



The Light of the Heart

Llewellyn Vaughan-Lee

*The Sun of Light has risen in the heart.
It shines and there is no setting.*

al-Hakim at-Tirmidhi¹

The human heart is a multidimensional organ of spiritual awareness and light. As the human being is a microcosm of the whole, the world also has a heart of spiritual awareness and light. At its core, the human heart is one with the heart of the world, making the individual a doorway to the love and divine mystery of the whole. As we enter the chambers of our own heart, we can access and work with the divine consciousness of the world.

The mysteries of love, the science of the heart, have been revealed throughout the centuries in the esoteric knowledge of various mystical traditions. In particular, Sufism has made an extensive study of the human heart and its spiritual nature, expanding on how the spiritual organs within the heart transform and awaken the wayfarer, leading to a more complete spiritual awareness and a deepening into the divine light of unification. Sufi wayfarers have mapped the journey into the inner worlds, showing how the awakening of the heart's spiritual centers expands the seeker's consciousness. They describe how, ultimately, in the heart's innermost chamber—the heart of hearts—the lover finally merges with the Divine, completing the mystical journey from separation to union.

Much of this knowledge of the spiritual organ of the heart focuses on the interior journey of the wayfarer. However, there is another aspect of the science of the heart that until now has been kept hidden. This is how the heart of the individual can interact spiritually with the whole of life. As we enter a new era in consciousness, these mysteries will become part of our greater understanding, and we will be given specific knowledge of how the individual relates to the whole and how the inner relates to the outer.

Critical to this new dimension of our awareness is the recognition of how the human being is a microcosm of the whole. As we begin to understand this relationship, our sense and understanding about the spiritual life and how we can be of service will change. So too will our knowledge about how our ordinary and spiritual lives interrelate, and how the inner world can nourish the outer. But to take this step in awareness, we must begin by shifting our focus away from our own personal journey to allow a greater unfolding to reveal itself.

The Individual as Microcosm

This knowledge of the coming era reflects how the individual functions as a microcosm of the whole and how the heart works as the direct spiritual connection between the individual and the whole. Humanity's pivotal position as a microcosm of creation can be found in the Western spirituality of alchemy, which describes the human being as "an image of the great world and is called the microcosm or little world."²