

A Secret Cause of Disease – Loss of Heart

What Soap is for the Body Tears are for the Soul

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[Source](#)

Rumi the great mystic poet said, “There is no liquid like a tear from a lover’s eye.” He also said, “There comes a holy and transparent time when **every touch of beauty opens the heart to tears**. This is the time the Beloved of heaven is brought tenderly on earth. This is the time of the opening of the Rose.”

*My Tears Flow My Being Opens Totally
As your heart fills with feelings expand yourself,
prepare to meet the enormity of your own divine being.
The tears of the melting heart
can melt all barriers between you
and your own deeper and higher self.*

Jesus wept and we know that the soul takes no space without the tears of the melting heart to grace one’s life. And old Jewish proverb tells us that **what soap is for the body tears are for the soul** and Psalms 126:5 says “They that sow in tears shall reap in joy” and Psalms 30:5 reads, “Weeping may endure for the night, but joy cometh in the morning”

*Every tear that your heart sheds is a golden drop of sun.
I weigh each one in my heart of hearts
not knowing from which they all come from.
I drink the fluid that runs from your eyes
knowing you better with every drop.*

“Man is like an onion. When you peel away the layers, all that is left is tears,” wrote Rabbi Nachman of Bratslav, an Hasidic master. “The fruits of the inner man begin only with the shedding of tears. When you reach the place of tears, then know that your spirit has come out from the prison of this world and has set its foot upon the path that leads towards the new age,” wrote Saint Isaac of Nineveh.

The Heart represents our basic capacity to care and feel. Inside the purified and free heart is a flow, a river, a current, a passion for life and a healing power that no medical treatment can compete with. The greatest force for health is the human heart. The purpose of our life here on this earth is to contact our being, expand and grow our being by coming into a direct relationship with the essence of our heart's true nature. And what is this true nature? The heart is the vulnerability of being.

Emotional intelligence comes with an appreciation of each feeling's role and function in our awareness. Life stripped of feelings is a life stripped of meaning.

Emotional tears heal the heart by returning us to it. Thus crying makes us feel better even if we are not better or the situation is not improving. Dr. Judith Orloff says, “It is good to cry. It is healthy to cry. This helps to emotionally clear sadness and stress. Crying is also essential to resolve grief, when waves of tears periodically come over us after we experience a loss. Tears help us process the loss so we can keep living with open hearts. Otherwise, we are a set up for depression if we suppress these potent feelings. When a friend apologized for curling up in the fetal position on my floor, weeping, depressed over a failing romance, I told her, ‘Your tears blessed my floor. There is nothing to apologize for.’

Dr. Orloff wrote, “For over 20 years as a physician, I’ve witnessed time and again the healing power of tears. Tears are your body’s release valve for stress, sadness, grief, anxiety

and frustration. Also, you can have tears of joy, say when a child is born, or tears of relief when a difficult time has passed. In my own life, I am grateful when I can cry. It feels cleansing, a way to purge pent up emotions so they don't lodge in my body as stress symptoms such as fatigue or pain. To stay healthy and release stress, I encourage my patients to cry. For both men and women, tears are a sign of courage, strength and authenticity."

We cannot begin to flow towards another person or towards our own higher or inner being until the psychic skin covering the heart is removed. The tears of the melting heart are the key to disperse the cobwebs of our mind releasing us into the mysterious depths of our hearts, so let your tears flow to purify yourself of your mental stress and negativity.

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The most obvious confirmation that we are in fact moving in and through the door way to our deeper beings are our vulnerable tears. Not the tears of self-pity, but the simple welling up feeling that almost always accompanies the crossing and crisscrossing of the barriers between the heart and the head. These tears are more like a divine fluid. The tears of the heart are precious and the pure in heart always cherish the liquid river of tears.

When we first open the heart a river of feelings is released which swamps the mind and its habitual defenses. We feel overwhelmed because our usual cool control is lost. The coolness of the separate personality is swept away as familiar ground moves from under our feet. Though most fear this moment, it is such a release, such a lightening of our load. Our real self is freed from the iron grip our ego normally holds over heart consciousness.

When we open our hearts we are surrendering ourselves to the

vastness

and strength and love of God. We open ourselves and make ourselves

vulnerable to a great being that is one with all beings. Open to

experience, open to it all. It's thrilling and sometimes even terrifying. Open to love and this is something else again.

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Disease can show us how invulnerable we have become, how walled off we are from the world and our own inner reality of pure being. One of the great secrets of life has to do with the power of the heart and what a return to its vulnerability can offer a person sick or dying of disease.

There is a quality of heart and pure being that can be called grace. The grace of the heart offers us a quality of being that is healing, animating, invigorating, supporting, nurturing, and comforting. The grace of the heart offers an inner tranquility and peace that the mind by itself rarely possesses.

[Dr. Steven Stosny](#) writes about the strong resistance we have to vulnerability saying, "Your core vulnerability is the emotional state that is most dreadful to you, in reaction to which you've developed the strongest defenses. Other states of vulnerability are more tolerable if they avoid stimulating your core vulnerability and less bearable when they don't. For most people, either [fear](#) (of harm, isolation, deprivation) or [shame](#) (of failure) constitutes their core vulnerability."

However when we face our deepest fears and vulnerabilities we become stronger and more capable of giving and receiving love. Deep in the nuclear core of the heart is a love of life and a love of love. Some beings come here to earth with such a

strong heart that no circumstance can beat it out of them. In them is a furnace of heart energy and like the sun it will not be denied though they might have to go through great struggles to release and express this energy.

When fighting serious diseases like cancer we need to access the power and strength of our hearts, of love, because this will strengthen our immune systems and give us the will to change the things we need to change and face what we must, even if its death or the death of a loved one. Life is demanding more heart, more love and thus more tears if we wish to navigate through the increasing stresses of life without being ripped apart.