament* (from Latin *sacramentum* and Greek *mysterion*), which we can intend as any ritual that initiates and consecrates the mysterious and mystic union between man and the divine work and act of creation, and that, through prayer or intention, heals life⁵. In other words, seen that way, every conscious practice, that invites attention and intention in the present moment, has the potential to become sacred, a sacred “ritual that makes visible the invisible connections that make life meaningful”⁶ again.

*“This is my simple religion. [...] our own heart is our temple;
the philosophy is kindness.”*
The Dalai Lama⁷

⁵ Further elaborating on prayer and intentions. The word “prayer” comes from the Latin, *precarius* “obtained by begging,” and *precari* “to entreat, to ask earnestly, beseech, implore.” Larry Dossey, a leading medical authority on the subject of prayer, defines prayer as “communication with the Absolute.” In its simplest form “prayer is an attitude of the heart; a matter of being not doing.” Prayerfulness is that attitude or state of mind in which we feel a sacred connection with the Absolute. Prayer involves a focused state of mind usually characterized by feelings of quiet, serenity, and stillness. The word “intention” comes from the Latin, *intentitus* “a stretching toward.” American Heritage dictionary defines it as “an aim that guides action.” Leonard Laskow, physician and researcher, refers to it as “a holding attention on a desired outcome, and holding attention requires will, which is a persistent, focused desire.” In Chinese and indigenous healing traditions, intent is what directs the healing energy.

⁶ Quoting Harvard Divinity School Fellow Casper ter Kuile in his book *The Power of Ritual*. (Kuile, C. (2020). *The Power of Ritual: Turning everyday activity into soulful practices*. William Collins,

⁷ Dalai Lama XIV (1994), *The Dalai Lama: A Policy of Kindness: An anthology of writings by and about the Dalai Lama*, Snow Lion Publications.

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Wisdom in Chartres

Chartres in France reconnects with an ancient and vibrant wisdom imbued of the sacred divine and light language of the heart.

Land of the Sacred Heart

Already the ancient druids, the Celtic priests of Britain and Gaul venerated the site of Chartres as the *Vatican* or the “hill of prophecy” (from the Latin word *vaticinatio* and the verb *vaticinari* " as foretelling, soothsaying, prophesying"), associated with Mother Nature and the divine feminine⁸. Located along a *ley-line* linking Glastonbury, Stonehenge, and the Pyramids of Egypt, the site, according to the Celtic legends chronicled by Livy and Gaius Julius Caesar⁹, the site was believed to be a place where potent telluric and spiritual energy would emanate from underground and connect with the *Heart Chakra*, the center of energy in the body associated with the voice of the heart, center of the Tree of Life, Love and devotion.

Sound & Trees

Little is known about the Celtic Druids, as little ordinary documentation is reported. Druids believed nothing should be brought into writing, as writing down break the oral inter-generational transmission. The spiritual head of the Druids was hence referred as the Voice. This was connected to the sacred geometry and geomancy of the place, as “the geometric arithmetic frequencies would emit sounds, and the spiritually adapted recognized that sound in Silence. Hearing that sound in Nature would open to an enlargement of the Soul, enabling to explore new dimensions of the invisible world, in a way entering the sacred invisible realm through Sound”. Trees carry the memory of that Sound on the earth journey. When we tune into silence, through resonance of the plants we begin to remember to access love and beauty.

Seeds of Light

The trees were viewed as portals between the visible and invisible realms, society and the cosmos, mediating the inner experience with life and universal energy. Druids had trees, no man-made temples, as to build one was a sacrilege against Nature. A temple was to be found in

⁸ Online Etymology Dictionary, Vatican (<https://www.etymonline.com/word/vatican>)

⁹ Aldhouse-Green, M. (2010) *Caesar's Druids: Story of an Ancient Priesthood*, Yale University press.

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extraordinary configurations of Nature: a turn of a river, a clearing in the forest, a tree aligning telluric energy of the earth with planets and stars in the sky. Trees connect water's wisdom with light's spirit. Tuning-in to trees allowed to connect with a universal heart frequency that had healing power¹⁰.

*Each culture is just like a tree
whose essence and whole potential are already contained in the seed.
Nothing during the course of a civilization is ever discovered [...]
that was not already present inside that seed.
(Peter Kingsley)¹¹*

It is on the top of that hill that the *Vates*, the Celtic Gaul druids, divinely inspired poets and healers, would perform sacred rites to see, foretell, and inspire oracular predictions to the open-hearted. They would gather by a sacred tree and well of wisdom, confluence of sacred underground waters from mother Earth, to worship a Mother God, embodied in a statue of a “Virgin, before giving birth”. It is maybe not a mere coincidence that a sacred well and statue of a Black Madonna still exist underneath the Crypt of Chartres.

Cathedral, as a Wisdom Lighthouse

The Chartres Cathedral, formally known as the “Cathedral of Our Lady of Chartres”, stands on that druid land as a Gothic lighthouse, illuminating and radiating Wisdom across time and space, and a monumental interfaith achievement, where diverse wisdom traditions and artistic mastery dialogue in a luminous sacred geometry that opens the heart to a sacred universe.

Gothic Light

It is a Gothic marvel standing on Romanesque basements, one of the first and most influential examples of High Gothic and Classic Gothic, that marked a profound shift in architecture, from the round to elongated arches pointing to the sky¹². It relies in fact, on

¹⁰ Notes from Jim Garrison's presentation *Astronomica*, Chartres Academy 2019.

¹¹ Kingsley, P. (2010), *A story waiting to pierce you: Mongolia, Tibet, and the destiny of the Western world*. The Golden Sufi Center, Point Reyes, California.

¹² As the first Gothic Cathedral, the Chartres architecture has been a source of controversy, breakthrough, and revelation. It was a controversy when built, as it marked the break from the Romanesque architecture, built to the number 6 (where arches were rounded) to the Gothic style of centered around the number 7, that elongated the arch to a point reaching the sky. It appears, the Muslims and Sufis shared with Christian knight the architecture potential of shifting from 6 to 7. The reason that style was called Gothic, it derives from the idea that these architectural

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columns, pointed arches, and flying buttresses to carry the weight of a building, twice the height of earlier churches and cathedrals. Walls were freed to the natural light with stained-glass windows - the finest examples of stained glassmaking in history – to infuse color, light and life in sacred scriptures’ parables and figures depicted and sculpted. These rose windows and clerestories create an ethereal, luminous otherworldly atmosphere.

Light in Gothic architecture was not just a practical aesthetic element but a theological tool to represent and make space to the divine’s presence. Architects like Abbot Suger¹³ (1081 - 1151), believed that light as a metaphor of Spirit, could elevate the human heart, and guide towards a deeper connection with sacred silence and wisdom and ultimately illumination, upon reflection and contemplation¹⁴. More than simply a physical structure, we could say, the Gothic Cathedral designs a *space of light* to inspire awe, introspection and heart awakening in all those who enter.

Interfaith Foundations & Geometry

Constructed primarily between 1194 and 1220. The works started after several fire incidents, with the intention of erecting a cathedral atop and around the remains of a 9th-century church. The rebuilding took place over the next century, as a majestic endeavor with generous donations from the royal houses of Europe (including a gift from *Cnut* the Great, King of Norway, Denmark and also from England) and gathered talents from all over the known world. The foundation of such a masterwork emerged out of unique context, where ancient scholars and artisans, from diverse traditions and cultural backgrounds, collaborated to create a sacred space – one that blends wisdom philosophies and transcends individual religious boundaries, in an interfaith achievement.¹⁵

This convergence of talent from across the Mediterranean included Sufi mystics, Jewish scholars, and Islamic engineers, each contributing unique knowledge to the project. Islamic

changes rather than innovation, initially to Christian looked as “barbarian”. It was labelled “Gothic” architecture, as the “goths”, term referred to the German barbarians descending from the North. (Notes from Jim Garrison’s presentation Rethorica, Chartres Academy 2022)

¹³ Abbot Suger (1081 -1151) French abbot and statesman, key advisor to King Louis VI and his son Louis VII. His considerations on light are included in Panofsky, E. (1979), *Abbot Suger on the Abbey Church of St. Denis and Its Art Treasures*, (Panofsky editor) Princeton University press.

¹⁴ Brewminate (2020) *Gothic Cathedrals: Architecture and Divine Light*, Brewminate website.

<https://brewminate.com/gothic-cathedrals-architecture-and-divine-light>

¹⁵ Paredes, B. (n.d.) *Basilio Paredes, Gothic Light and Space*. Basilio Paredes Architecture and Design website.

<https://www.basilioparedes.com/en/blog/gothic-light-and-space/>

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mathematicians and engineers brought most likely advanced knowledge of geometry and structural integrity, while Sufi mystics contributed insights into sacred symbolism, influencing the cathedral's architectural layout and intricate stained-glass designs. The luminous sacred geometry, incorporated in the architecture's design embed the divine astronomical principles believed to govern the universe at that time and still resonates today to spiritual seekers, Christian and non-Christian alike¹⁶.

While the Chartres Cathedral is primarily recognized for its Christian significance and heritage, it stands as a testament to humanity's collective aspiration for understanding and unity across varying traditions. It is a reminder of the collaborative spirit that can unite and integrate *heads, hearts and hands*, around the pursuit of Wisdom, in a dialogue across arts, science and consciousness, and illuminate the sacred Light within us. Such a Gothic marvel serves as symbol and space for Light and Heart, embodying divine Light and the opening the sacred heart.

*All you who seek to honor these doors,
Marvel not at the gold and expense but at the craftsmanship of the work.
The noble work is bright, but, being nobly bright, the work
Should brighten the minds, allowing them to travel through the lights
To the true Light, where [the Heart] is the true door.
The golden door defines how it is imminent in these things.
The dull mind rises to the truth through material things,
And is resurrected from its former submersion
when the Light is seen.
(Abbot Suger)¹⁷*

¹⁶ Sanctuaire Basile Moreau (n.d.) <https://www.sanctuairebasilemoreau.org/en/chartres-cathedral/> ; Sacred Land 2024. Sacred Land Film Project (n.d.) <https://sacredland.org/chartres-cathedral-france/>.

¹⁷ Panofsky, E. (1979), *Abbot Suger on the Abbey Church of St. Denis and Its Art Treasures*, (Panofsky editor) Princeton University press.

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Academy as a Wisdom School.

Right before the medieval universities¹⁸ would supersede the cathedral and monastic schools¹⁹, as major institutions responsible of higher learning in the Latin West, the Chartres Cathedral established the *Chartres Academy*.

The Chartres Academy, founded in the early 11th century (by Bishop Fulbert, Chartres bishop from 1006 to 1028), rose to become the most influential epicenters of wisdom in medieval Europe, and across the Mediterranean, with a pioneering unique and holistic approach.

Tracing back its lineage to Plato's Academy (founded in 387 BCE), the Chartres Wisdom school integrated the *seven liberal arts*—*grammar, rhetoric, dialectic, arithmetic, geometry, music, and astronomy*—into its curriculum to harmonize classical knowledge with Christian theology. Heavily influenced by the ancient wisdom traditions, Plato and his student Aristotle²⁰ further developed the seven liberal arts, initially conceived by Pythagoras, that became the ground of education in western civilization. The pioneering scholastic philosophy integrated the seven liberal arts – studies, grouped into the *trivium* (grammar, rhetoric, and dialectic or logic – humanities) and the *quadrivium* (arithmetic, geometry, music, and astronomy – scientific arts), viewed as essential foundation for intellectual and spiritual development.

By classical antiquity, in fact, these skills were held essential for a *free person* (as *liberalis*, in Latin means “worthy of a free person”) to acquire to take an active part in civic life, from public debate to military service. The education curriculum would encompass a spectrum of

¹⁸ The word *universitas* originally applied only to *scholastic guilds*—corporation of students and masters—within the studium, and later modified to *universitas magistrorum et scholarium* and emerged later and spontaneously “.. without any express authorization of King, Pope, Prince or Prelate”. Among the earliest universities of this type were the *University of Bologna* (1088), *University of Paris* (c. 1150), *University of Oxford* (1167), *University of Modena* (1175), *University of Cambridge* (1209), *University of Salamanca* (1218), *University of Padua* (1222), *University of Naples* (1224), *University of Orleans* (1235), *University of Siena* (1240), *University of Coimbra* (1288), *University of Macerata* (1290), *University of Pisa* (1343), *Charles University in Prague* (1348), *University of Vienna* (1365), *Heidelberg University* (1386) and the *University of St Andrews* (1413) begun as private corporations of teachers and their pupils. (Rashdall, Hastings (1895). *The Universities of Europe in the Middle Ages*. Vol. 1. Oxford: Clarendon Press. pp. 17-18).

¹⁹ Monastic schools (in Latin *Scholae monasticae*) were, along with cathedral schools, the most important institutions of higher learning in the Latin West from the early Middle Ages until the 12th century. Since Cassiodorus's educational program, the standard curriculum incorporated religious studies, the *Trivium*, and the *Quadrivium*. In some places monastic schools evolved into medieval universities which eventually largely superseded both institutions as centers of higher learning (Kottje, R. (1999), "Klosterschulen", *Lexikon des Mittelalters*, vol. 5, Stuttgart: J.B. Metzler, col. 1226–1228; Riché, Pierre (1978) [1976], *Education and Culture in the Barbarian West: From the Sixth through the Eighth Century*, Columbia, SC: University of South Carolina Press)

²⁰ McCluskey, S. C. (1998). *Astronomies and Cultures in Early Medieval Europe*. Cambridge University Press.

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disciplines, we would classify today, as *natural sciences, formal sciences, social sciences, arts, and humanities*.

Plato's emphasis on dialectical reasoning to seek truth and Aristotle's focus on logic and empirical observation shaped Chartres academy's curriculum, in the intent to harmonize classical knowledge with Christian theology. In this context, the trivium equipped students with mastery of language and logic, while the quadrivium offered insights into the mathematical principles that medieval scholars believed governed the cosmos.

Through a holistic approach to education, the trivium and quadrivium, offered the way to cultivate wisdom and integrate both the head and heart, with intellectual rigor and rational inquiry, as well as spiritual depth and enlightenment, making Chartres the foundation for medieval Scholasticism and for broader philosophical inquiry of the Renaissance.

Chartres – Labyrinth, as a Life Reflection

The Chartres cathedral's floor is inlaid with a labyrinth, center of the sacred geometry. For spiritual seekers, walking the labyrinth is a symbol of both the inner and outer journey to the heart and the sacred land, reflecting and walking on the quest for enlightenment²¹

Labyrinths always existed in ancient wisdom traditions, from astronomy and mythological stories. From a Greek clay tablet dated 1200 BCE, showing the orbit of Mercury as observed from the Earth to the legendary Ariadne's labyrinth, ventured by Theseus to defeat the infamous minotaur and liberate humanity at its core. They have been walked by spiritual and secular traditions for different purposes. They are response to a human desire for personal spiritual experiences not necessarily mediated by a religious authority, balancing creativity, and rationality. It is believed that turning back and forth, while walking in the labyrinth, balances the activity of both brain hemispheres, creating a shift in awareness, through insights and deeper commitments.

The geometry design and proportions contribute to creating a sense of harmony and connection with a deeper dimension and foster individual connection with the sacred in life.

²¹ Sanctuaire Basile Moreau (n.d.) <https://www.sanctuairebasilemoreau.org/en/chartres-cathedral/> ; Sacred Land 2024. Sacred Land Film Project (n.d.) <https://sacredland.org/chartres-cathedral-france/>.

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The labyrinth in Chartres has important geometric points that speak to the sacred design of the Cathedral. If you ‘project’ the cathedral façade onto the pavement, the center of the rose window – where the image of the heart of the Christ is majestically portrayed – corresponds to the center of the labyrinth. If you compare the labyrinth with the central portal statues and the placement of the old altar, and draw a square, there will be a pattern in the plan of the Cathedral.²²

The winding circular pathway evokes meditation on birth and human existence. Its pavement layer structure is composed of 280 stones; that 280 number corresponds to the number of days a mother takes to birth a child, considering the average length of human gestation being 280 days. The labyrinth represents our pathway in life; it can be an invitation to take a “pilgrimage”, integrating head, heart and hands, or mind, soul and body, to reflect and contemplate in our own sacred core. It is found that as we gradually open in the grace of the present moment, with every step, inner revelations may unfold and sense the mysteries of life and the sacred universe.

²² Chartres Cathedral official website (n.d.) “*Le Labyrinthe de Chartres, enfin dévoilé ? Les dernières découvertes*”, summary research page on the Chartres Cathedral website (<https://www.cathedrale-chartres.org/>)

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Sensing the Universe

The experience at Chartres can be described²³ as *uncorking a bottle* – removing the cap on a bottle, on the bottleneck of the heart: opening to sense, and sense at a deeper level the world around, within and through the heart, in unison with the entire Universe and Nature.

It reminds us that we are one with the universe, we all made of stars. Our heart beats at the unison with the universe, singing in harmony the one-verse, the one word. We are here to express our divine essence, reminding who we really are.

The power of a Heartbeat – breathing as one

The presence and importance of the heart may become a palpable experience in Chartres. It was for me the very first time I meditated in the Chartres Cathedral. The moment I sat down, turned my gaze within, and let the breath make space and guide me within into silence, I started to listen, sense and feel my heart and my heartbeat, in a different way than usual. Deeply aware of my heart muscle, an inner entity pulsating with life, expanding and contracting, sustained by a cosmic breath, I became my heart, the heart seeing and holding me, speaking to me, communicating and exchanging energy and information with everything around, sensing and opening the entire Universe.

Both mind-blowing and heart-opening, the experience came with a sentiment of returning home to my heart and divine spark within, to the universal Light that animates everyone, and that invites to serve our life and the world, illuminating and elevating wisdom, beyond any religion.

Like walking a labyrinth, *sensing* draws you eventually outside-in to the core, right into the center of your being, into your heart. As we sense into the life's heartbeat we connect with the Universe and the Light inside us. Once we tune inside and activate that sacred Heart we can return outside, to give and receive transformed, trusting the universe is speaking to us at every moment.

²³ Wisdom School Chartres Academy – June 2022 community call.

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Planck: in communion with the Universe

The universe is speaking to us at every moment. Quantum physics confirm what ancient mystics and wisdom traditions told for millennia. We are interconnected with the heart of the Cosmos²⁴.

The consciousness field is reciprocal to our bringing new information to the field.

Plotinus affirmed the whole Universe breathes together, we breathe as one in a cosmic heartbeat.

We are all connected through heart filaments. The heart is not only a part of the biological system of the human body, it is a quantum structure that interconnects and participates in the universe's holographic field, through invisible filaments, as confirmed by fascinating recent researches bridging quantum physics and biology,

At the core of this idea is the role of Planck-scale interactions, where the Planck length — the smallest measurable unit of space — serves as a universal “pixel” grounding all matter and energy within the same unified field and foundational grid (Cosmometry, n.d.). Hamein theorizes that every cell, and every atom within these cells, operates within this Planck-scale matrix, linking each biological process to the broader cosmic field. Every cell in our body contains roughly 100 trillion atoms. Each of these atoms interacts with the the Planck unit, the smallest possible quantum vibration.

According to physicist Nassim Hamein, each of the approximately 100 trillion cells in the human body contains around 100 trillion atoms, each interacting every instant with the smallest possible quantum vibration unit, contained in each proton of the atom, the Planck unit²⁵ Planck units are continually oscillating, expanding and contracting every nano second, in and out of the quantum vacuum, like a cosmic breath., when we breathe we breathe the Universe.

These Planck-scale interactions suggest that each atom, and by extension each cell, participates in a vast, holographic network of energy exchanges (Hamein, 2010). Our heart and body's cells are part of a unified field of energy and matter, connected to the cosmos at the most fundamental level.

One key organ that exemplifies this quantum interconnectivity is the heart. According to research from the HeartMath Institute²⁶, the heart plays a significant role in regulating not only

²⁴ Morley-Fletcher, P. (2024). Soul WISDOM DIALOGUE: Healing Consciousness, with Dr. Jude Curri van, (UK, 2024) <https://atmanway.org/wisdomdialogue/soulseries/judecurri van/>.

²⁵ Defined by the Max Planck Institute, the Planck length is the smallest measurable length, approximately 1.616×10^{-35} meters, representing a fundamental limit of quantum mechanics where classical ideas of space and time cease to exist (Max Planck Institute, website (n.d.). *Planck length reserach*.

²⁶ HeartMath Institute. (2010). McCraty, R., & Childre, D. Coherence: Bridging Personal, Social, and Global Health.

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biological rhythms but also energetic connections within and beyond the body. The heart produces a strong electromagnetic social field, which is measurable up to several feet outside the body and is even stronger than the brain's electromagnetic output²⁷. This field is thought to resonate with the Earth's electromagnetic field, creating a feedback loop between individual and planetary rhythms.

HeartMath research also suggests that the heart has its own form of intelligence, capable of processing information and sending signals to the brain and other organs. This “heart-brain” communication is central to emotional and physiological coherence, or alignment, within the body.

Haramain's perspective, combined with HeartMath's discoveries, implies that the heart acts as a bridge between the visible and the invisible, the physical reality and the quantum field reality. The heart's coherence states — which can be enhanced through practices like heart-focused meditation — could potentially align the body's electromagnetic field with universal energies. In this view,

We are connected to every part of the universe, at the most fundamental level through the heart. Our heartbeat echoes the beat of the Planck units, linking every particle in the universe in a continuous field, creating a unified structure of energy and matter.

Each heartbeat is not only a physiological pulse but a quantum interaction, resonating through the Planck field to harmonize with larger cosmic structures. The heart is in constant communication with the cosmos, as both a receiver and transmitter within the interconnected fabric of the universe, linked directly to the quantum scale and responsive to the energetic dynamics of the cosmos. As we hear our heartbeat we hear the cosmos, and we co-participate in expanding consciousness and helping the cosmos experience and know more itself, to become conscious within. As wisdom scholar, Anne Baring points out, the Quantum Source, the Great Spirit or Divine field is the invisible Ground of the entire manifest universe and the Ground of our own consciousness. “Spirit, so long projected onto a transcendent Creator remote from our world, is the quintessential Consciousness which is awaiting discovery both in nature and ourselves. We participate in a Cosmic Consciousness or Intelligence which is co-inherent with

²⁷ (2010). McCraty, R., & Childre, D. Coherence: Bridging Personal, Social, and Global Health. HeartMath Institute.

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every atom of our being and every particle of matter. God or Spirit or Divine Mind is not something transcendent to ourselves. We are co-inherent with It, at the very heart of It. We have the extraordinary responsibility of helping Spirit to become conscious at this level of reality, to become conscious within our soul. This is the Great Work of Alchemy.”²⁸”As we become more conscious, God becomes more incarnated in us. Jung “the inner most Self is God.”

Quantum physics keeps discovering we are all interconnected in a unified field, and not separated from Nature and other sentient beings, as we have been taught by outdated reductionist science. A new cosmology is being born. According to science historians, after having travelled across the *Lunar Era*, or Great Mother Era (50,000 BCE - AD), and *Solar Era*, or Great Father Era (3,500 BCE – 2000 AD), we are now moving into a new era, the *Stellar Era*. Having bounced (horizontally in time) from one extreme to the other with the first two Eras, from matriarchy to patriarchy, this new Era which has just begun hopefully is the era of (vertical) integration of opposites, like in an alchemical Sacred Union, from oneness to wholeness, from *Atma* to *Atman* in Sanskrit, in Indian philosophy.

*“What we perceive as empty space, and what our eyes would see
if they could see much smaller distances and resolve much faster times,
is actually a medium that is full of spontaneous activity.
... We are ethereal beings. We are children of the ether.”*

Frank Wilczek,

(Nobel Laureate Physicist, January 2017)

What if the Stellar Era we just entered is inviting us in a more ethereal and spiritual era? I wonder in fact whether this Stellar era is all about awakening and remembering who we really are, so to embody ascension and be Light, and be the “Holy Spirit” here on Earth, not outside. As Dr. Anne Baring puts it, “Awakening in the Holy Spirit means embracing a new image of Spirit that includes Nature and all planetary life. It means recovering a very ancient understanding that the Cosmos has a Soul and an Intelligence and that Divine Spirit is immanent or present in every particle of matter: every stone, flower, tree and blade of grass. We are all

²⁸ Baring, A. (2020), Anne Baring, PhD: Four Paths to Union, Ubiquity course, 2020.

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engaged in a profound process of transformation that is manifesting as a new planetary consciousness which recognizes that we are part of a Sacred Web of Life, a Web of Life that might be called both Holy Spirit and Holy Grail”.²⁹ In other words, we are invited to recognize we are stars and light beings, and move on to embodying ascension (illuminating and elevating humanity on Earth), integrating new and deeper dimensions of Light frequencies, living fully and embracing the divine cosmic Spirit within us.

Love is the essence we all share in our hearts.

²⁹ Baring, A. (2017) Awakening in the Holy Spirit, St. Félix-en-Lauragais Talk (May 11th-14th, 2017), Anne Baring website.

Walking Your Soul

The more we open to sense, the more we engage in a Dialogue with Life, and find courage to walk our Soul into the world.

Into the Heart of the Labyrinth

Since immemorable times, labyrinths have been used as a tool to reflect upon the universe, ponder questions and find answers in life.

Sacred Life Geometry

Labyrinths fundamentally remind that we all walk our own journey, and at any moment in time our past and future converge in our pathway and collapse in the present moment. We could view the elegant geometry of a labyrinth as an alchemical device that allows to bridge future and past lifetimes in the present, to consciously choose to birth a new reality, our own pathway to unfold and walk.

The circuitous shape of a labyrinth (particularly that of Chartres) can be viewed as a diagram where two spirals overlap and join and form both the pattern and the pathway of the labyrinth. In fact, if we imagine unrolling and extending its pattern vertically, we can identify two converging spiral cones (below and above), that join the center of the labyrinth (as the middle layer in between), from different directions. The first bottom-up spiral is ascending from below and turns clockwise, representing the past leading to the center-present, and is also the way from the threshold into the core of labyrinth (the outside-in way); while the other top-down spiral is descending from above, and turns counter-clockwise, representing the emerging future, calling into the present-center, and it also display the way out, from the core of the labyrinth, to the threshold and back into life (the inside-out way).

The heart of the Labyrinth

The core of the labyrinth represents the *sacred heart* of the geometry information field we access through the geometry of the labyrinth. It is a field that is reciprocal to new information we bring in to the field, for example with a question.

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As a matter of fact, the labyrinth typically shows at the core a symmetrical, centralized organ with rounded, chamber-like features that resemble the anatomy of the heart, or a stylized representation of the heart's cross-section. In the Chartres labyrinth, that heart-space center is depicted as a flower, a five-petaled rosette –the rose as a symbol of Wisdom and the Heart. Each rosette, or petal of the rose, seems to me to have a different potency, that resonates with wisdom qualities of our heart. Stepping into each rosette, in fact, feels we are re-calibrating our inner compass, to see more clearly and receive insights that may answer the question we hold inside and carried with us into the labyrinth, and illuminate our path.

In my view, labyrinths are a beautiful and empowering metaphor of Life and Light in life. Using quantum physics terminology, the labyrinth invites us to appreciate the *light-wave* of time that condenses into a finite *light-particle* expression at each present time in this reality. It is an important reminder of the significance of our choices, in bringing life energy potential into form, at every step.³⁰

*We have to start somewhere.
It usually happens long before the official beginning.
(Rev. Jill Kimberly Hartwell Geoffrion)³¹.*

Solvitur Ambulando

Walking as a way to finding answers is a natural practice, we all can relate to. It is as if question invites us to move, and has the power to set in motion a inner movement within us. Even when there is no immediate answer, a question moves any seeker forward, as he or she takes a first initial step and walk the unknown, holding space for the inquiry to speak. Monks were the first to embrace such an approach, when they coined the Latin expression, *solvitur ambulando*, literally meaning “it is solved by walking”, indicating to an anecdotal, practical resolution to a seemingly complex problem, simply by getting up and walking³².

³⁰ Morley-Fletcher, P. (2024). Time Messages: In Dialogue with Science and Consciousness, Ph.D Post Paper, The Wisdom School at Ubiquity University

³¹ Hartwell Geoffrion, J. K. (2003). Pondering the Labyrinth: Questions to pray on the path. The Pilgrim Press, Cleveland.

³² The expression mostly attributed to Augustine of Hippo (354-430 A.D.), saint, father, and doctor of the Catholic Church, it also appears in writings of the Greek philosopher Diogenes of Sinope ‘the Cynic’ (413-327 B.C.), referring to Diogenes' response to the claim that motion is unreal by getting up and walking.

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It is as if the inner and outer movement initiated by a pondering a question eventually releases our inner capacity to solve the knots that tie our heart from embracing growth and evolution.

Pondering questions

Questions spring naturally from the soil of life. Questions that balance focus and openness release a transformational power. Often, they signal a shift has begun and point towards destinations hard to imagine. They may offer invitations to see problems as opportunities in disguise. Often questions demand growth and invite us into courage to act. Identifying and living with the questions is a critical part of growing and evolving.

Spiritual questions seem to prefer circuitous routes, like within a labyrinth, as Rev. Jill Kimberly Hartwell Geoffrion indicates. A labyrinth is a symbol, pattern or energy field that contains a single pathway, that turns back on itself at least once, before leading to a center. “As winding pathways that double back once or many times before reaching the center”, labyrinths provide a “wonderful harbor where questions are welcomed and honored to explore”. It is as if moving along the labyrinth, multiple layers around a question are revealed and we can see, balance and integrate multiple angles and perspectives. As we gain greater experience, we may discover that many questions are best answered not with a statement, but with another question. “In the realm of Spirit, questions are more apt to be clues than precursors of obvious solutions. As we pay attention to the questions that emerge from within, we find ourselves moving away from secure shores to [...] uncharted waters. Sometimes we panic; sometimes we trust. Either way, the questions once identified, wait for us to engage them seriously.”³³.

Holding a question is central to the labyrinth experience. Since ancient times, labyrinths have been walked by spiritual and secular traditions for different purposes. Used to gain clarity, break old patterns, find wisdom within, they served integrating, inner and outer realities and reconnecting with the sacred and inner truth within each seeker and walker in life.

Ways to Walk

Differently from mazes³⁴, labyrinths are designed to lead to the center, at the heart of a question. As we have mentioned, they act as a metaphor of life cycles of birth, death and rebirth,

³³ Hartwell Geoffrion, J. K. (2003). *Pondering the Labyrinth: Questions to pray on the path*. The Pilgrim Press, Cleveland.

³⁴ Mazes are designed to test our abilities to orientate ourselves out of chaos and confusion, and solve difficult challenges of getting to a center, incorporating choices and frustrations.

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and they invite to trust and embrace the ongoing process of emergence as a dance, letting go of the old, and letting arise the new, as new information is revealed and received along the journey.

There are key stages, ways and guidelines in walking a labyrinth. Walking a labyrinth involves several stages, from internally preparing for the experience before intentionally crossing inside the threshold and carefully following each step of the path to the heart of the labyrinth, pausing and further contemplating its core, and when ready, mindfully taking the steps that walk the path out, respectfully crossing out the threshold, and finally allowing the experience to flow outside, integrating and embodying choices and actions. Many ways exist for one to walk through the labyrinth. One approach to navigate the labyrinth map is the 3-R or threefold path of *Releasing, Receiving, and Returning*, also associated with three phases indicated as *Purgation, Illumination, and Union*.

- *Releasing (Purgation)*. From the entrance to the core is the path of shedding or *letting go*. There is a release of a question and an emptying of worries and concerns.
- *Receiving (Illumination)*. At the core light brings new insights, clarity, and focus. In contemplation, prayerful or meditative state, we become receptive, *letting come* the new.
- *Returning (Union)*. The way out brings empowerment, commitment and ownership. Grounding and integrating what we received, we embody and manifest the new energy.

General guidelines for walking a labyrinth are to:

- Focus: Pause and wait at the entrance. Become quiet and centered.
- Enter: acknowledge the sacred with a gesture of respect (with bow, nod or any other).
- Experience: Walk purposefully. Observe the process. If we encounter someone along the path, make conscious choice to pass or make room for a pass. When reaching the center, stay there, unattached on the outcome, and focus on your heart and sense. Leave when it seems appropriate. Be attentive on the way out.
- Exit: Turn and face the entrance. Acknowledge ending, with gratitude in your own way.
- Reflect: After walking the labyrinth reflect back on the experience. Journaling or drawing are helpful ways to capture the learnings ³⁵.

While there are different ways, the journey is one and unique for everyone on the path.

³⁵ Ubiquity Chartres's notes on instructions

“I lay these questions before you today, my Soul.

(C.G Jung)³⁶

Holding Questions to Heal

Labyrinths emphasize the power of holding an inquiry in our heart, as we traverse our journey. A right question opens a Dialogue with our Soul and Life at large to heal and transform our world. Change begins with a question we dare to hold inside, trusting our heart may know its answers, even if, and particularly when, our head seems to have no clue.

Powerful Questions

What power has a question? A question invites; it invites something to magical to happen; it connects us with the emerging potential, existing in every moment, that is willing to unveil onto us. Asking a question has the power to open a door, a door into the imaginal higher and deeper dimension, between our Self and the World. It invites the invisible reality, dwelling beyond that door’s threshold, to speak and co-participate into shaping our visible reality.

I believe a question *trans-forms*, it moves our understanding, *beyond* the current *form*. Asking a question essentially activates our inner listening and “Soul Wisdom Dialogue”; when the question holds power, it opens the heart both to receive and reveal; and as the heart receives and voices Wisdom insights, it moves and heals the inner and outer space, ultimately elevating, vibrating and resonating heart-light frequencies.

A question has the ability to move our heart Wisdom into action. As the questions stirs something inside, our heart invites us to embrace and integrate new awareness, embodying and incorporating new choices in decisions and actions. A question has the capacity to initiate waves, they may begin small but as they expand and create ripple effects, they transform and heal.

Where the Light enters to Heal

Healing begins with asking the right question³⁷. Question and healing are intimately connected. There are questions that heal and initiate a process of restoring health and integration.

³⁶ Jung, C.G. (2012) *The Red Book: Liber Novus. A Reader’s Edition*, W. W. Norton & Company (p. 91).

³⁷ Insights from a conversation between Paolo Morley-Fletcher and Anne Baring, Nov 26, 2023]

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Typically, those are the questions that acknowledge and shed light on wounds and fractures that keep us from embracing life and integrating the sacred within us.

The myth of Parsifal, extensively told across literature and opera ³⁸, is a good example of the healing power of questions. In the Arthurian legend, Parsifal is a young knight seeking spiritual and personal enlightenment, that embarks on a quest for the Holy Grail. Right at the beginning of his journey, Parsifal witness the Grail but fails to ask the right question for lack of wisdom, empathy, and concern for suffering, and misses the chance to heal the ailing Fisher King. The right question “*what ails thee?*” meaning “what is the matter, what worries you?”, had it been asked, would have accelerated the process of healing for both the King and the land, and reuniting Parsifal with the Holy Grail within. By not asking the proper question to the suffering, Parsifal misses the opportunity for healing both the king and himself. However as the story unfolds, Parsifal, at the end of his journey, learns from his mistakes and dares to ask the right question. It is ultimately one question that restore the King’s health and the land’s fertility, reveals and brings to light the Holy Grail.

If “the wound is the place where the light enters you”³⁹, a question that heals puts us in touch with the Light that heals and acts as a catalyst for transformation. A question grounded on compassion, real connection, and deep listening to what hurts, and cries with suffering, has the capacity to shed light on, and heal wounds. By deeply listening, sensing, and feeling within, we make space for a heart transformation to break open the light in our heart to sense and heal.

Healing is about allowing the Light focus to hold and release the tension between the opposites within us, the tension in leadership that invites to transform and evolve. As the Swiss Jungian psychologist and scholar, Marie-Louise von Franz (1915-1998) said, “if we can stay with the tension of opposites long enough —sustain it, be true to it—we can sometimes become vessels within which the divine opposites come together and give birth to a new reality.” By acknowledging and engaging with our own wounds and suffering of others, we make space for the light to heal and integrate the opposites, and transform the world around us.

³⁸ Examples can be found in Chrétien de Troyes’ “Perceval, the Story of the Grail” 12th century, and Wolfram von Eschenbach’s “Parzival” (13th century) or Richard Wagner’s Opera “Parsifal” (1882).

³⁹ The precise quotation associated with the theme of asking the right question in the story of Parsifal and the Holy Grail is often attributed to the French poet and philosopher, Paul Valéry. The quote is as follows: “The wound is the place where the light enters you.”

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Often time questions serve entering that internal labyrinth space of transformation where we dare to walk, knowing that we are guided by our Soul. Holding a question allows us to gently hold the tension of opposites present within, us, and let our presence transform and heal. By bringing our full awareness and presence to whatever is in front of us, we serve the light shine, illuminate, and heal the unknown that needs attention and care within us.

Shining Light

Our heartbeat essentially connects us with our inner Light and Soul, that unique gift and dreams we carry inside that want to be seen and shine bright into the world.

When we soften our heart, allowing our breath to tune in our inner rhythm, we reconnect with our mission, and let our heartbeat become an active instrument, and part of a larger cosmic orchestra co-creating and manifesting this reality, in a deeper Dialogue with Life and Wisdom. It may be simpler than it seems, as simple as closing our eyes to turn our gaze within.

*The most important things we can learn are those we already know,
like the making of our heartbeat, and how to
close our eyes when we want to see better.*

Enrique Enriquez⁴⁰

Softening Eyes to See Further

As when we smile, our heart smiles so when we soften our eyes, we soften and tender our heart. And as we soften our eyesight, we get to see through and into the heart of the world. It may sound mysterious, however seeing with and through soft eyes and a soft heart is what mystics do.

Mystic ways

The term *mystic* originates from the Greek *mystikos*, as related to secret rites connected with mysteries, as well as from *mystes*, meaning one who is initiated into the mysteries of the universe. The root *myein* implies the act of half-closing the eyes, reflecting the gentle softening and inward focus of mystics and visionaries.⁴¹

“Seeing with soft eyes and soft heart” refers to “closing” the eyes as what enables “opening” an a deeper vision, and compassion for the world. In meditation and contemplation practices, turning our gaze within is a prerequisite to activate an inner “third, non-dualistic, eye”, capable to lift the veil and clearly see with new eyes the greater consciousness reality. Closing eyes, in a mystical context, suggests not a limitation in the contrary a shift in focus—closing off to the external noise to open up to the inner sound, tuning in to hear wisdom’s whisper to our heart in the silence. As such rather than a blurring vision or seeing less clearly, “seeing with soft

⁴⁰ Enriquez, E. (2024), Sacred secret book, Enrique Enriquez, New York 2018-2024 (private limited edition)

⁴¹ Online Etymology Dictionary, Mystic (<https://www.etymonline.com/word/mystic>)

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eyes enables looking beyond the surface and visible appearances, to perceive deeper truths and connections and choose to proactively respond from that deeper place, rather than superficially and passively react to circumstances. The inward turning enables a soft-hearted-ness and grounded leadership, as a space where the strategic focus is not solely on intellectual understanding but on emotional resonance. A "soft heart" denotes an openness and vulnerability that is crucial for deep empathetic, compassionate action, mystic leaders sought-after, engaging both with the physical world and spiritual realm of the divine.

Moving from outward to inward seeing, opens deeper layers of understanding, that allow to access and integrate a deeper wisdom, to inform our strategy and action, in a gentle, receptive manner. Thus, we could say that "seeing with soft eyes and soft heart," emphasizes a leadership shift, from merely leading outside, externally analyzing, and reacting to the world, to leading from within, internally sensing and responding to a larger field; it is a shift beyond the ordinary senses, that allows to bridge the visible and the invisible reality. Mystic seeing involves a form of seeing beyond the ordinary - perceiving the sacred in everything, the interconnectedness of all life, envisioning new possibilities, where others have no hope. Together, these qualities enhance a mystic's ability to perceive with greater awareness the subtle and often overlooked aspects of reality and lead effectively in the world.

To see with "soft eyes and a soft heart" is to take in fully what is in front of us and hold it in our heart to heal and make it whole, rather than partially ignore or reject it out, as separate from us. It is a completely different way of seeing and leading. In practicing soft eyes, our ability to *listen* is heightened⁴². In the deep state of presence activated by softening our gaze, our ears simultaneously also soften, to hear in the Silence the whisper of a deeper Wisdom speak to us. It is both a practice and a way of being that activates a transformational presence, an inner disposition of the heart, capable of transforming how we engage with and lead in the world.

Polishing our Heart, the Sufi way.

Softening the heart recalls the ancient Sufi practice of "polishing the heart", through at cleansing and refining the organ. In the Sufi wisdom traditions, the heart is viewed not just as a physical organ but as the core and spiritual center of our human divine essence, that when cleansed and refined is capable to perceive and engage with the deeper reality of consciousness.

⁴² Soft Eyes, March 6, 2022 Patti Wardlaw – Practicing Grace Qigong

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Polishing the heart involves removing layers, shadows and distractions that cloud one's inner vision, thereby enabling the heart to become transparent to, and reflect Light, Love and Truth more clearly.

The Sufi inner process of mindful purification of the heart parallels the mystical initiation of developing deeper awareness and connection by turning inward. Altogether they point to our ability to cultivate an internal clarity and openness that enable a deeper connection and perception in our heart-mind-body, encapsulating the profound synergy between cleansing and elevating our inner vision and enhancing our capacity for compassionate, intuitive engagement with the world.

It is about learning how to function at a new frequency, realizing that when we soften inside and make space to the mystic within our self, our intellect may become sharper, and so our foresight and impact in the world.

*“The Light which shines in the eye is really the light of the Heart”
(Rumi)*

Illuminating & Elevating the Heart-Space

As our heart-awareness grows, our own light expands our presence and contribution in the world. At the center of a new leadership consciousness and sacred humanness is a heart global shift.

*“If you want to change the world, first change your Heart”
(Confucius)*

A Heart Leadership Consciousness Shift Manifesto

I believe the Heart can be the foundation of a new human awareness, a leadership shift and leap in consciousness. The heart is ultimately what makes us inherently human, alive, and part of a larger ecosystem. It is what uniquely differentiates us from artificial intelligence and machines. The ultimate teacher we reach in silence, and the bridge between the head and the hands, the heart has the capacity to hold complexity, sensing and integrating paradoxes to heal. It is what unites humanity, reconnects us with Nature, and reconciles us with Mother Earth, and

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fills us with awe, any time our breath catches the pulse of the cosmos within us, with every heartbeat.

I see that *heart space* to be the foundation of what it means to be human and key to create a new humanness, one that shares the greater purpose to raise consciousness, illuminate and elevate Wisdom in the world, serving the Earth and the awakening of the heart, for a personal, social, and global shift to heal and create a world without wars. Peace is the ultimate frequency the Heart is seeking towards enlightenment, the apex vibration where “Alpha and Omega” join⁴³

I can sense a Heart centered leadership consciousness shift is demanded for a new humanness to emerge and create new possibilities in the world, in times of chaos and exponential instability. Holding that heart space is ultimately an invitation to let the heart be the center of a new Human alliance, one that recognizes the heart to be the one frequency we can tune in when we seek peace, the one language we are born with and speak within, beyond all our local languages, the magic glue that can hold, align, and unite heads and hands beyond polarization, the invisible thread that can connect conscious leaders and organisations to heal fragmentation and fear in the world, the one breath we can take to sustain and inspire humankind to be one with all that is with great courage.

“If we want to save this world from unimaginable destruction, we should concentrate [...] on the heart of the individual.”

(Albert Einstein)

Holding Space for a Heart Revolution

We are all connected through heart filaments and co-creating in the quantum field.

Groundbreaking research is finding out, our heart's main purpose is not just pumping blood but accessing a deeper field. In other words, recent science discoveries confirm what ancient wisdom traditions and spiritual leaders told us for millennia⁴⁴, and is now crucial to integrate for a new heart leadership consciousness shift.

⁴³ This statement stems from and further elaborates on Dialogues held on the topic of heart leadership and heart space with various thought leaders and change makers, including Hema Vyas, Tina Elhage, and Gyorgyi Szabo, PhD, drawing on the scale of consciousness frequency and vibrational empowerment, as described in the research work of David R. Hawking, MD, PhD (1927-2012) [for more details see Hawkins, D. (2020), *The Map of Consciousness Explained: A Proven Energy Scale to Actualize Your Ultimate Potential*, Hay House LLC].

⁴⁴ For a valuable overview of leading researches, see the “The Heart Revolution” poetic science documentary produced by Striking Wonder Productions & One Beautyfull Life, a scientific project that responds to how humanity

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Holding and cultivating a luminous Heart-Space is the only way for Wisdom to illuminate and elevate our Self, our Life and the World - to embrace a personal, societal, and planetary shift. Heart-Space is ultimately the foundation for (inner and outer) global Peace and the gateway for humanity awakening and evolution.

The heart is not merely a biological organ but a pivotal element in our human experience in ensuring coherence in our interaction with the larger consciousness field of the universe.

“The Goal of Life is to make your heartbeat match the beat of the Universe”
(Joseph Campbell)

Vital importance of the Heart

Leading research indicates that the heart's primary function may extend beyond merely pumping blood; it is increasingly viewed as a conduit for connecting to a greater consciousness and serving wisdom. Heart Math Institute's studies⁴⁵ suggest that the heart's magnetic field is the strongest rhythmic field produced by the human body, not only envelops every cell of the body, but also extends out in all directions into the space around us and such heart field is an important carrier of information that impacts and feeds the personal, social and ecological field⁴⁶.

Also, the way the heart energy frequency operates, and balances in coherence with the larger field, plays a vital role in expanding consciousness and facilitating a deeper understanding of our relationship with the Earth and the universe at large.

Heart Coherence – Earth Coherence

Research shows that the patterns of our heart rhythms reflect in our emotional states. When we are hit with a stressor, we get out of sync, which impairs mental functions, forcing us to into “fight, flight, or freeze” mode. Our sympathetic nervous system mobilizes energy, while

can cultivate inner peace, nourishing relationships, and a flourishing life, while contributing to global peace, intercultural understanding, and interfaith blooming (<https://theheartrevolution.film>)

⁴⁵ Heart Math Institute, Science of the Heart research “Exploring the Role of the Heart in Human Performance: An Overview of Research Conducted by the HeartMath Institute”, Heart Math Institute website, research section (<https://www.heartmath.org/research/science-of-the-heart/energetic-communication/>)

⁴⁶ According to the Heart Math Institute research, the heart is the most powerful source of electromagnetic energy in the human body, producing the largest rhythmic electromagnetic field of any of the body's organs. The heart's electrical field is about 60 times greater in amplitude than the electrical activity generated by the brain. This field, measured in the form of an electrocardiogram (ECG), can be detected anywhere on the surface of the body. Furthermore, the magnetic field produced by the heart is more than 100 times greater in strength than the field generated by the brain and can be detected up to 3 feet (approx. 2 meters) away from the body, in all directions.

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our parasympathetic system's task is to return the body to its "rest and digest" mode. When these two systems are out of sync, we experience erratic and chaotic heart rhythms, which leads to internal discord that can take a tremendous toll on our body and mind.⁴⁷

According to the Heart Math Institute, the Heart coherence is when the heart, brain, and nervous system are aligned and in sync, and operate on the same wavelength, at the same frequency. When our hearts tune in in that frequency, it is not only good for our health, we are also capable of contributing to coherence on a personal, social and global scale.

Furthermore, research around the synchronization of human autonomic nervous system rhythms with geomagnetic activity, suggests a deeper connection between human physiology and environmental factors. It appears that when there is heart coherence our heart frequency matches the frequency of the Earth's heart, matching our personal coherence with social and global coherence. Studies show how we are deeply interconnected at a deeper and fundamental level with the rhythms and magnetic field of the earth, through a giant bio-magnetic field between humanity and the planet, and how we can contribute feeding the field, radiating Love from our heart, to shift consciousness.

Dr. Rollin McCraty⁴⁸ highlights how heart rate variability not only reflects emotional states, but it also even resonates with the Earth's magnetic field. In fact, the heart coherence - achieved when our heart frequency aligns with the Earth's heartbeat, technically defined by the Schumann Resonance, as approximately 7.83Hz⁴⁹—suggests that our hearts are not only linked to each other, but also to the Earth itself.

As we are born, our heart is not just connected to our "mother's heart", but also to our "Mother Earth". As we breathe, we engage in a cosmic breath, through the heart. At each breath, we can choose to participate in the broader ecological balance, synchronization and exchange of energy and information between human hearts and the planet. It is about embodying that heart frequency that speaks directly to our Soul, opens our divine antennae, to sense and be in Dialogue with Life and the Cosmos.

⁴⁷ R, McCraty (2024) HeartMath Institute.

⁴⁸ Rollin McCraty, PhD, is director of research at HeartMath Institute, Boulder Creek, California.

⁴⁹ The Schumann Resonances are a set of frequencies produced by electromagnetic waves in Earth's lower ionosphere. The frequencies, created from thunderstorms and lightning, range from 7.83 Hz, called the Earth's "heartbeat," to 33.8 Hz. (from "Is the Earth's "heartbeat" of 7.83 Hz influencing human behavior? Think Big Hard Science 2021 <https://bigthink.com/hard-science/schumann-resonance-earths-heartbeat/>)

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Cultivating a "luminous Heart-Space", as mystics show, is essential for wisdom to illuminate and elevate the individual, and also societal and planetary consciousness. As the Earth is finally viewed, by quantum science, as a living organism interconnected through heart filaments⁵⁰, a new heart leadership revolution is the foundation of fostering peace, on a global scale for humankind.

*“Truth resides in every human heart,
and one has to search for it there, and to be guided by truth as one sees it.”
(Mahatma Gandhi)*

Activating Heart Language

A heart leadership revolution requires reactivating a new language, we all speak. It is about sensing and tuning-in to our “inner radio”, to access and embody a universal wisdom, available within everyone in our heart. It is a heart light language, inviting us to grow, integrate Wisdom and elevate Consciousness.

It is language that bypasses our mind’s limited rationality and fears, and directly speaks to our Soul’s deeper and wiser knowing, as we open and embody that coherent heart frequency.

It is a language frequency that re-activates emotions and codes our heart carries inside, to ultimately open for Light and Love to permeate our DNA, expand and radiate across our whole rational, physical and emotional system to transform our consciousness.

Embodying Wisdom of the Saint

The mystic way is a journey to the heart of who we really are, remembering ancient codes and dreams we carry inside. Experiencing Chartres reconnects me once again with a vision of saints, mystics and templars. I remember holding a vivid, romantic, and peculiar view of a Saint, in my memories and dreams as a child.

The Saint metaphor

A Saint to me was a courageous knight, connected to Source, serving the world peace. A blue cloaked knight with a magic sword, he was riding a horse, traversing alone remote lands, to help the unprivileged, particularly those in need in conflict areas, and connecting deeply from

⁵⁰ This aligns with the Gaia hypothesis which views the Earth as a single living organism interconnected through electromagnetic fields (in “The Earth’s Heartbeat and The Oneness Of Electromagnetic Fields”, Mind That Ego (2021). <https://www.mindthatago.com/the-earths-heartbeat/>)

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and through the heart shed light and showed the way. While firmly rooted and grounded on the earth, and fluid in the horizontal plane of Life, and in deep communion with Nature (through the horse), the Saint was, at the same time, deeply connected to a higher source of Consciousness and Wisdom, that aligned him internally to a more vertical plane, uniting Earth, and Sky. In a way, he had the capacity to be in a dialogue with Life and serve Peace – on a journey which has Wisdom as a destination, listening within as the pathway, and courage as the driver of his soul. So, a Saint to me had more an adventurous connotation of a visionary pioneer and activist, rather than any association with religious authority or institutions. It was about someone walking a journey, giving words and voice to wisdom, embracing all those he serves with light and love.

I have hold secretly within me that vision of the Saint for years. At times, I must admit, with difficulties. I often scratched my chin as struggling to reconcile the inner dream and external reality and not understanding with my head what it really meant for me; and yet somehow in my heart, over time, an image started to form, and inform and shape my inner secret, sacred path. I am now, more and more, finding ways to decode and articulate that metaphor; and it resonates with many aspects that I am learning to recognize and embrace, as key ingredients that make my purpose in life and leadership, my mission and work in the world.

In essence, a Saint is *someone that cultivates* and operates within *the heart-space* and acts *as a bridge between the visible and the invisible* world, beyond space and time.

This is the answer my circuitous labyrinth journey to the heart indicates: the way forward is about illuminating and elevating Wisdom in the world, integrating opposite perspectives, above and below, within and without, so to bridge the visible and invisible, in our own mystic ways.

*The point of Life is to follow that presence wherever it leads;
never lo let it out of your sight; [...]
and once you hold it in your hand or inside your body,
never to let it go until the time is right.*
(Peter Kingsley)⁵¹

⁵¹ Kingsley, P. (2010), A story waiting to pierce you: Mongolia, Tibet, and the destiny of the Western world. The Golden Sufi Center, Point Reyes, California. (p. 84)

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