

BY CARLOS WARTER M.D.



My work is the work of the heart. By "heart," I don't mean something gooey and emotional. What I'm talking about is a shift in focus, a path. Once this shift takes place and we start journeying through the doorway of the heart, spiritual work truly begins, because it's not separated from the outer; it's not separated from our ordinary lives.

The path of heart is a path of connection. The first step is connecting with the present moment. Then we connect with ourselves by becoming aware of our inner world. We learn to shift our inner focus from the constricted path of the head to the wide open path of the heart. Once we learn to do this in our inner world, we can use the path of heart to move forward through any situation that happens to us on the outer level.

## **Heartnet International**

Letting ourselves rest in the present moment gives us an opportunity to practice an interdimensional change of residence. We can shift our focus consciously from our head to our heart. By doing this, we are gradually expanding our awareness to include the living world of the invisible fourth dimension. This is more than a spiritual experience. It is what we need to do to develop a fifth-dimensional perspective, which is living from essence.

There is a place in each of us that is like a desert oasis reflecting the sun, or a beautiful garden of white flowers glowing in the moonlight. It is like a crystal clear lake where not even the breeze ripples the waves, or a mirror on which there is not one speck of dust. This is the heart of hearts, and it lies at the inner core of our very being, between heartbeats.

This place is where we activate our realization of essence. It is also the place where we receive the divine energy of the universe. Through this place the natural intelligence of which I spoke earlier flows. Just as tuning into the outer energy of the universe around us helps us

access the present moment, accessing this place and learning to dwell there is the beginning of inner awareness.

The power of experiencing the heart of hearts is that it gives us the freedom of choice. Of course, this freedom has always been there. First it was forgotten, obscured by temporary identities and our tightly woven cocoon of self-limiting thoughts, beliefs, and perceptions. Then the stress and inner conflict caused by clinging to this web closed us to it even further. But now, through learning to rest in the present moment without judging, learning to accept, and letting go we have the key to this quiet inner place. We see that it is quite possible to freely be, and that the choice is always ours to make.

Having even a glimpse of this space is like taking a baby-step to the greater reality of dwelling in essence. We can hardly expect ourselves to instantly strip off our layers and layers of habitual patterns and jump into it. For most of us, remembering our heart of hearts only engenders the longing to live there always. This place is imminently accessible through certain techniques and practices—focusing on the breath and heartbeat, for

example, or relaxing into a field of light that we visualize emanating from our chest. Remembering situations for which we are grateful also serves to open the heart.

At the beginning we can hardly expect to dwell there throughout chaotic and stressful events that by their very nature trigger all our old defensive patterns. However, at this point what we can do is recognize our longing and aspiration to dwell in this place, and commit ourselves to it.

Our aspiration might take the form of finding a way to access this place in a protected atmosphere, where we are naturally free of interruptions and outside demands. Try sitting quietly and relating to the most basic aspect of your physical being—your breath or your heartbeat, for example—so that you create a space in which you can see your thoughts arise. Then practice simply seeing them as thoughts. When your monkey-mind chimes in with a comment or judgment, you can label that "thinking" as well. If you do this just a few minutes each day, you can train yourself in nonjudgmental observation by learning to recognize that you are thinking.

Continuing this practice on a regular basis will help you

train in acceptance by resting with what is. Even if the thoughts keep coming—five, ten, fifty times—you can accept them for what they are by seeing them without judgment. Occasionally a really enticing thought comes along and sucks us in for awhile. Emotions in particular seem to have greater power than ordinary thoughts to hook us in and keep us going. Sexual fantasies, anger at the boss, anxiety about the children—these are very powerful thoughts.

But even if we jump into the river of our thought stream and swim there for quite a few minutes, the container of discipline allows us to see what we are doing and accept the thoughts for what they are. We don't try to push the thoughts away; our goal in moving from head to heart is not to stop thinking. We need to think. The point is to combine the wisdom of the heart with the clarity of the head. And we can't know clarity of the head until we've learned to master our inner world, moment by moment. The knowledge it takes to do that comes through the heart, not the head. Trying to clear our heads by stopping our thoughts would be like getting stuck in one of those Chinese finger-puzzles that are woven out of straw: the harder you pull, the tighter it gets.

I've used the example of meditation to demonstrate the efficacy of a formal technique, but there are many other ways to merge with the clear, quiet place we're talking about, where thoughts are obvious when they arise. These include prayer, gardening, flower arranging, and creative writing.

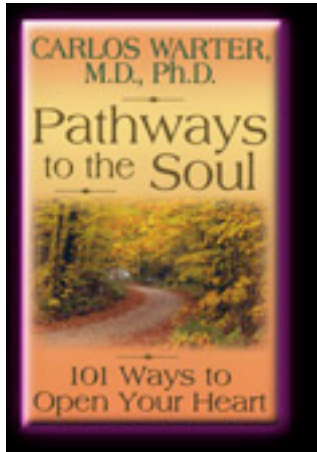
When my wife Carolina was learning to sculpt, she experienced tremendous openness and flow, similar to what others describe in meditation. It is important for each of us to access our essence and our hearts by discovering our own way. The secret is passion.

Musicians, athletes, and dancers all know about this connection between the heart and the head. Ultimately, it is from their hearts that optimal performance—peak performance—flows. Any golfer knows, for example, that thoughts get in the way of a good putt. When a dancer dances, she is totally merged with the fluidity of the dance; any arising thought must simply pass through. When a pianist plays, he is completely at one with the music; if a thought arises, his playing is likely to falter.

The point here is that there are many ways to train ourselves to dwell in inner stillness—and they don't all

require physically keeping still. Wherever we feel a strong connection to the heart, that's the path to follow. The key to success lies in commitment and exertion.

**"The Path of the Heart"** *Dr. Carlos Warter, MD, PhD*



The path of the heart reflects a level of healing in which we open our hearts to the cultivation of positive emotions like forgiveness, love, compassion, and understanding.

Opening the heart further is a powerful tool for interpersonal and social regeneration. It leads to the essence of real self-esteem. It reduces personal, family, and job stress. It is the key to inner awareness and fulfillment. It is the route to realizing our essential health and well-being.

## How the Heart and Brain Work Together

The heart is a life-sustaining, blood-pumping organ. It has an electrical energy that translates into a frequency forty times stronger than the electrical field of our brains. Electrically, its power stirs deep feelings of hope, love, and care. It is also the ear for listening to the source of higher intelligence.

Tuning into these positive feelings and the higher intelligence available to us, always enables us to make positive choices. Accessing it through our inner voice gives a sense of inner knowing. Experiencing love, care, and compassion produces a qualitative shift in the field of heart: It makes it larger.

The brain is our center of intelligence. It thinks, analyzes, and processes information and data. It works as a computer screen that reads out data from our five senses, from the heart, from the anticrime, paracrine, endocrine and immunological systems. It is truly our Central Processing Unit.

When the heart inputs its intuitive intelligence, the brain translates the frequencies into thoughts, symbols,

words, and concepts so we can understand and act on them. Through following the directives of our hearts instead of staying tuned into old mental images, we allow our brains to perceive congruently with our open hearts. Coherent, congruent and confluent actions follow. The union of body, speech, and mind that results is true well-being, because it is in alignment with our essential identity.

### **Our Holographic Awareness**

Our awareness travels more than one way. It is outside-in, and inside-out. It permeates in all directions: east, west, north, south, and also up and down. It is fluid, vibrating, and vital. It changes all the time. It is holographic. The world we perceive through the senses is an ocean of frequencies that the brain translates into the third-dimensional world, a holographic image that we call reality. As recent findings in quantum physics confirm, we are co-creating reality, not just discovering it.

We are part of this open system of interconnectedness, and as such we always have the power to actively choose a different holographic picture by accessing the

higher frequencies of our heart. Through devotion to the path of heart, we can change the future at any moment. The choice is ours. If we consider the terminal, the brain, to be the seat of consciousness, we tend to flatten our holographic awareness into a small screen in our heads. Then we project this imaginary screen out onto the world around us - in effect flattening our perception.

But if we acknowledge our seat of consciousness to be our hearts, our experience is totally different. We see that in truth, we are a door. Through the awareness of the heart, our consciousness is an open door, a portal, not just something that receives images through our brains or projects images on the small screen of the "objective" reality of the third dimension. Ironically, seeing our brains as the seat of consciousness only leads to clouding the clear, diamond-like quality that the brain has when receiving the heart's intelligence. Our brains are the transducers for the heart's wisdom. Unclouded by our core beliefs, the brain works in tandem with the heart, guiding us directly and straightforwardly on our path as a soul who is having a human experience. Allowing the brain to do its job efficiently is a matter of unlearning the core beliefs of the head, while at the

same time tuning into the energy of the heart. This is true regeneration to the essential nature of who we are.

When we are identified with the path of the heart, our brains enable us to see ourselves and others clearly, to speak with meaning, and to act from the higher frequencies of the heart, which we call core values. By awakening the energy of our hearts, we give ourselves the power to release judgments, communicate honestly, enjoy inner esteem and security, and uncover the frequency of compassion. We can surrender to the higher intelligence and power that enters through our hearts.

The coherent frequencies of the heart also have healing power. By tuning in to the higher frequencies - shifting from anger to forgiveness, for example - we can lower our blood pressure and increase T-cell counts. As our stress subsides, these systemic and immunological changes take place. Thus, tuning into the holographic awareness of the heart can be a way to change the frequency patterns that cause illness. From there, the activation of the heart takes place and we can forgive ourselves and forgive others, magnetize our appreciation

and caring, and see even death and dying as a frontier on which to move toward the light. Love is the core energy of the heart. It is also the energy of expansion, of connection. It is the vital divine current of creation and regeneration.

**AN INTERVIEW WITH CARLOS WARTER: Spirit Matters talks with Carlos Warter, Psychiatrist and Spiritual Activator who synthesizes modern scientific knowledge with ancient sacred spiritual practices.**

#### **Healing and the Essential Self:**

"Immensity, not in the sense of power, control and domination, but in the sense of the magnificent whole ... the empire and fortitude of who we are as divine beings." **SM:** Let's explore Healing and the Essential Self. How can we bring ourselves into alignment as a race to make a positive transition into the future? **CW:** Or, perhaps, how can we really heal so that the destiny of the humanity of this planet is not a solution to a problem, but a destination? We need to realize that we are cosmic beings ... essential souls that are not here for a short time. We have been here forever, and that ties us completely into the religious, organismic philosophy

of living life. In that cosmic reality, are the seeds of philosophy, mysticism, healing and medicine. These are little activities that, in this third dimension, we have chosen to do, just because we have nothing else to do. It is a mission statement. It is a higher perception of who we are, and how interconnected we are with galactic, universal forces. Today, that sounds New Age, but in all of history, it has been kept as sacred, initiatory knowledge. **SM:** What do you think about traveling into the other dimensions: the fourth and the fifth dimension, and why do you think it's so scary to people to find out that they are so much bigger than they thought they were? **CW:**Traveling is a word that makes people fearful. Traveling usually sounds like going from point A to point B. I would rather use the term "expanding our awareness" to help us realize that we are really multidimensional beings. There is really no traveling, per se. It is an inner journey, ... a journey of the soul expanding it's consciousness for a purpose. We "travel" or expand our awareness not just as explorers, but for a specific purpose. If we realize that we are much larger than we appear, then what we call attachment and identification, to/with the problems in this world, we then see them in a multitude of

perspectives. That gives us the power to dissolve them, more than solve them. It also helps us to align the higher energies for a higher abstraction or notion of living life. I like to use this example: If your mother would have told you that who you are as a little girl is an Eternal Being, instead of telling you that you are a member of this little group called my family, my race, my religion, my nation, then you would have grown up with a notion of yourself that would be vast, ... immense! If you had been told as you were growing up that who you are is an Eternal Being and your focus is to enjoy life, to realize the magnificence of this area of creation, to serve others, and to learn some skills to master this environment in a way that doesn't destroy it and control it, but to master your voyage through it and to find your contribution to the spiritualization of matter, then your life would look different. But instead of that, we have grown up with an activation of the territorial brain. The result is that we hold ourselves to be physical and material entities only. Then we want to travel somewhere else. Yet deep in our hearts and souls we know that this is not true. We know we are in a conscious prison. And if you're in a conscious prison, you want to get out. **SM:** It seems to me that what people

are calling the Apocalypse is nothing more than the destruction of a tiny little town, warped by conditioned thinking. Obviously we can start with children now, by teaching them in this way. But what happens to all these people who think that this hotel is real, or that this way of living their lives is real? Are they not clinging tightly to this tiny village of conditioned thinking? **CW:** Well, this is where conferences like this come in. I don't see this conference as an event of talking about things or having some experiences. This is really a large group of significant beings who are in an act of prayer. They are creating a force field that resonates outside of the conference, and that slowly but surely produces a wave of change. When you drive next to a monastery, or church inside which some real spiritual activity is happening, you can feel it. The building, the gardens, the entire environment gets affected. The way I see my world, and the way I see our world as a collective, is to shift the collective bars of the prison so that they expand to a point where they can dissolve. If you look at little children, or people who have not been infected by pseudo-civilized thinking (I just came back from the rain forests) you will see that their consciousness is pretty much limitless. So what happens in our educational

mode, (and I'm not talking about schools, I'm talking about the whole education that we give each other on the planet), is that we shrink our brain our hearts, and our possibilities. The work is to expand possibility so as to dissolve it. The more we do this, the more the force field changes. The more the force field changes (either through publications, web pages, conferences, talking, and vibrating at a particular frequency) the more contagious it becomes to remember. Now every sacred tradition says we need to remember that we coincide not with something new and of this time, but that we coincide with the lineage of humanity which has been longing to remember it's immensity. Immensity, not in the sense of power, control and domination, but in the sense of the magnificent whole ... the empire and fortitude of who we are as divine beings. Therefore we need to change our thinking about our identity, which is usually conditioned by our upbringing and our beliefs, and reinforced by the culture. We need to shift from the head to the heart. The heart is the foundation for living in a coherent frequency of life, instead of in a thought frequency, or a belief system. **SM:** Tell us more about frequency. **CW:** I believe that everything can be perceived as vibration. I don't want to be absolute about

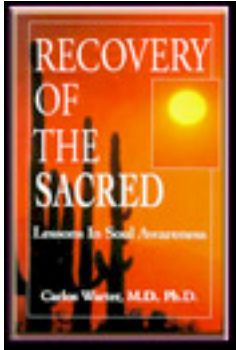
this, because in the vastness of this great mystery, it might be seen differently. But anyway, we can perceive our existence, and our encounters as wavelengths that either meet or don't. Our way of relating to emotions is actually with respect to higher or lower frequencies. Our values of what we perceive as higher or lower ideals is also translatable into frequencies. We could say that we are navigating in an ocean of vibrations. Therefore, wherever we are traveling, we create images of that reality. The universe then rearranges itself according to those pictures of reality. Now this is nothing new. If we look at cause and effect, or karma, or even the notion of sin, it is a result of a certain frequency acting in a specific realm, and producing particular consequences. So I feel that the Lord, God, the Force, or whatever you want to call it, is so versatile, it allows for anything. So, if a person aligns himself or herself with a certain frequency, the whole universe says, "Okay. So be it." It is our free will, not to align ourselves with the illusion, but to align ourselves with the desire of coming out. We cannot do this alone. We need each other as a collective, but not only in the human realm. We need the help of the angelic realm, the archangelic realm and other realms I don't even know how to describe with names.

They are here when we pray to them, and when we align ourselves with our intention to be saved from the prison of confinement of limited existence. I think that this whole life is a service, not as in doing something, but as an inner service, an inner work that will align us as a collective to the recovery of the sacred, which is the title of my book: "The Recovery of the Sacred." **SM:** Do you ever forget? **CW:** Do I ever forget? I've been training myself more years in this lifetime to remember, than to forget. A couple of years ago, I passed a threshold of more years consciously dedicated to working it out, than years I've lived without that intention. And sometimes I do get trapped, and I get attracted by illusion. But I have also installed in my system, the feedback mechanism to know when I'm getting lost, and then to ask for help. It's almost instantaneous. Everything in my life is geared towards this. My wife is a fantastic master of remembrance, as are children. The work I do, I see very clearly. Sometimes I speak in an environment that is not really the frequency that I'm geared to. I can see the feedback immediately and that reminds me to change. Even TV reminds me to change. The Dalai Lama taught me a technique about TV. He said when you watch things that are destructive and violent, you know

that now you don't have to do it yourself. It's happening in your experiential kingdom, and they are doing it for you. Therefore you bless them. So, it's not a rejection, but rather that you look at it with the thought, "This is something I'm \*not\* doing." **SM:** What is the Bliss-Body that you speak of? **CW:** Well, its a term that refers to the same thing as the Cabalistic term "chaya". Chaya is the soul expressing itself in the fourth dimension. It is happy for the sake of being alive, for the sake of being happy. You see it a lot in children. When you ask them why they're happy, they say, "I'm happy because I'm happy." Now, in the third dimension, we turn to a reason for our happiness. I'm happy because it's a nice day, or because I met someone, or because I got something. That reduces the happiness through a translation of the material, which is going to come and go. But the Bliss-Body is always present. The fifth dimension is the standing of the self that exists, regardless of bliss, irrespective of a good or bad day. This is the soul identity ... in awe, praying to the divine. **SM:** What is the most important thing to do on a daily basis? **CW:** A little exercise. Imagine what you're grateful for. Shift the awareness from head to heart. There you'll find the doorway that is beyond any expectations, or

imagination. **SM:** Thank you very much **CW:** Thank you.

## **Recovery of The Sacred: Integrating Soul Awareness into Your Clinical Practice**



" When patients reach the top level of my imaginary pyramid, when they have surrendered to self-love, they reach a frequency of coherence that is body, mind, and spirit-life itself. They reach the raw source of all healing. They wake up each morning grateful for life and the restoration of consciousness, and everything else in the day-they wake up well."

**"Self-love is how we attain mastery in healing."**

1. Find out who you truly are: this means as professionals we need to do the inner work of finding out who we are as human beings. We cannot just be identified with our role, skill, or specialization. In ancient times, healers were initiates in inner work of self-discovery. In what we call primitive cultures, it still

happens today. 2. Engage in a spiritual practice that will allow you to be aware of your soul. In modern times, this will also prevent stress. 3. Recognize the sacredness of our profession, a health care-related activity. It is a privilege and an honor to be able to be of service. At the level we work, we enter into an intimacy with the feelings, body, and even mind of unknown individuals who come to us for help. 4. Recognize that the companionship of peers is a spiritual fellowship. This will require a shift from an economic-based reality to an essentially inner focus that we are all servants together. 5. When interacting with patients, believe that they are spiritual beings having human experiences, which, at the time of consultation, is usually pain. 6. During patient interviews: a. Explain clearly that you understand the patient's human experience to be pain or distress b. Relate as a soul to a soul; do not place yourself above the patient c. Explain that your intention is toward the patient's overall well-being d. Make clear what your area of technical expertise is and that you might need the assistance of others to help during the healing process e. Include family and friends in your evaluation, and, above all, profess respect for the spiritual beliefs they hold f. Create an environment that

is conducive to relaxation g. Be on time for appointments and value patient presence: make them feel respected, valued, and loved h. Ask what their belief structure is i. Be creative when introducing your beliefs and do not be an absolutist: allow for patients to grow and get well in their own belief system j. Find out what they know about their conditions and suggest that problems really are conditions, not absolute illness, labels that they must wear forever k. Emphasize that they are spiritual entities having a human experience; engage in a discussion of this experience, not just a diagnosis.

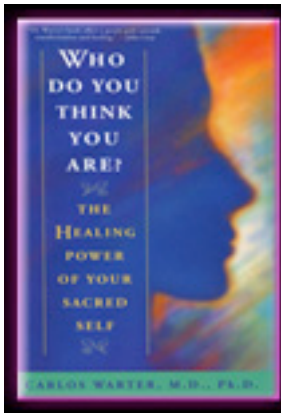
**"Spirituality is not "something out there" separate from reality but is a cornerstone in the notions of reality that patients have."**

A typical seminar by Dr. Warter will cover aspects of the following:

(1) practical techniques of spiritual healing and spirituality in daily patient care; (2) introduction to beliefs and practices of major religious groups; (3) techniques for spiritual history taking; (4) overview of the individual spiritual evolution from birth to death; (5)

alternative medicine and medical practices or beliefs your patients will never tell you about; (6) spiritual healing for the terminally ill patient; (7) and recognizing spirituality in both clinician and patient;

**To see more of this philosophy read Dr. Carlos Warter's book: Who do You Think You Are?: The Healing Power of Your Sacred Self Happiness Is Your Birthright** *by Carlos Warter, M.D., Ph.D.*



What do you expect after 9/11? Let's look back. In the two hundred years following the Industrial Revolution, our connection to our soul was forgotten because people believed that the sacred was confined to old books, churches, and temples. We are now entering a time when this sacred information, no longer restricted to the privileged scholars or holy men, is available to everyone.

This is a change that represents spiritual acceleration in

our space-time continuum. Our explanations of the natural world, especially seen from quantum physics, have come to the same universal enigmas, which were once solely the domain of religion. For example, if we expect a particle of light to act like a wave, it does; if we expect a wave of light to act like a particle, it does. If we expect it to act like a point, it will accommodate this idea. How? The observer created the reality. In essence, observing the world necessarily changes our perceptions of it.

The new millennium ushers in a new awareness, which could be called a spiritualization of culture. Over this century, we have existed in the comfort zone of science, which tends to deny faith and belief. We are being challenged to find a new meaning and purpose in our lives and bring about an honest, authentic, and new way of living.

In every spiritual tradition I have studied, the shift into a new millennium has subtly announced a shift in rediscovering the sacred. There are numerous elements that show us we are in the midst of this shift: synchronicity and coincidences, the intensity of the

energy flow of life, an acceleration of ideas and feelings, and a global economy that links the financial state of the world instantaneously. People sense that the world is on the brink of great change. We are in the genesis of the millennium, yet we have not found all the means to comprehend it. The entire population of our transforming world has one vital task: recovering the sacredness of life.

During this time of change, we need to be cautious of identifying with one specific ideology. We comprehend that the longing for consciousness and reconnection with the soul belongs to many different traditions. The awakening of our soul and the consequent recovering of the sacred is our birthright as conscious human beings. We have probably all experienced, on more than one occasion, our true soul identity. There are as many paths to access this awareness as there are people on the planet. Laughter, prayer, music, lovemaking, the birth of a child, the passing of a loved one, a victory in sports, a defeat or success on the battlefield, or any of the experiences that we identify as crises are all doorways to transformation.

**We are in the genesis of the millennium, yet we have not found all the means to comprehend it.**

When these events occur in our life, we tend to embark on a search for our individual truth. Again, the search must not end by grasping a single ideology that intrigues us or seems to meet most of our needs. We need to connect and follow our own path completely, fully involving the heart. Therefore, this spiritual adventure does not have any formal guidelines. The mysteries of life guide us and give us correct timing for our actions. We need to learn patience, an important element in the larger context of the "big story" of our existence. In the "small story" of our existence, that of our ego — our frustrations, hopes, successes, and failures — we are constantly chasing an elusive sense of permanence. Thus we are all subject to our anxieties and conditioned by them. With this focus, we will never find the true meaning of our lives. However, this side of life does serve as a doorway for entering into the "big story." Love, light, tenderness, and wholeness are our destiny. We then live our daily life with greater harmony and peace.

Essence is what our human existence is really all about. This is the first global culture in human history to be able to manifest the essential self into action. I am calling people to recognize their essence: to become part of a renaissance in which the psyche is unlocked and the human soul is breached so that the internal and the external become one.

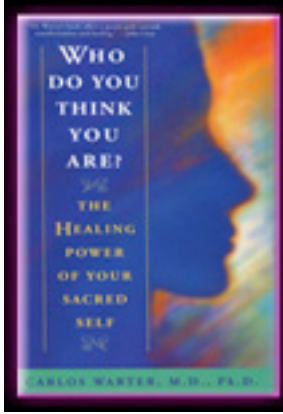
I believe that this era is the renaissance of renaissances. Essence is not about self-improvement or personal development. Essence is not just a state of mind. It is our very depth manifesting as an image before the mind's eye. Essence is so real that it transcends symbols or language. It is what guides us all the time. It is that inner voice we hear in the stillness. It is the love of life remembering its source.

The recovery of the sacred takes us from a state of yearning, born of false identification with our third-dimensional everyday living, to our rebirth, wherein we re-identify with the landscape of our soul in a very real way. The reintroduction of the soul in our life means planting our roots in heaven and seeing our third-dimensional "small story" as mere circumstance.

Developmental psychology is melancholic because it stays far from divine possibilities. Recovery of the sacred is the expansion, in love, from our roots in heaven to our manifestation in life. With this approach, I see healing taking place in a different way, a way that allows both the possibilities of human evolution and the rights and obligations that our people and our societies must embrace in order to become a society of souls. These rights and obligations include debts to parents and ancestors of humanity, to the ancient explorers of spiritual traditions of wisdom, to the natural order, and to various levels of divine agencies without which human existence would not be possible.

Listen to your heart, heed its call to change, and prepare to look at the world as a newborn does, with wonder and excitement. Miracles are our birthright once we set our course for a soulful adventure. This is the genesis of the new millennium.

**The Genome Approach to Healing and Transformation at the Cellular Level** is an effective proven mind/body technology. *Who Do You Think You Are? The Healing Power of Your Sacred Self.*



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