

**AN OPENING SPIRITUAL HEART, A PERSONAL EXPERIENCE  
plus an interview with Deacon Alexander Mumrikov of the  
Russian Orthodox Church concerning “The Spiritual Heart:  
God's Channel”**

**APPENDIX 4 of “Engineering Your Spirituality**

Initial log on July 17, 1993: There can be significant physiological effects when the heart opens to the God force or the Spirit within. As this process began, I experienced a feeling of peace in the chest, which, in time, changes to a pain not unlike heart trouble, often with some pre-ulcer indications, as well, even while the feelings of peace and even joy began to expand. At first, it felt very localized, from the lower chest through the throat and formed a kind of sphere in the chest. It then gradually spread out and involved the shoulders and the rest of the upper torso. This was experienced in April through June of this year. I originally felt this other-dimensional organ beginning as if there were a HUGE frontal bulge extending from the throat, down through the power chakra and the abdomen. This was such a pronounced feeling that it seemed peculiar to not see it in a mirror or be out in public and not have anyone else notice this deformity.

We learned from The Buddha Consciousness ([Buddha-consciousness.org](http://Buddha-consciousness.org)) that this action was, in reality, an other-dimensional organ that can form in the power chakra, the back (the root of the heart chakra), a shoulder, etc., but normally forms in the chest area, because of the proximity and action of the opening heart. In conjunction with this, not only is an 'eighth chakra' (another term often applied to this other-dimensional organ) formed between the heart and the throat (facilitating heart-inspired communication and from which the above action may spring from), but 'guard chakras' are also formed in the soft areas of the shoulders. (This may indicate that the early Christians knew more than the established Church would let on, in terms of 'the sign of the cross,' or of crossing yourself. :-)

This other-dimensional organ then begins to diffuse over the rest of the body, so that the feeling of joy, peace, internal companionship, etc., begins to encompass the entire body. However, continued

meditation is a 'required' facilitator to retain and enhance this action AND the continued feeling of joy, which is experienced now not only in the chest area, but throughout the body. In addition, the body begins to almost DEMAND meditation at certain times of the day, it seems to become easier to meditate and it is even possible to see what is meant by 'becoming a walking meditation.'

This other-dimensional organ (now diffused to a large extent) then acts as the facilitator and connector for God's grace to enter the body. This particular period resulted in feelings of extended tiredness as we MUST have been sorting out and coming to terms with our personal self-concept and continue to express and experience self-love. During this time, our old concepts of self are colliding and yielding to God's grace and it is well advised to drink copious amounts of water to assist in flushing out the debris. (Drinking large amounts of water is well advised at any time because of its oxidation, cleansing and flushing capabilities, but PARTICULARLY advised in such times of change.) Particularly during this time, it is also well advised to also have as little contact with others as possible, because of the irritability expressed by the personality and ego at such a large change. This problem was evidenced by Diane during the weekend of July 10-11, and by me the following weekend.

Following this successful transition, 'demure' (reserved, imperturbable, peaceful, relaxed, self-possessed, tranquil, unflappable, untroubled... ) is the word... our actions, BEING and 'who we are' must do the communicating of what has transpired and we MUST accept others for where they are, no matter where they THINK they are or how much we feel the need to 'correct' them in their opinions. In addition, the thoughts MUST be continuously of an uplifted nature, because of the almost instantaneous nature of our manifesting capabilities.

It is THIS state that finally melds the mind-body-spirit connection. However, the mind-body-spirit melding can also be the result of 'building spiritual awareness,' i.e. spiritual power, as happened to Diane over the course of a year, starting approximately in June of 1992, but being severely interrupted by occurrences in Hong Kong.

This can occur over an extended time period through supporting and loving the body and ourselves, through appropriate spiritual practices and meditation, or 'becoming self-aware over time.' In addition, the physical body sensations of this manifestation can be quite different from one person to another, i.e., Diane's feeling of a tingling sensation in the extremities and then throughout the body, etc.

By November we, Diane and I, are working on our spirituality and manifesting tasks, but, more importantly at this time, also on integrating the God-force with the physical. This is not an instantaneous thing and many people transition (die) well before they are anywhere near this total integration point! Accomplishing this task leads to longer life, less effort, far greater production in the life and the physical body literally glowing with spirituality, i.e., don't worry about those long, intense, work-filled days, but manifest as a co-creator. This is the "final" step of the melding of the mind-body-spirit connection on the earth plane. Our problem, to date, was that our spirituality increases have not allowed the body to catch up, or consolidate the gains we have made in these other areas.

Balancing the doshas (with reference to the auyurvedic practices advocated by Deepak Chopra) is a major step along the way in this task and every effort should be made to "decrease" the doshas that each individual has out of balance. Decreasing the respective dosha sufficiently will allow the negative aspects of that dosha to be eliminated as such negative aspects are only manifest with too strong a dosha energy in the body, throwing that dosha out of balance. Time and the seasons are also important factors in the dosha balances, so that, by working with the seasons, a particular dosha may be balanced somewhat more easily.

By December 15, we had both noticed a distinct change in our bodies in terms of the spreading areas of our bodies, from the central position of the 'eighth chakra,' that were becoming involved in the feelings of intense well-being and joy. It was established that, as suspected from the feelings being experienced, the God-force was branching out through the body. However, rather than look at this

as a mechanical phenomena of spreading God-force, perhaps as a result of the enlargement of the eighth chakra, it was described as a bodily re-awakening of who we really are, from the cellular level.

The rigorous cleansing of old belief systems that we were undergoing from both light-and-energy releases and a paper approach, as well as the gradual ayurvedic "purification" of our diets was facilitating this. As the body was cleansed of toxins from relatively poor eating habits and emotional issues (what the metaphysical community might refer to as "blocks") from earlier life experiences were systematically addressed and released at the cellular level, there was more room for the God-force to expand into, hence the expanded areas of 'good feelings.' This was also described as an awakening greater awareness of ourselves... our true nature seen more clearly, rather than as seen through the murky vision of emotions and toxins, similar to the shutter of a camera lens, opening more and more, so that we have a larger, expanded view of ourselves.

However, one of the problems that cropped up was that of the ego attempting to remain in control. In my situation, this took the form of awakening VERY early in the morning and not being able to get back to sleep until two to three hours later. Once this was identified as an ego problem (December 16), the ego wanting to 'plan' the detailed activities for the next day, I resolved this on the next occurrence with a silent 'Live In The Moment' mantra while bringing in pink and white God-light. At that instant, 'something' inside me seemed to react with surprise, as if it said, "Huh? What is this?" With a very brief explanation to that energy, there was a feeling of resignation as if, "Oh well, if that's really what you want..." and immediately the sleep mode reasserted itself.

The VERY NEXT MORNING during a TM meditation, I felt the God-presence expand from the chest area and, for the very first time, begin moving through the head area. Because of my ego's to-date normal need for 'control,' this was previously an off-limits area for that activity.

On about December 20, 1993, a STRONG pressure in my chest cavity was established as the God Presence being temporarily 'limited' in its expansion by the ego and its need to control. Actual limits had been set up in the body by the ego, which had to be removed (resulting in a much more 'free' feeling in the body). It was time to work on Acceptance and Receiving (as a function of the control problem). In a meditation the very next day, the same feelings of constriction took place, but this time I removed them as they occurred.

On Oct 17, '94, I woke up at 0230 (2:30 AM) and was awake for 2 hours with a strong 8th chakra energy spreading throughout the torso, which I gladly worked with assisting (working with a strong intention to proceed).

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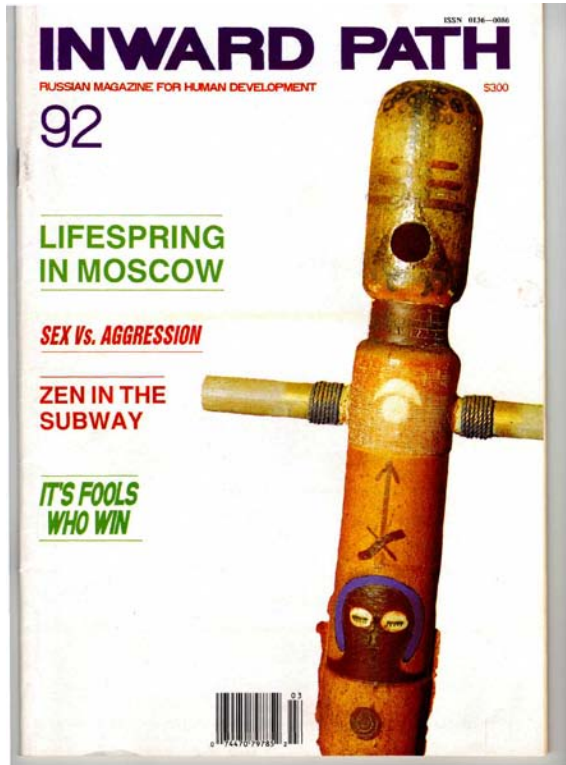
AN UPDATE at the time (December of 2005), the eighth chakra is still with me through all of these years... even through Diane's transition. This chakra continues to infuse me (probably the best word for it) with feelings of peace and joy that are extremely difficult to describe. It is an almost continual reminder of our connection with All-That-Is. If, at times, I get too wrapped up in activities of this material world, the effect may diminish for that time, but it comes back with even the hint of a waking meditation or even thinking about it. THIS is the reason for me to continue to make these materials available to anyone that takes the time to access them. If EVERYONE had such an inner activity, strife would rapidly vanish from the face of this Earth!

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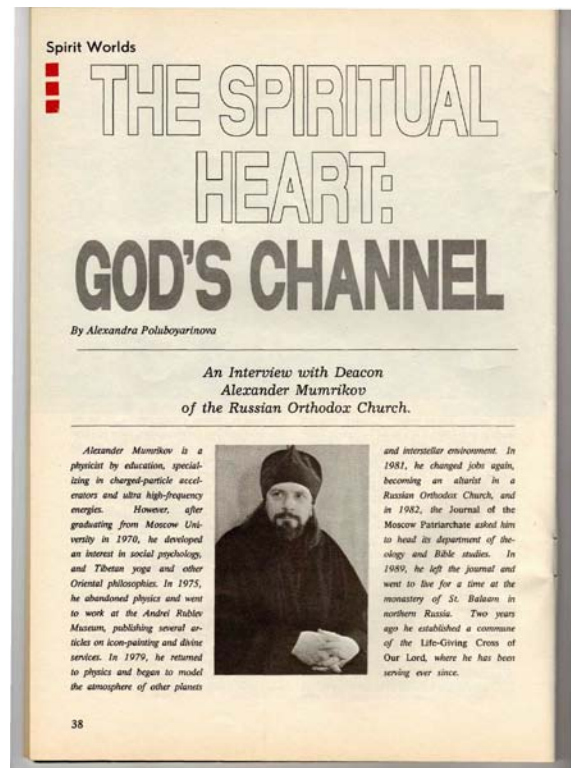
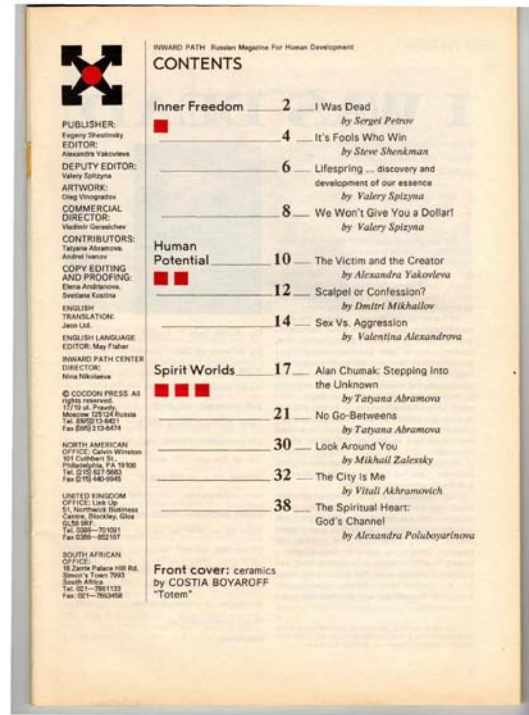
(\*) Next:

Adapted from "The Spiritual Heart: God's Channel" by Poluboyarinova, Alexandra, Inward Path Magazine, (Issue 92);

# An Interview (excerpt)



by Inward Path (I.P.) Magazine with Deacon Alexander Mumrikov (A.M.) of the Russian Orthodox Church. (including personal-experience interjections by Don Chapin)



*I.P.: What sort of people are in your commune?*

ALEXANDER MUMRIKOV.: Mostly psychic people. They used to be interested in yoga, Buddhism, healing , and other related practices.

A.M.: To communicate with God, you must first develop a special organ-the so-called spiritual heart. Potentially, that organ exists in every human being, but to be able to use It, you've got to awaken It. However, the spiritual heart cannot function constantly, St. John of Kronstadt said the spiritual heart dies every day and is reborn each time we pray. It's like a candle: now it burns, now it goes out.

***(In my experience, it doesn't "die" each day, but subsides until re-awakened by conscious thought, energy flow or any form of "elevated" thought. ~ Don Chapin)***

*I.P.: But what is that organ like? Does the spiritual heart have anything in common with the physical heart, or with what yoga refers to as the heart-chakra?*

A.M.: The spiritual heart isn't a physical organ. Nevertheless, it's considered to be somewhere in the chest, a little above the physical heart or at its level In the middle of the chest. In other words , where the Oriental tradition places the heart chakra. I think the heart-chakra is directly connected with the awakening of the spiritual heart: that chakra is a channel through which the spiritual heart functions.

***(Which "sounds right," from my own experience. ~ Don Chapin)***

*I.P.: But if the spiritual heart is not manifested physically, how can you tell where it's located and whether it has awakened or not?*

A.M.: When the spiritual heart has awakened, you feel a kind of burning, an influx of energy, a feeling of peace in your chest. When it only starts awakening, you feel pain in the chest. At first it's like heart pain, often quite strong. Objective evidence showed good health. When the action of the spiritual heart expands, you may feel pain In your chest or even your shoulders. At first the area of action

expands, but then It Is localized and forms a kind of sphere in the middle of your chest.

**(“... or even your shoulders” where ‘guard chakras’ are concurrently forming on either side of the newly forming spiritual heart. Knowledge of this activity, places a whole new meaning on the action of “crossing yourself” ... to be an acknowledgement or beckoning of such a formation in addition to a sign of the cross as a request for a blessing from God. ~ Don Chapin)**

In former times, Russian monks explained it like this: God enters your heart and resides there. They combined the Prayer of Jesus with breathing exercises and kept saying it continuously throughout the day. They would reach a state where the prayer would constantly resound in their heart. This became known as a ‘self-motive prayer.’ They could be busy doing all sorts of things, while at the same time the prayer would constantly ring in their hearts. This constant contact with high spiritual energies enabled them to go without food or sleep for long periods of time...

... the spiritual heart is not given as a reward for something, It's a gift from God, it can be bestowed on an individual who, in the eyes of others, is utterly unworthy of It. It often happens like that.

*I.P.: How does this affect one's life?*

A.M.: First of all, things stop happening by accident. You feel a remarkable logic in the events around you - in other words, events seem to "conspire" to promote your spiritual development. You begin to see your whole life as continuous learning. You begin to have various difficulties. Which you and those around you may see as trouble or tragedy. In actual fact, God provides these situations to teach you to overcome your attraction to the material world.

If you choose that road and ascend to a higher spiritual plane, then your problems, whether a physical attunement or strained relations with others, become resolved by themselves. The higher entitles also



respond to any request which doesn't have a selfish or ulterior motive.

Besides, when your spiritual heart has awakened, you often get a clear understanding of things which ordinary people find hard to fathom. You are literally 'led by Spirit.' You feel an influx of a higher heavenly energy, or the Holy Ghost. The Influx of that energy makes you understand the Inner logic and profound meaning of everything in the world. Creative people, like poets and artists, experience this from time to time. In an attempt to get down to the root of things, they sometimes stumble into that state.

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