

The White-Hot Yoga of the Heart

With Saniel Bonder & Linda Groves-Bonder



12 Mysterious Gateways
to Advanced Evolutionary Emergence

The Heart is both the essence and the totality of what we are, each and all. It's also both the source-engine and the emergent expression of what and who we are each and all becoming. It is our humanness and our Godness, all at once; the infinite yet concrete singularity of all that Is. That Which and the One Who really mean the most to us, regardless of our thoughts and beliefs. The Mystery of all mysteries. The Love that holds it all together even when it's all falling apart.

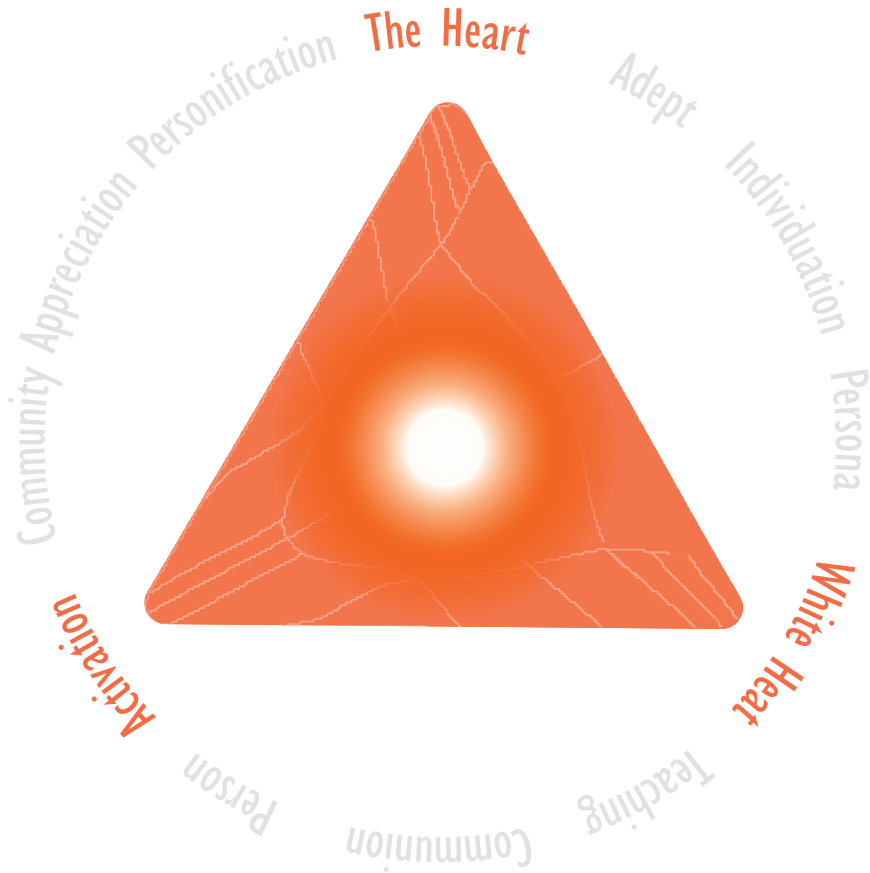
—Saniel & Linda Ma, 12/3/14 newsletter

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12 Mysterious Gateways to Advanced Evolutionary Emergence

Key Points

Saniel Bonder & Linda Groves-Bonder



Three Foundations of the Way

The Heart:

History, core and periphery, 3 frequencies of identity, and the “hidden cross” at the heart of our perennial anatomy.

White Heat:

Incarnating the intensifying samadhi of the Onlyness of spirit and all phenomena.

Activation:

Transmission, education, evocation – why all 3 are crucial to fulfilling our ultimate potential.

Three Foundations of the Way (orange)

The Heart: history, core and periphery, 3 frequencies of identity, and the “hidden cross” at the heart of our perennial anatomy

- The Heart is the first and foremost foundation of the White-Hot Yoga of the Heart.
- It is both the essence and the totality of who and what we are, each and all, our humanness and our Godness all at once.
- The Heart, often spelled with a capital “H,” has a history both rich and yet obscure in human spirituality; its nature is that of ultimate Mystery.
- In our work the teachings on the core wound (or core wound/wellness paradox) and the core and the periphery of our total nature are keys to understanding, realizing, and transmitting the Heart.
- The three frequencies of identity are seated along a horizontal axis in the psycho-physical heart: the ego in the greater material mass on the left, the psyche and soul-nature in the center, and the impersonal Being-nature on the right.
- Combined with the frequencies of energy centers along the vertical line of the chakras, this horizontal axis of the Heart can be seen as a “hidden cross” that is essential to our perennial, generic anatomy.
- Even so, that ultimate mysteriousness of the Heart never yields to mental grasping. It can become evermore obvious to our feeling-intuition, by that other mystery known as grace.
- And the Heart’s revelation of Being *as* the world of all phenomena becomes an all-pervading current or radiance of deathless identification with Conscious Love.

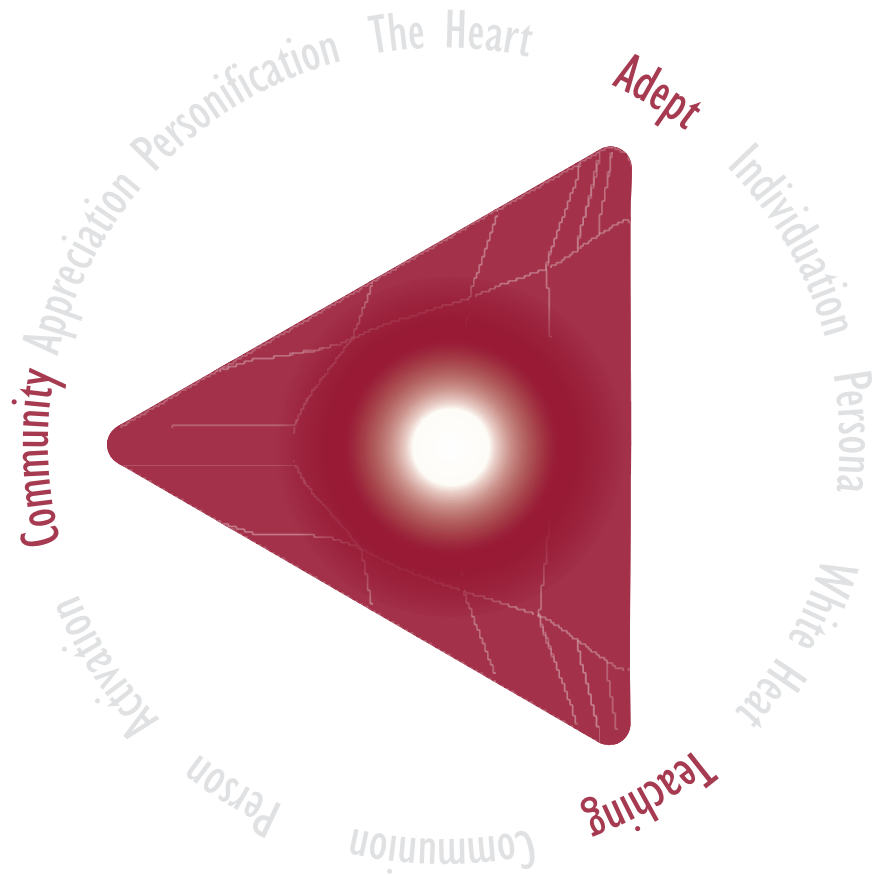
White Heat: incarnating the intensifying samadhi of the Onliness of spirit and all phenomena

- “White Heat” is an evocative phrase pointing to the extremely nuanced intuition that the “Onliness” of spirit and matter intensifies over the course of one’s awakened life.
- The Sanskrit word *samadhi* means “equalization of pressures” and often refers to dissociated trance states. In our work, the Second Birth is a samadhi of infinite “pressurelessness” in increasingly conscious association with all phenomena, physical and psychic.
- The White Heat may first be revealed in an uncommonly ecstatic temporary experience, but without the motivation or experience of dissociation from any phenomena.
- Its most obvious quality is that of infinitely increasing, all-pervading, and extremely radiant conscious love.
- It is quite natural for aspirants and apprentices in the White-Hot Yoga of the Heart to cultivate ever-deepening realization of both the Heart itself and the White Heat.
- Both the Heart and the White Heat are made accessible to the aspirant or the apprentice through association with adepts who are themselves realizers of these foundational principles.
- When we speak of the White Heat, it becomes natural to use poetic language and imagery because this mystery so confounds attempts at logical, rational description.

Activation: transmission, education, evocation – why all 3 are crucial to fulfilling our ultimate potential

- The third foundation of the White-Hot Yoga of the Heart is activation, which takes place in the aspirant or apprentice through transmission, education, and evocation especially in relation to one or more adepts.

- In addition to gazing and other forms of direct interaction, as well as through print, online, audio-visual, and other media, a key vehicle of transmission in the White-Hot Yoga of the Heart may be extended periods of meditation in the company of a qualified adept.
- Education helps crystallize the practitioner’s experiential and often deeply felt shifts and changes and clarify modes of discriminative intelligence or discernment that are crucial to the Yoga’s progress.
- It involves disciplined attention in both parties—the adept must help the practitioner school herself or himself in the most optimal ways at any given phase of their unfolding, and the practitioner must be willing to embrace the necessary learning.
- In the context of such potent transmission and education, the element of evocation, or “calling out,” can best come into play.
- A qualified adept, transmitting the White-Hot Heart of conscious love, must also be capable of facilitating the next emergent unfolding in the life of a qualified aspirant or apprentice—by seeing and calling forward what or who that one is innately becoming, or yearning to be.
- Various media and other means can be used to automate some elements of transmission, education, and even evocation. But full activation of this Yoga can never be successfully reduced to a mechanical process outside relationship to a living adept.



Three Treasures of the Life

The Adept:

Mysteries of lineage and mastery beyond both guru- and aspirant-centrism.

The Teaching:

Its formative and ongoing evolutionary importance for all practitioners and realizers in our Way.

The Community:

Cultivating the culture and charisma of mutually embodied grace.

Three Treasures of the Life (maroon)

The Adept: mysteries of lineage and mastery beyond both guru- and aspirant-centrism

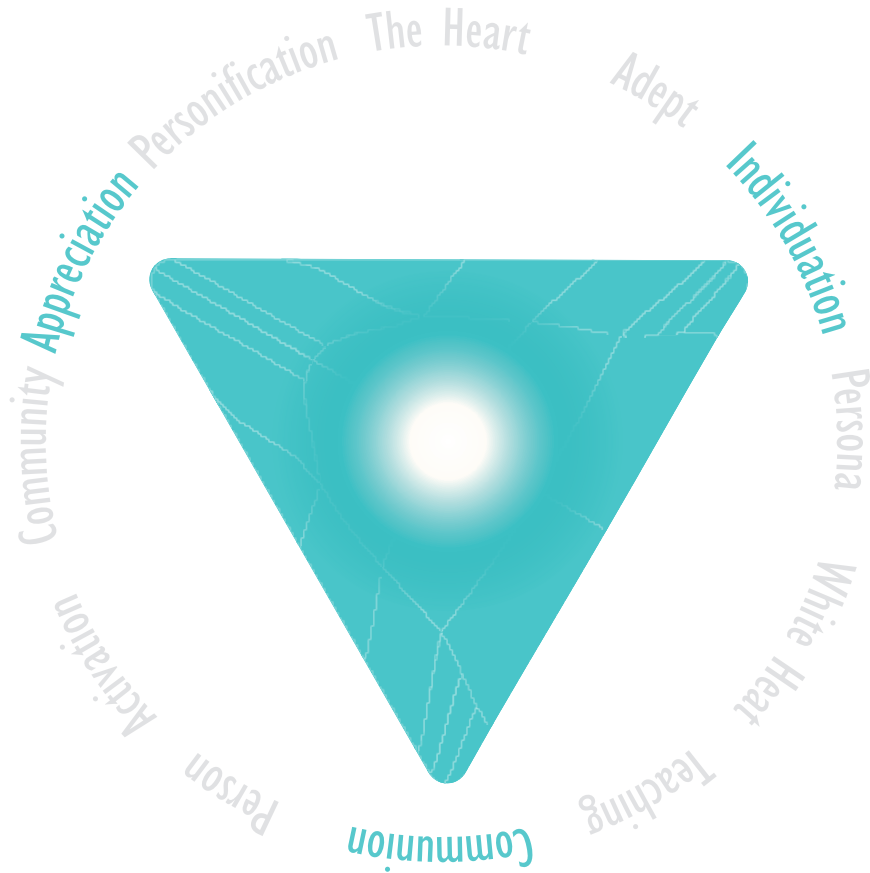
- Only a living adept of the Heart and the White Heat can manifest all three principles of activation for the sake of qualified aspirants and apprentices.
- Just as the Heart gives rise to the White Heat and activation as the other foundations of the Way, the adept gives rise to the teaching and the community and is thus the first and source treasure of the Life of this work.
- From its original articulation in 1995, the White-Hot Yoga of the Heart has brought forth breakthrough approaches to spiritual awakening and personal and relational growth, and especially to how adepts can best serve those who come to them for their help.
- New ways of perceiving and participating in the mysteries of lineage and mastering adept skills are crucial among this Way's unprecedented innovations.
- The competent adept balances the old and the new, the established and the emergent. He or she honors ancestral lineage and carries it forward while diverging from any inherited associations, perspectives, or habits that do not serve those he or she is serving.
- It is human nature to cherish, protect, and prize anyone or anything that is a real treasure to us. Those who benefit from any adept's life and contributions also find ways to appropriately honor, cherish, and support him or her, truly for the benefit of all he or she serves.
- This mutual support, cherishing, and honoring bypasses guru-centrism, aspirant-centrism, and other imbalances through the continual work of mutual listening and disciplined attention to other relevant gateways of advanced evolutionary emergence in this Yoga.

The Teaching: its formative and ongoing evolutionary importance for all practitioners and realizers in our Way

- As the first significantly post-hypermasculine or post-Spirit/Matter split teaching that has come forward, the total teaching of the White-Hot Yoga of the Heart—which includes the fundamental principles of Waking Down™—is an original revelation.
- The discernment necessary to the White-Hot Yoga of the Heart cannot come into play without disciplined cultivation of true intellect. Such discriminative intelligence can only be formed through intensive, serious study of this Way's unique wisdom.
- Because the stages of this evolutionary journey continue throughout one's life, attention to this wisdom, which includes original orientations to death and dying, can potentially benefit practitioners at any point along the path.
- This teaching is not merely made of concepts; it is itself living transmission of the *siddhi* or accomplishing, activating, awakening and transforming power of the White-Hot Heart.
- Just as the basic practice of listening always calls us to listen first and foremost to ourselves, so optimal attention to the teaching of this Yoga throughout our lives depends on prior attention to the movements and prompts of our own bodies, minds, and hearts.
- Thus, cherishing, honoring, and protecting this teaching as a treasure, and supporting its movement into the world, includes whenever necessary the greenlighting of doubt, confusion, mistrust, and serious skeptical questioning even of this teaching itself.
- Similarly, our approach encourages participants to express their own articulations of the nature of life and how to live—but only on the basis of having already deeply grasped the original teaching of the White-Hot Yoga of Heart. Get it first—then go beyond it.

The Community: cultivating the culture and charisma of mutually embodied grace

- The ultimate result of the adept’s activation work and his or her teaching’s presence in the world is the appearance and flourishing of the third great treasure of this Life: the community of practitioners.
- As with the adept and the teaching, cherishing, honoring, protecting and refining the community is a natural impulse on the part of those who are cognizant of what a special event it is in all of Nature and who are grateful beyond words for its presence in their lives.
- Wise and sustained attention to all the triads and gateways of the White-Hot Yoga of the Heart will tend naturally to move practitioners to find practical, tangible ways to support and preserve the treasure of this community.
- The simultaneous principles of existential equality and functional and also generational hierarchy obtain fully throughout community life, including of course between adepts and aspirants or apprentices, making for a collective hidden cross.
- Tensions between those two principles will naturally arise again and again in the community life. But the next new challenges will often be quite challenging to many participants, because the White-Hot Heart’s Way is always newly emerging—without a “manual.”
- The more individuals advance in their own journeys, and the more complex the community becomes, the more unprecedented pressures will appear and temper and refine everyone participating. And, over time, the more joyous and sublime community life will become.
- By treasuring one another and responding time and again to whatever challenges arise, participants will thus naturally cultivate both the culture and the charisma of mutually embodied, White-Hot Heart-grace in their community living.



Three Pillars on the Path

Individuation:

Going beyond self-centeredness into mature, reciprocal autonomy.

Communion:

Going beyond interconnectedness into inter-identified Onliness in the Heart.

Appreciation: seven dimensions of ever-increasing regard for and cherishing of self and others and all that Is.

Three Pillars on the Path (teal)

Individuation: going beyond self-centeredness into mature, reciprocal autonomy

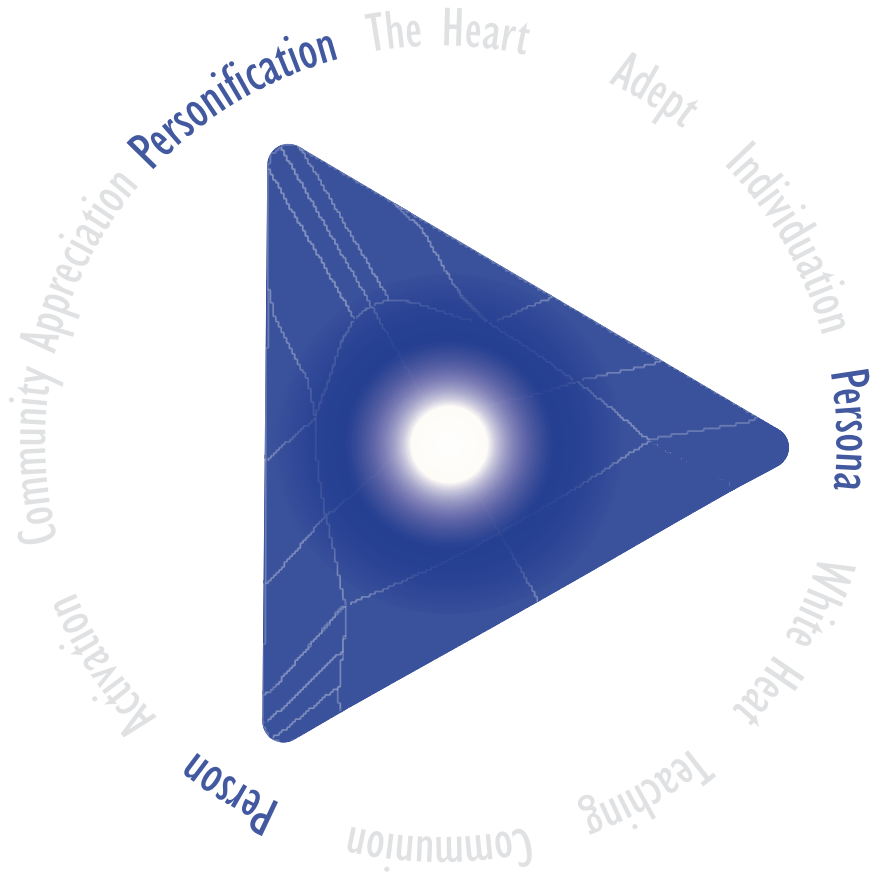
- Individuation is one of the Heart's two primary methods of achieving conscious divine humanity in any individual life. It is a continual process, practice, and skill that one must refine again and again throughout one's lifetime, and perhaps beyond as well.
- While there are many possible phases and dimensions of achieving such personal singularity, those that take place in the process of one's "waking down" work are the first great forms of individuation in the White-Hot Yoga of the Heart.
- The Second Birth is a critical bio-spiritual individuation, preceded by a deathlike sequence (the Rot) and then a second conception and gestation. This quality of non-separate conscious embodiment is truly a whole-being rebirth for anyone who passes through it.
- If one lives long enough, the work of attaining increasingly evolved forms of self-actualization proceeds through phases of something like second infancy, childhood, adolescence, early adulthood, maturity, and eldership.
- An often-challenging crisis involves one's passage, sometimes again and again, beyond relatively childish or adolescent self-centeredness and into maturely responsive and reciprocal autonomy in relation to others and to Life.
- Even so, living the White-Hot Yoga of the Heart continually and in every situation calls us to stand in and live our truth. This pillar on the path never permits abandonment of authentic self-integrity in radical self-surrender to any other, including an adept, or even to the divine.

Communion: going beyond interconnectedness into inter-identified Onliness in the Heart

- Communion is the Heart's other primary method of achieving conscious divine humanity in any individual life. Like individuation, it too is a continual process, practice, and skill that one must refine again and again throughout one's lifetime, and perhaps beyond.
- The phases and dimensions of achieving and refining conscious relatedness that take place in the process of one's early "mutuality" work are the first great forms of communion in the White-Hot Yoga of the Heart.
- What we enter in the Second Birth is an initial quality of not merely Self-realization but rather Self+Other-realization. This is not a knowable state but a condition of conscious unknowing, in which every other and even one's self are both redolent with Mystery.
- How we relate to others then also passes through phases analogous to infancy, childhood, and so on. A frequent crisis involves passing sometimes repeatedly beyond relatively immature, conventional interconnectedness into inter-identified Onliness in the Heart.
- Communion in the White-Hot Yoga of the Heart includes all kinds of others. Each practitioner at least to some degree encounters, embraces, and continues to refine relationships with archetypal or non-incarnate other beings and with the divine Other in one or more forms.
- Each one likewise ultimately discovers that radical identification with any or all others never extinguishes their "otherness." Therefore, mature participation in the Onliness mysteriously coincides with ongoing recognition of innumerable distinctions and differences.
- This, then, is radical communion, and some of its greatest potential gifts are to be found in one's relationships with the adept and with other realizers of this White-Hot Way. It continually complements and dances with reciprocal individuation or autonomy in the Mystery.

Appreciation: seven dimensions of ever-increasing regard for and cherishing of self and others and all that Is

- The always changing dance of radical communion and reciprocal individuation refines itself throughout one's life through the continual work and play of appreciation.
- The seven dimensions of appreciation begin with perceiving the nature and quality of whatever one is considering, even any part of oneself. They then include intelligently enjoying, becoming grateful for, and continually evaluating or estimating that person, trait, or thing.
- This is a remarkable mystery of deep appreciation: it both enhances the perceived value of whoever or whatever is being considered and causes the appreciator's perception of his or her own value to rise as well. The seventh dimension of appreciation is, simply, prizing.
- Such deep appreciation gets very tangible and practical in the White-Hot Yoga of the Heart. We cherish, protect, cultivate and prize all the foundations of the Way, treasures of the Life, pillars on the Path—including appreciation itself—and stages of the Journey.
- Real-life, in-the-trenches appreciation involves self-sacrifice, it calls us to put skin in the game, it pushes and pulls, attracts and magnetizes us to keep growing and going beyond our comfort zones. It takes us out of hiding in ways of staying small and invisible. It requires risk.
- What that may mean in any individual's speech, behavior and relationships is not something we can reduce to any formula. The White-Hot Yoga of the Heart is fundamentally wild. We are not at liberty to arbitrarily impose confining rules and laws upon it.
- Even so, true meeting and being met in authentic individuation and communion will always tend to evoke more benign, compassionate, and tolerant expressions. In true appreciation, conscious love—even if sometimes “tough”—wins the day again and again.



Three Stages of the Journey

Persona:

The “mask” of unawakeness in the first phase of our journey in being and becoming.

Person: the liberated life of embodied awakens and the challenges of the residual, pre-awakened psyche.

Personification:

The transition to world-blessing service through ever-increasing identification with the awakening cosmos.

Three Stages of the Journey (indigo)

Persona: the “mask” of unawakeness in the first phase of our journey in being and becoming

- As we begin to Rot out of the first life—which is significantly governed by the spirit/matter split—we become increasingly aware that something essential is wrong, missing, or unclear at the core of our living. We begin to feel as if masked to our own truth and reality.
- In this unmasking we are discovering that the very core of our nature and identity has in effect been asleep. That core is our “totality identity,” that Heart-reality that is who and what we most intimately are and yet includes all spirit, all energy, all matter, all that Is.
- We have automatically been identifying with various elements of our “periphery”: relationships, body, energies, emotions, thoughts, images, the materially oriented ego-sense, the spiritually oriented soul-nature, even the impersonal yet still dissociated consciousness.
- There is nothing wrong in feeling, knowing, and being such an unawakened persona. But it becomes unsustainable as the “Sun in our Heart” begins to rise, shedding its light of deeply felt recognition on ways we’ve been showing up that now appear limited and limiting.
- As uncomfortable as it may be to endure, discovering that one has been living behind a mask of unawakeness is developmental progress. It readies one to wake down in mutuality and potentially to become attracted into the White-Hot Yoga of the Heart.
- Even if we have had frequent mystical states or intuitive glimpses of infinite consciousness, as an unawakened persona we have almost exclusively identified with our periphery. Awakening to our core first entails “Rotting” into and feeling the sting of the core wound.

- The total resource of activation, including transmission, education, and evocation with the help of a White-Hot adept of the Heart, can quicken and streamline this awakening and thus bring the core to full fundamental self-awareness in the Second Birth and Life.

Person: the liberated life of embodied awakens and the challenges of the residual, pre-awakened psyche

- The core wound is our felt registration of being obviously limited—identified with our periphery—while yet yearning for the limitless totality that beckons from and as the core. In the Second Birth that limitlessness as All becomes self-aware as never before.
- Part of the paradox of that awakening is that the core wound does not heal or disappear, but rather becomes conscious. Moreover, it totally coincides with a core wellness that shines forth more powerfully over time. This is a fundamental healing of the spirit/matter split.
- The fundamental qualities of separateness in relations, confusion in identity, and severe incompleteness that we may have associated with the core wound, prove to have been elements of the spirit/matter split. When the Second Birth is well established, these are truly healed.
- In many traditional forms of enlightenment, one’s ego supposedly dissolves and one completely transcends human personhood. In this Yoga such notions miserably fail to serve an awakened person, whose ego and personal mind remain stubbornly—yet vitally—intact.
- The awakened person thus undergoes a profound journey of healing (“wholing”) or integration of the now stably awakened core with all the dimensions and qualities of his or her periphery. Core and periphery are each as necessary to wholeness as yin and yang.
- In this stage, the default sense of identity is anchored in the awakened core, though doubt may arise in the mind. Early in the Second Life, the

“wakedown shakedown” includes in the healing journey of recognition apparent regression into pre-awakened states of identity.

- The developmental integration of core and periphery, including much deep shadow work along with White-Hot expression of liberated embodiment in awakened service, takes many years. For that work, the healing culture and charisma of community becomes a sanctuary.

Personification: the transition to world-blessing service through identification with the awakening cosmos

- As an awakened person, in relation to broken zones or obsolete habits, at times the realizer discovers it is no longer appropriate to go into the “live it” and “be it” stages of Six-Step Recognition Yoga™. In the personification stage, this orientation becomes increasingly universal to all habits of peripheral identification.
- In this stage the core identity of the White-Hot Heart increasingly outshines tendencies to identify with limitations and negativity. However, this is not a form of spiritual bypass. It’s an immense and can be a shocking transition into a whole new kind of discipline.
- As with the transition from unawakeness to awakened personhood, this transition into personification of the awakening cosmos inevitably entails some experience of death and rebirth. So one may be plunged into intense revisitations or new explorations of ancient shadow stuff.
- Even so, what is actually taking place is an unnerving divinization of the peripheral psyche and something like a coronation of the personal soul. Both of these paradoxically force the realizer into far greater humility in service than was possible before.
- One no longer luxuriates in freedom to “live and be” merely one’s old, local personal self associated with effortless, unbounded feeling. A resulting

paradox is that now certain attitudes and practices of traditional, first-birth realizers may become attractive and appropriate.

- One may feel driven or impelled to take previously unimaginable qualities of responsibility for world-service and world-blessing. These require rigorous disciplining of the local mind's habitual drivel and all now self-indulgent surrender into emotional reactivity and negativity.
- As one continues to personify the awakening cosmos, one's core and periphery are ever more fully merged into a marvelous singularity. The recognition of "no difference" strengthens even as, if one reaches old age, one's physical and other faculties diminish. True eldership!
- One's clay feet remain firmly on the ground, but one's White-Hot Heart revels in the sufficiency of Joy. There is feeling-knowing that the Siddhi of one's simple presence with everyone everywhere accomplishes without the slightest effort more than one can ever do.
- True Conscious Love! The world-transmuting White-Hot Yoga of the Heart.