

The Inner Heart 1

The term 'Heart' is one of those words that is often used but rarely is it made clear what it means. Heart refers to the physical, emotional, energetic, and spiritual centre that is located in the centre of your chest

The physical Heart pumps blood, but also plays an important role in the endocrine system, regulating the immune system; the full extent of the physical Heart in health is becoming clearer with new research that shows the physical Heart also plays a role in cognition, as it contains actual brain cells

The emotional Heart is the centre of all feeling, where our emotions are held, and our most deeply-held convictions. The energetic Heart is even more basic, and is often described as the Heart chakra. We understand the energy of the Heart to manifest as feelings, which then manifest as thoughts

Finally, the Heart is a spiritual centre, which holds the individuality of the human soul and remembers the reason you have come into being: the purpose that is your unique contribution to all life by adding your personal way of loving all creation

When we are in harmony with our family, friends, and co-workers we learn to truly appreciate all the people in our life and all that we have received from them. This feeling of gratitude naturally lifts up our Heart

In order to grow our inner Heart, our ability to build loving relationships, we need to cultivate openness, forgiveness, and trust

If we are open to feel the emotions of others as your own we will not only become more tolerant and understanding but we will naturally develop empathy for others

To treat every relationship as a relationship with the One Being, with our common Origin, is a precious art which will connect us with the Heart of our Heavenly Parent in very deep ways

Living from the Heart is an ideal of continually creating a life based on Love, harmony, and beauty which leads to some very clear results in four areas of life: health, relationships, purpose, and spirit

Just as we need to learn methods to calm or energize our body and mind, it is essential that we become familiar with ways of enriching our spirit, of filling our Heart with precious content which we would like to gladly share with others

Taking responsibility for the material, emotional, and spiritual welfare of others may be challenging but it is a very rewarding investment which brings many fruits from which we ourselves benefit the most

Our lives will be stable and safe when we make the invisible world a reliable presence in our life and connect on the level of Heart with others, most of all with our innermost core which is connected to our Ultimate Origin

As we radiate light from our Heart then these internal sunrays will be reflected in our surroundings, opening the way for Heart to Heart connections to grow which will bring much joy into our life

When we reflect deeply on the question of whether to live centered on our mind or focused on our Heart it will become unmistakably clear for us that putting priority on matters of the Heart is a most rewarding attitude to have

We may consider the mind as the surface of the Heart. The mind is an extraordinary tool which allows us to understand the world and achieve great things. Yet if our mind is allowed to be the central decision-maker in our life, we may end up feeling miserable

Your mind cannot determine what is truly important. Only your Heart knows that. Your mind can only endlessly list pros and cons, it cannot say what really matters whereas our innermost Heart is the best friend and advisor we have

By looking at life from the perspective of the mind we may come to the conclusion that people are separate, isolated, individuals, each with competing interests. But when we are Heart-centered, we feel that everyone is connected

With such an attitude of focusing on what the Heart tells us we become not only clearly aware of our own emotions but we will feel that same emotional energy in others

Ultimately, you come to feel that all beings have a Heart, and indeed, that all beings are part of One Heart; an infinite, timeless, and perfect centre of perfect Love

In moving into the Heart, we discover our personal Heart, which feels that we are all connected. Then we discover the Universal Heart, which shows us that we are all one

Let us therefore invest into becoming clearly aware of what our Heart wants to tell us and follow its guidance as it will surely direct us toward the purpose of our life which will give us our greatest fulfilment and deepest happiness

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Scientific research has shown that our Heart plays an extraordinary role in our lives, far beyond what is commonly known

Our Heart emits electromagnetic fields that change according to our emotions, which in turn have a clear measurable effect on the Heart field

The human Heart has been identified and scientifically documented as the strongest generator of both the electrical and magnetic field in the body

The brain does have an electrical and magnetic field but they are relatively weak compared to the Heart. The heart's electrical field is about 60 times greater in amplitude than the electrical activity generated by the brain. This field, measured in the form of an electrocardiogram, can be detected anywhere on the surface of the body

Furthermore, the magnetic field produced by the Heart is more than 5,000 times greater in strength than the field generated by the brain, and can be detected a number of feet away from the body

The physical world as we know it is made of these two fields, electrical field and mechanical field of energy, electromagnetic fields. Scientific books tell us that if we change either the magnetic field or the electrical field of the atom, we literally change the atoms, the stuff that our bodies are made of

The human Heart is designed to do both, to change both the electrical and the magnetic field of our bodies and they do so in response to our emotions that we create between our Heart and the brain

Scientists found out that the Heart is sending much more information to the body than the brain, showing the central position of this precious organ

The Heart has a system of neurons that have both a short and long term memory. Their signals sent to the brain can affect our emotional experiences

Heart based living is the process of using the intelligence of the Heart to help us make the decisions we need to make in life, big and small. It leads to increased health, greater wellbeing, improved performance and a higher ability to use our emotions in ways that serve us rather than challenge us

Focusing on Heart gives us the ability to have a greater intuitive sense of what we are doing, sensitivity to ourselves, to others and to our environment

Heart is a very powerful intelligence that all of us have, that we are born with, providing us with the information necessary in order to be able to enjoy a healthy and deeply fulfilled life

Throughout the ages people have been listening to and following the direction which their Heart indicated. Our Heart is our own best friend, our most reliable guide to make the decisions we need to make in life

Many people lose the connection to this core power and live from the neck up. As we return to focusing on our Heart we will approach life in a new way

When we operate from the Heart, following our intuitive sense concerning the central importance of the Heart for our whole being we will see ourselves and others from a renewed perspective

Something magnificent begins to happen when we deal with issues in a new way as we focus on Heart-based living

When all our intentions and actions in daily life originate from the intuitive wisdom of our Hearts and when we can observe the world around us with gratitude, compassion and kindness, then we will truly be living from the Heart

Due to the great importance of the Heart we need to improve our intuitive sense to recognize what our Heart tells us

Then we will be able to listen well to the thoughts coming from the Heart in order to improve ourselves and to be of better service to others, to love in deeper ways which brings more fulfilment into our lives

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Various systems and schools of thought and the great religions and philosophies have been referred to the Heart as something more than an organ pumping blood. On an energetic level, not just a physical level, but on an emotional and spiritual connection level the Heart is more than an organ that enables blood circulation

Through scientific research it has become clear that there is a communication pathway that is taking place between the heart and the brain and the body. We need to look deeply into this newly found and well proven fact

Even at the physical level the Heart is an amazing electrical organ which produces by far the strongest bioelectrical energy in our body, about 60 times stronger than the brain, our second most powerful source of bioelectrical energy

The Heart sends powerful healing commands and energy throughout the body. Therefore we need to focus on responding well to signals from our Heart, to really listen to what this precious organ tells us

The nervous system sends information from the Heart to the brain where it travels all throughout our brain and terminates in our higher perception center. By looking at the neurological traffic in our body it is clearly seen that the Heart sends a lot more information to the brain than it is receiving from the brain

The Heart, our most important organ, communicates with the brain and the whole body in four ways: through the nerves, the pulse, hormones and the electromagnetic fields which are created by the Heart

The pulse is actually a wave of energy created by the Heart that pushes the blood through the veins and arteries. It is called the blood-pressure wave which travels through the entire system and influences various organs in the body, including the brain

Changes in the blood pressure wave modulates or affects the electrical activity in the brain. Based on the impulses received from the Heart, the brain sends information back to the Heart which controls the heartbeat

The Heart is in the subject position of primary importance in relation to the brain as changes in the Heart influence the whole body. By the mere fact that the Heart produces much more bioelectrical energy than the brain, the central role of the Heart may be clearly understood

The Heart influences the body hormonally or bio-chemically. It produces several hormones including a hormone which reduces stress

It also produces the so-called Love hormone, what points to the central meaning of the Heart in a person's life

The blood pressure affects the whole body as well as hormones produced by the Heart. This means that our Heart influences the body also hormonally or bio-chemically through several hormones

In addition to the three hard-wired bio-chemical pathways of the nerves, hormones and pulse, the Heart as an electric organ influences not only the body but also the surroundings through producing microvolts of electricity

The Heart produces an electromagnetic field that surrounds our body 360 degrees, which is strong enough not only to affect every single cell of our body, but it radiates out into space. The energy sent by the Heart is measurable like radio waves

The components of that electromagnetic field, the frequency so to speak, created by the Heart changes according to our emotional state. When we are feeling strong negative emotions like anger or frustration a very incoherent frequency pattern in the field is created

When we are experiencing emotions that have long been metaphorically associated with the word Heart, like care, compassion, Love, appreciation, those kinds of feeling produce a different kind of magnetic signature in the field, a more coherent signature can be seen

We are literally broadcasting our emotions to our cells and then out into space through our electromagnetic field produced in the Heart

Questions to be considered: How does my Heart field affect the brain? How does my field affect others or is influenced by the fields of other people?

How does nature interact with the fields produced by the Heart? Ultimately, how does the collective of the environment created by humanity interact with the fields created by the planet earth itself?

The electromagnetic field produced by the Heart sends out information which goes out even beyond time and space and comes back to the Heart

Therefore it is really important that we take care well of our Heart. We need to cultivate positive emotions and develop warm relationships that are centered on True Love

Every thought changes the structure of the brain. Similarly our emotions affect the state of our Heart. Let us strengthen our Heart through uplifting experiences based on a constructive outlook in life

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The Heart literally has its own brain; it is called neural intelligence. It is the Heart intelligence that our ancestors understood that gives new meaning to the role of the human Heart in our lives today

Spiritual traditions in various parts of the world speak about the inner experience we have in our Hearts that allows us to deal with the changes beyond our bodies in the world around us

Unlike what has been taught by traditional science in the past, it is not the brain which is the master organ in the human body but the first organ is the human Heart

As the foetus grows in the mother's womb, in a moment in time there is a mass of cells, and in the next moment something happens and our Heart begins to beat. Science could not find out what is it that triggers that first beat of the Heart

The fact that the Heart forms and starts beating before the brain develops points to the central position of this invaluable organ which has to be at the core of our attention

A mother's brain can synchronize to her baby's heartbeats, a fact which may give us a sense of the importance of a close relationship between a loving mother and the baby in her womb

As the Heart develops it begins to regulate the chemistry through the rest of the body. What we know is that the Heart sends the signals to the brain that trigger the chemistry that is released into the body

The electrical signals exchanged between the Heart and the brain are the key to understanding the relationship between these two centrally important organs whereby the Heart sends more information to the brain than vice versa

When we are in what is called coherence, an experience that is measured as 0.10 hertz, 0.10 cycles per second, we are in a state where we are sending the optimum signal between our Heart and our brain

In the state of coherence our brain begins to release life affirming chemistry into our bodies, healing chemistry, our immune systems are strongly enhanced; anti-aging hormones as DHEA increase 100% over a three minute period of time just by having this feeling

We know that coherence is good for us. In the presence of coherence we become more peaceful, more cooperative. Positive emotions help the brain in creativity and problem solving. They increase the brain's ability to make good choices in life

What science is now showing is that the state of our Heart extends beyond our bodies into the world around us; the field of our Heart is connected with the fields that exist in our surroundings

When individuals find coherence and create in their lives harmony, and become more cooperative, less aggressive and more willing to solve problems together, that experience is transmitted in that field and others begin to find that same experience just because they are in that field without conscious efforts

This means that relatively few people who learn the language of the Heart can benefit many people in the world. Even a small number of people who make a certain internal shift can affect many others

In relation to the law of attraction these new scientific discoveries show that it is less about attraction but about mirroring, what enables us to make positive contributions in this world

Science tells us that there is a field of energy underlying the reality in the world around us, which has become known by names like being simply called The Field or Nature's Mind while others like Max Plank, the father of quantum theory identified this field and called it the Matrix

When we create the feelings of what we choose to experience in our lives, everything from conscious choices, the perfect relationship or abundance in our lives, healing in our body or healing in the body of our loved ones, those feelings are creating the patterns of the electromagnetic fields in our Hearts

Through our feelings we can rearrange the quantum essence as we allow the patterns of what we have claimed in our Hearts to become manifest in the world around us

From a scientific perspective it is less about attracting but more about consciously creating the template within us knowing that the stuff of the universe will congeal around that template in the world around us to simply mirror or reflect what we claimed

With these discoveries, science is giving us now a very good reason to understand why we must become the very things or embody those qualities which we choose to experience in life

When we have a feeling in our Hearts we create electrical and magnetic waves inside our bodies that extend into the surroundings. When many people get together with one feeling, many Hearts come together and create one feeling, it can bring about substantial changes the world

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Science is a language that describes our relationship to ourselves and to the world around us in technical terms of how things work and how we function in life surrounded by the universe.

Let us focus on learning the language of the Heart

Our emotions have the power to influence and heal not only our physiological bodies but beyond our bodies into the world on a quantum level

Scientists have documented that our emotions can change the DNA inside of our bodies based on how we function and behave in this world. Therefore it is decisive that we cultivate positive emotions because our attitude in life has far reaching consequences

It is a well proven fact that when we choose peace, love, compassion and understanding, the chemistry in our bodies changes and we are healthier, which in turn influences the world around us positively

When we consider that our human body, which stores and releases energy, consists of more than 50 trillion cells whereby every cell has about 1.17 volts of electrical potential, we may fathom the enormous potential that can be mobilized in our body as very powerful human beings

Our emotions, thoughts and feelings, are the language that allows us to communicate with each other on deep levels. It is a very powerful language which we need to learn well as we relate to one another with a loving Heart in the spirit of mutual respect and sincere cooperation for the wellbeing of all

Based on the findings of scientists who investigated the Heart brain interaction, how the Heart and the brain communicate with each other and how that influences the consciousness of our affections, we can understand the great importance of having a healthy Heart on the internal and external levels

Scientific research has identified a state called coherence in which a person is feeling positive emotions. In such a state of inner harmony the Heart sends out vibrations which benefit the whole body

Learning to shift our emotions, that is changing the information that is encoded into the magnetic field radiated by the Heart, supports not only our own wellbeing but it can impact also those around us

We are fundamentally and deeply connected with each other and our planet. What we do does count, it matters. Therefore we have to learn the language of Love as told by the Heart

Emotions do have a physiological effect on the Heart. Our Heart is indeed affected by emotions, by grief as well as by the Love we experience

If we are angry, frustrated and tense the Heart rhythm is in a totally chaotic state, while the Heart beats in a coherent, harmonious rhythm when we are happy

This means we really have to work on our emotions and learn how to forgive, how to overcome feelings of anger or being hostile towards others

We need to explore and use the untapped potential of the human Heart because the Heart has a mind of its own. It can learn and it can remember. The signals it sends to the brain can have profound influence on how the brain functions.

We can safely say that the Heart literally talks to the brain, sending specific information. For example, when our Hearts are calm, the hormone levels which influence the immune system become more balanced.

Attitudes and emotions affect our health and wellbeing substantially. More than anything else, stress and anger can profoundly disrupt the brain Heart connection, which causes even intelligent people to make stupid decisions

Focusing our attention to the area of the Heart and shifting to a positive emotional state affects the information sent up to the brain so that we can think clearly, reduce stress at the moment and balance the coordination between the Heart and the brain

When we go to our Heart, listen to our Heart and follow our Heart, we will find our balance because our intuition, our inner knowing, comes from a balanced Heart

Traditionally it has been understood that the Heart fuels the spirit; it can send powerful calming and healing messages to the entire body because the Heart works like a small brain

We all, young and old, need to focus on behaviour which originates from our deep Heart

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It is fundamentally important that our thoughts and our emotions become one centered on the Heart

The central position of the Heart may be sensed when considering that it communicates with the brain and body in four different ways:

- Neurological communication (nervous system)
- Biophysical communication (pulse wave)
- Biochemical communication (hormones)
- Energetic communication (electromagnetic fields)

Feelings in our Hearts are so much more powerful than thoughts in our minds. This fact is expressed in our Heart, producing an electric field that is about 60 times stronger than the same electrical fields of our brain and the magnetic fields of the Heart being 5,000 times stronger than the fields produced by the brain

Because our physical world hinges largely on magnetic and electronic fields it is decisive to be aware that our Heart is the strongest electric field generator as well as the most powerful magnetic field generator in the body

The Heart's electromagnetic field, by far the most powerful rhythmic field produced by the human body, not only envelops every cell of the body but also extends out in all directions into the space around us. The cardiac field can be measured several feet away from the body by sensitive magnetometer devices

The Heart's field is an important carrier of information. The electromagnetic field generated by the Heart of one person may transmit information that can be received by others

Electromagnetic signals generated by the Heart have the capacity to affect others around us. Data gained in various scientific studies indicate that one person's Heart signal can affect another's brainwaves and that Heart-brain synchronization can occur between two people when they interact

As individuals increase psychophysiological coherence, they become more sensitive to the subtle electromagnetic signals communicated by those around them.

By now it is very clear that cardio electromagnetic communication may be a little-known source of information exchange between people but this exchange is undeniably influenced by our emotions. Therefore it is decisive that we cultivate positive feelings and attitudes

Thoughts are surely important, but it is much easier to heal and to create peace and to alter our physical reality through our Hearts, than by focusing on our thoughts

Science is showing us that our emotions influence our physiological state. For every thought, emotion and belief there is a chemistry in our bodies that matches that thought and emotion

We have literally a Love and a hate chemistry, whereby research has shown that cancer is in many cases connected with unresolved anger in a person's Heart. We all know that negative emotions are not good for us, and now science provides specifics how they are affecting our lives

Scientific experiments have demonstrated that in the neurological interactions between the Heart and brain, the afferent signals the Heart sends to the brain during positive emotions can alter brain activity in several ways.

Studies that probe several of these communication pathways, looking specifically at how the brain responds to patterns generated by the Heart during positive emotional states have demonstrated that coherent Heart rhythms also lead to increased Heart-brain synchronization

The results of these studies show that intentionally altering one's emotional state through Heart focus modifies afferent neurological input from the Heart to the brain

The implications of these findings bring to light the great importance of cultivating inner harmony as, for example, in states of high Heart rhythm coherence, individuals demonstrate significant improvements in cognitive performance

The data suggest that as people experience sincere positive feeling states, in which the Heart's rhythms become more coherent, the changed information flow from the Heart to the brain may act to modify cortical function and influence performance

These findings also help explain the significant shifts in perception, increased mental clarity and heightened intuitive awareness many individuals have reported when practicing Heart-based living

It is in our Hearts where we have the feelings that communicate with the field that connects everything and that ties us all together

When we shift our Heart it affects the rest of the body. Simply by recalling a positive experience the Heart rhythm can smooth out in just a few minutes

We all can live healthier and happier lives by becoming more aware of the power of the Heart. Let us cultivate inner peace and harmony and become more receptive to others

The Inner Heart 7

Scientific research indicates that the brain's electrical activity becomes more synchronized during psychophysiological coherent states. This increased synchronization positively alters information processing by the brain during the experience of positive emotions

Because states of increased Heart rhythm coherence are associated with improvements in cognitive performance we need to focus on being in a state of coherence and help others to develop deeper inner harmony

Changes in brain activity that occur during states of increased psychophysiological coherence lead to positive changes in the brain's information processing capabilities. By using Heart-based interventions to self-generate coherent states, individuals can significantly enhance cognitive performance

People commonly speak about the electricity that may be felt when touching another person. In recent years scientists have succeeded in detecting and measuring cardiac energy exchange between people. When people touch or are in proximity, one person's heartbeat signal is registered in the other person's brainwaves

The concept of an energy exchange between individuals is central to many healing techniques. The fact that the Heart generates the strongest electromagnetic field produced by the body and that this field becomes measurably more coherent as the individual shifts to a sincerely loving or caring state points to the Heart field significantly contributing to this energy exchange

Results of scientific research provide clear evidence that an exchange of electromagnetic energy produced by the Heart occurs when people touch or are in proximity.

Signal averaging techniques are used to show that one person's electrocardiogram (ECG) signal is registered in another's electroencephalogram (EEG) and elsewhere on the other person's body. While this

signal is strongest when people are in contact, it is still detectable when subjects are in proximity without contact

Scientists succeeded in directly measuring an energy exchange between people, providing a solid, testable foundation to explain the observed effects of many healing modalities that are based upon the assumption that an energy exchange takes place

Nonlinear stochastic resonance is a mechanism by which weak, coherent electromagnetic fields, such as those generated by the Heart of an individual in a caring state, may be detected and amplified by biological tissue, and potentially produce measurable effects in living systems

Evidence that the cardiac field changes as different emotions are experienced, combined with the finding of scientific studies which show that this field is registered physiologically by those around us, provides the foundation to describe the impact of our emotions on others at a basic physiological level

One implication is that the effects of therapeutic techniques involving contact or proximity between practitioner and patient could be amplified by practitioners consciously adopting a sincere, caring attitude, and thus increasing coherence in their cardiac field

When two people are at a conversational distance, the electromagnetic signal generated by one person's Heart can influence the other person's brain rhythms

When an individual is generating a coherent Heart rhythm, synchronization between that individual's brainwaves and another person's heartbeat is more likely to occur

Scientific investigation on Heart-Brain Synchronization between two people who are not in physical contact, designed to determine whether cardio electromagnetic communication between individuals is affected by the degree of subjects' cardiac coherence, found that this is indeed the case

The Heart-brain interaction effects across larger distances can be seen when simultaneously monitoring the ECGs and EEGs of test subjects. Synchronization can occur between the alpha waves (neural oscillations in the frequency range of 8–12 Hz arising from synchronous and coherent electrical activity of thalamic pacemaker cells) in one person's EEG and the other's ECG signal

Whether the 'receiving' subject's brainwaves synchronized to the 'source' subject's Heart signal was determined by the degree of coherence in the receiving subject's Heart rhythms. Subjects who demonstrated high Heart rhythm coherence were more likely to show alpha wave synchronization to the other subject's ECG

The common knowledge that a state of inner peace allows us to connect more harmoniously with others, to synchronize with the Heart of those with whom we communicate, is fully supported by scientific research. Accordingly it should be our priority to strive for inner harmony as a basis for deep sharing from the Heart

When scientists made tests on Heart-brain synchronization that can occur between two people at a conversational distance they found only those subjects with high Heart rhythm coherence displayed brainwave synchronization to their partner's Heart signal

Individuals in a physiologically coherent state become more sensitive to the subtle electromagnetic information encoded in the Heart signals of others around them. Based on such inner harmony, a high level of communication skills like the ability of Intuitive Listening and heartfelt compassion are common

Intuitive Listening involves focusing on the Heart and maintaining a neutral or appreciative attitude while listening to another person. Such efforts enable us to experience Heart to Heart communication

When individuals apply this method, they often not only report hearing the speaker's words with more clarity and focus because of a reduction in their own internal dialogue, but also acknowledge becoming more aware of deeper and more subtle aspects of the communication that are not contained in the words alone. This is often described as an increased sensitivity and intuitive awareness of the other person's underlying feelings and the 'essence' of their communication.

Using our intuition when listening to others helps us to establish more sensitive forms of communication which support building deeper relationships based on listening to our own Heart as well as the Heart of those with whom we communicate

The Inner Heart 8

We have three different kinds of experiences in our body which are interrelated: Feeling, Thought and Emotion. Feeling is the union of thought and emotion

When we think about something, we picture it in our mind, e.g. the perfect relationship or peace between nations. We breathe the power of emotion into that thought in order to invite its realization into our lives.

Our emotions and feelings have a certain pattern because emotions and feelings are vibrations just as our thoughts

We are always feeling something and carry these patterns with us which are manifested in vibratory patterns in liquid crystals in our body

Let us ask ourselves: What pattern am I holding in my body? Am I aware of my emotions and the patterns which I am creating in me?

Are we aware that as we change our emotion we change the patterns we create in our body?

In which way am I regulating the energy patterns that I am creating in my mind and body?

Unfortunately we have been too much focused on thoughts and ignored the importance of the energy patterns which we create in ourselves through our emotions and feelings

We need to be aware of the relationship between vibrations and matter because our emotions and thoughts create energy patterns with concrete substantial expressions

When we observe a water droplet put into a state of vibration we can see clear patterns which are created through the vibration

After the first stage of concentric patterns in the water, a certain key threshold resonance is reached where the entire pattern morphs into a more complex expression of itself simply because the frequency changed

Because the frequency is mirrored in the water droplets, we can see different geometric patterns whereby the pattern becomes more complex when we go from lower to higher frequencies

The concept that thought is vibration is already widely known. But we need to become also deeply aware that our emotions and feelings are also vibrations originating in our Heart

Listening to good music uplifts our mood because harmonious sound creates beautiful energy patterns which have a healing effect on our Heart, mind and body. Let us use good music in support of achieving inner harmony

We are always feeling something. We may not always be aware of what that is but it is decisive that we watch our emotions

Let us cultivate a way of life where our Heart is at the centre

The benefits of Heart-based living are manifold: Increased awareness and self-management, greater confidence, balance and clarity even under difficult challenges, quicker physiological and psychological recalibration following acute stress, and improved work performance

Focusing on Heart-based living leads to better communication abilities and greater willingness for cooperation within work teams, increased peacefulness and vitality, and especially improved relationships with family and friends

It is important to develop profound relationships that are built on the foundation of bonds of Heart being established because they are a source of deep inspiration

When Heart and True Love are at the focus of our attention in our lives we will naturally move towards our becoming a more caring person with a warm Heart for others

Heart-based living is the key to increased spiritual and physical health and wellbeing, enabling us to lead deeply fulfilled lives which bring us lasting happiness

The Inner Heart 9

We have seven energy centres or chakras in our body

The upper three are related to thought or logic processes, to our thinking. Between these and the lower three creative centres is the Heart chakra in the central position

The Heart chakra is located in the centre of our chest. This chakra has subtle harmonies that can be likened to plucking or striking a musical instrument

The lies at the centre of our subtle or inner body and is linked to both physical and spiritual aspects

It can take energy from the upper chakras and transform it to be absorbed by the lower chakras. In turn it can take the lower chakra energies and transform them into energy that forms our ideas, dreams, and thoughts

We use the Heart chakra touch others with Love and compassion

Opening our Heart Chakra enables us to give and receive the gift of Love and sincere empathy for others

When your Heart chakra is in balance we feel free yet grounded. You are accepting of yourself

You are trusting and compassionate, not only toward yourself but toward all beings

If the Heart centre of energy is under-active you may feel weighed down with a lack of joy in your life and even become depressed while feeling possessive or jealous of others

With the Heart Chakra out of balance we become more and more selfish and feel unfulfilled emotionally

When our Heart chakra is well balanced we openly give and receive Love, compassion, trust, and joy

The Heart chakra is represented by the element of air. This is the chakra that can bring a 'breath of fresh air' to your life

Meditating on the Heart chakra clears our mind of its limited thinking and makes our body, mind, and spirit lighter and carefree

We need to practice loving kindness in order to open the Heart Chakra and heal old emotional wounds

When meditating on the Heart chakra it is best to be out in the open air if possible or near an open door or window. Feel the gentle breeze of the wind and imagine your body is as light as air, feel living joy

In order to uplift our Heart we can use affirmations like: I free my heart of hurt and pain.
With my feet on the ground I let my spirit fly based on having forgiven others completely
I release the heavy burden through sincere repentance and embrace the lightness of my Heart

I reconcile with every person with whom I have some issue and open my Heart to the infinite joy that will fill my life when I live with the desire to enrich other people's lives

My Heart is filled with trust in my innermost voice and full of compassion for others

Dreams and ideas that originate deep in our original Heart will come true

The Inner Heart 10

Every human being has his or her own energy system wherein the Heart stands in the most central position and deserves our special attention

Our Heart is creating electrical and magnetic waves that influence the world around us based on what we think because our thoughts form certain energy patterns

Chakras are energy centres with certain vibrational frequencies. The Heart chakra is vital in enabling us to express our ideas and emotions

Our body has seven major energy or psychic centres that radiate throughout the body, both front and back. Each chakra is a centre for various energies to be transformed and linked in our body

The Heart chakra is where the physical and spiritual meet and the centre that filters both the upper and lower chakras

The Heart chakra governs the functions of the Heart, the circulatory system and the respiratory system and various other parts of the body

The feeling of Love, the experience of all kinds of emotions and feelings as well as the ability to heal ourselves and others are centered in our Heart

From this position in the middle of the body the Heart chakra has the task to balance our spirit and body

In our human energy system, the centre for unconditional Love is located in the Heart chakra

Unconditional Love is a creative and powerful energy that may guide and help us through the most difficult times

The wonderful energy of unconditional Love is available in any moment, if we turn our attention to it and use it to free us from our limitations to love

Once you decide to love with selfless motivation, a great compassion and willingness to help others comes perfectly natural to you. You love for Love's sake. You are motivated by the joy of giving and do not expect to gain anything in return

Your Heart is in everything you do. You will gladly embrace others with a Heart of understanding and compassion

Through this wisdom, you view the world and personal experiences in a new light. You no longer look at life from a distance and think that it has nothing to do with you

You see all life as part of your own life and that life in its purest and most original form really signifies an everlasting expression of Divine Love and bliss

In order to become emotionally healed we need to ask ourselves questions like:

What emotional memories do I need to heal?

What relationships current or past require reconciliation?

Are my emotional wounds taking over, causing me to try and control people or situations around me? Do I allow the wounds of others to control me? How do I let that happen?

What do I need to forgive myself for? Who needs forgiving from me?

To have the Heart chakra energy fully touch our daily life requires intent and practice. This begins within our self, for without the ability to love ourselves, we cannot deeply experience Love from another or truly give it to another

In loving ourselves we allow the intent to generate the feeling of unconditional Love within us, and then to share this feeling with others

Let us be attentive to the voice of our conscience and emanate the light of Love from our deepest Heart

The Inner Heart 11

The seven main chakras are like centres where energy flows from the outside into the energy system of the human body. They are like receivers, transformers and distributors of different forms of energy

Chakras have the ability to receive and absorb life energy from the ethereal body of other people and from nature. This energy is transformed in order to be used for the development of the human body

We may perceive this energy as thoughts, emotions or physiological sensations

The seven chakras are situated along the spine from where the energy is distributed to the whole organism of the body. Along the spine the chakras are connected with one another

Each chakra provides certain parts of the body with energy. The connections are established through channels. Depending on the quality of these channels, much or little energy can flow through our body, determining whether or not we feel full of vitality

These channels may become blocked through traumatic experiences or other situations, leading to certain parts of the body not receiving enough energy, becoming undernourished and unable to function properly

Chakras are formed beginning with the very first stages of the development of the human body in the mother's womb, whereby clearly the Heart chakra is the centre of the interconnected energy centres

It is essential that the mother communicates deeply with her unborn baby to convey her Heart and Love in order to secure the best possible development of her child

Some people have observed that during the first 7 years of a person's life each year one of the seven chakras is primarily developed, beginning from the lower to the higher chakras

Each of the seven main chakras stands for a certain realm in life. We feel healthy and fine when all seven chakras are in a harmonious state of resonance with one another

Our Heart is in a centrally important position for our ideas and desires to be manifested substantially. The chakras and the aura of the human body mirror our consciousness or unconsciousness in substantial forms

As the centre of the body's energy system the Heart chakra reminds us of the reality that we are not only an individual but also part of a community and accordingly we are called to show empathy and compassion, to practice selfless dedication, and to give unconditional Love

The consequence of a poorly developed Heart chakra, are malfunction of the blood circulation and cardiovascular diseases in the body as well as difficulties in relationships due to a certain inability to love people in the right way

We are well receptive to the beauty and harmony of nature when the Heart chakra, the centre of affection, devotedness and healing is in a state of balance

On such a foundation we are able to feel deep empathy and compassion for others, give unconditional Love and experience profound peace and fulfilment

A properly activated Heart chakra leads not only to fruitful relationships between people, but a person with an open Heart feels literally connected with the whole world

When we have developed our Heart in the right way then we are capable of perceiving and accepting people as they are. We understand their inner nature and love them irrespective of their outer appearance and behaviour

People with a mature Heart readily take responsibility on a social level, not because they have to, but willingly from their innermost soul

A person who listens to the Heart develops intuitive wisdom that perceives inner aspects of life, whereby the Heart understands reasons of which the intellect knows nothing of, because it looks deeper, to the soul of the beloved

The colour associated with the Heart chakra is green. In this respect there should be green light shining from every Heart, indicating that others are welcome because a healthy Heart welcomes everybody irrespective of what a person looks like or what kind of belief he or she cherishes

A fully mature Heart does not seek one's own benefit or advantage. It loves endlessly and unconditionally based on having learned to move from an ego-consciousness to be completely dedicated to other people's wellbeing and happiness

The Inner Heart 12

Chemicals in our food and other pollutions including negative thoughts can influence our body. If such impurities are consistent, chakra imbalance can manifest which eventually may affect us on the mental and physical level

Traditional healthcare at this time is unable to naturally and totally alleviate symptoms or cure all of our problems. This means it is up to us to improve our own health, which we can achieve effectively if we focus on strengthening our Heart

The Heart chakra is also about boundaries, also relating to the immune system and the thymus, situated above our Heart. So when the chakra is strong, the awareness of something being foreign or harmful is very clear to us, and when something is good or beneficial, it can be allowed to enter in, merge and unite with our body

The thymus, a specialized organ of the immune system, 'educates' T-lymphocytes (T cells), which are critical cells of the adaptive immune system. Similarly we need to welcome the advice provided by the Heart to recognize clearly what is good or bad for us

With our Heart we find the capability to empathize and sympathize with others. We attune ourselves with the cosmic vibrations and perceive the beauty in nature, music, visual arts and poetry. Here, all images, words and sounds are transformed into feelings

All yearning for deep intimate contact, oneness, harmony, love, even sorrow, pain, fear of separation or loss of Love is expressed through our Heart. When completely opened, it forms the centre of true unconditional Love

When this unconditional Love is connected with the higher chakras, it transforms itself into the Divine Love, which guides us to unity with this Divine Heart of all things in the universe

En route toward this goal, our Heart must learn to love, understand and accept ourselves which is the prerequisite to saying 'yes' to others and life in general

All our experiences, wishes and emotions have a much deeper sense and purpose, which guide us to a loving acceptance that all feelings and expressions of life originate from the longing for love which we all have deep in our Hearts

With every negation and rejection, we regenerate separation and negativity, whereas a positive and loving acceptance, a conscious 'yes', produces vibrations which neutralize, kill, so to speak, negative thoughts and feelings

You can neutralize intense feelings of grief, anger or despair with your loving, unbiased and undivided attention, positive thoughts and feelings

If you suffer from pain or illness, send the afflicted organ or area of your body your loving attention and it will help and accelerate the recuperation period enormously

We definitely possess a great potential for healing others as well as ourselves

If we can learn to love from the depths of our own Heart and fully accept our entire personality, an opened Heart chakra can have a spontaneous healing or transforming influence on ourselves and others

The Heart chakra radiates colours of green, pink, and sometimes gold. Green is the colour of healing and sympathy and harmony

If an enlightened person, i.e. someone who can see human auras, perceives a clear, light-green in a person's heart chakra, this would indicate a well-developed capability to heal

A golden aura mixed with pink shows a person who lives in pure and selfless Love of the Divine

Within the Heart is the deepest and most vivid feelings of Love

Working in harmony with all the other chakras, a completely open Heart chakra can change the world around you and unite, reconcile, or even heal the person within your surroundings

Your entire being radiates natural warmth, sincerity and happiness when your Heart, your ability to love, is well developed

These wondrous energies open the Hearts of the people around you, inspiring confidence and creating joy among them. All is Love

The Inner Heart 13

The emotions we breathe into our thoughts create what we call feelings. We connect certain feelings with words, with situations that we experienced

The union of thought and emotion creates the feeling we harbour in our Heart. We need to watch our emotions and our thoughts in order to experience peace of mind

Fundamentally we are capable of two kinds of human feelings: Love and whatever we feel is the opposite of Love

Actually these are two opposites of the same thing: When we have a thought we are breathing either the Love or the fear of that thought to create the feeling. And then the feeling becomes sadness or joy, anger or compassion

Rather than emotions, sadness and joy as well as anger and compassion are feelings. If the same thought or affirmation is imbued with different emotions we have completely different feelings and outcome

From this perspective we can understand that we become what we think, whether we like it or not, because our thoughts are connected to emotions that influence our mind and our body

When we breathe the power of emotion into our thinking we imbue our thoughts with life and those two energies meet in our Heart

In order to gain a deeper understanding of our inner reality in respect to our ability to love it may be helpful to have a closer look at what disharmonious functioning of our Heart means

A malfunctioning Heart chakra may express itself in various ways. You may want to always be there for others and give freely, but consciously, you may expect recognition in return for all the Love you give them. Then, if your efforts are not sufficiently appreciated, you may feel deeply disappointed

You may also feel that you are strong and powerful enough to give away some of your strength but incapable of accepting the Love that others may want to give you

In this way, you are unable to open yourself to receiving the love of others. Emotions aligned with tenderness and softness probably embarrass you and make you feel weak, vulnerable to injury and dependent upon the Love and affection of others

You are deeply hurt by rejection, especially after you gathered the courage to open yourself up. When this happens, you feel like withdrawing into your inner shell. You are sad and depressed

You want to give your Love but your fear of being rejected makes it impossible. You feel you don't know how to love, thus reinforcing your shortcomings and inability

You may compensate for your lack of Love by adopting an extremely friendly personality, treating people equally in an impersonal manner without genuine involvement. When your Heart is called for, you may evade the situation and shut yourself off because you are afraid of possible injury

If your Heart chakra is completely closed, you will express coldness, indifference or even 'heartlessness.' You are completely out of balance and suffer from depression. Sadly, such unhappiness is a way of life for many people

When the lessons of compassion are learned this compassion translates as the unfolding of empathic abilities. This ability can only be used when the Heart chakra is open

Should your Heart chakra become polluted with negative energy your empathic power will become diminished and you may pick-up on more negative emotions while not being able to access the positive ones. On the other hand, the more vibrantly the energy of the fourth chakra resonates the more powerful your empathic abilities will become

When the Heart chakra is fully open and balanced you are able to give and receive Love openly and freely. You feel an interconnectedness with people and can form and maintain relationships easily

With a well-functioning Heart chakra strong empathic powers are available to you, you just seem to know what other people are feeling. Conflict resolution comes easily to you

People come to you to ask you for advice because you are easy to talk to when your Heart is open. You can easily forgive people who have wronged you and never hold a grudge

Let us therefore make sure that the centre of energy situated in our Heart is always balanced and full of compassion for others

The Inner Heart 14

For the sake of gaining a deeper understanding concerning how we can best develop our Heart, our ability to love, we need to be aware of that there is physical and there is psychic energy

We attain physical energy through what we eat, drink and breathe, and psychic energy from our psychic (chakra) centres, which perform like transformers. These transformers tap the invisible Sea of Energy that surrounds us

All energy vibrates at different frequencies, from the lowest (physical) to the highest (psychic) What we need to focus on is the energy of Love

It is important to learn to be more aware of our own emotions and feeling. Ask yourself: Why do I feel good or bad in a certain situation? What was it that I said or did to cause that reaction, feeling, comment, etc.? By studying yourselves you begin to know yourselves

As you become more aware of your words and actions, you will come to realize that you have adopted a higher standard, and that many of your worries, frustrations, and defeats will no longer trouble you. You grow in Heart, in the realm of Love

With higher awareness, you will gain a better insight into the way things really are and acquire the knowledge of root causes. With this valuable knowledge you will gain the ability to generate certain causes and control their effects. This is real power coming from your Heart

You are the end product of your own decisions, actions, thoughts, ideas, desires, passions, etc. The law of cause and effect applies to the results of decisions you reached and thoughts held by you as a being with a free choice

There is a 'cloud of energetic beings' existing in the finer grades of matter and hovering about you, responsible for what you sense as sensations. They translate the vibrations of what you think into what you know and recognize as sight, feeling, taste, smell, and sound

By your will, your emotions and desires are constantly influencing this cloud of entities around you. You generate and send out thought forms and you act like a magnet and draw to you the thought forms of others

Your good or evil thoughts, desires, and intentions also have an effect on others. Happy people enjoy happiness, whereas misery loves company. We need to think about that

Listen to the voice of conscience every time you are faced with a new and unique action and you will gradually come to know you have within you a never failing guidance that with use will keep you within the realm of Love

We all need to learn to become humble in things we do and learn to live more for the sake of others and less for our own satisfaction. We need to consider the advice: Meet ill with good will and hate with love, and disarm and disintegrate the harmful intentions of others. Neutralize the bad vibrations with good

With knowledge of root causes we are able to set up the effects in the future that we desire. Each person decides to which extent our Heart, our ability to love, grows

We learn by doing, what applies especially to the realm of Love. Let us practice True Love for others and we will reap beautiful fruits of joy and fulfilment

If you would discover your hidden abilities and put them to work, why not start now. The most rewarding area where we can invest our Heart is definitely to perfect the Art of Loving

All outer actions begin in our Heart and mind. Therefore we need to listen to our soul. Let us take enough time to meditate, to close our eyes and turn our attention toward our Heart

In your imagination, enter your Heart. You are now standing on a green plain in the countryside. The sky above you is bright. In front of you is a hill, and on top of the hill is a temple. This temple is your Heart. Hold this visualization.

Now climb the hill. You walk up the grassy slope to the temple. You climb the steps of the temple and enter the centre doorway. Observe the appearance of the temple. Is it swept clean? Or is it covered with dust?

Walk into the dimly lit interior and approach the central adytum. As you near the holy of holies, you can see a flickering light within. The flame grows brighter as you approach. It swells and recedes rhythmically with your own heartbeat in the bowl-like depression in the centre of the room.

Gaze upon this flame. Send it your energies. See it respond to your energies, watch it grow bright and strong. You are feeding the flame of your Heart. You are stimulating it to growth. Breathe deeply and realize in the depth of your being that your Heart centre is coming alive.

The Inner Heart 15

When we look at history from the viewpoint of the knowledge that was obtained over the years we find that if we put the knowledge which humanity gained until 1900 as one unit, then this amount gathered in the course of thousands of years doubled in only half a century until 1950

Amazingly, the knowledge gained by humanity quadrupled during the next two decades between 1950 and 1970 and in the following decade that amount doubled again so that today an enormous amount of scientific knowledge is available to us

At the same time we are missing fundamental insights in the realm of Heart and True Love even though we all are longing to live in a world where loving relationships abound

For this reason we must really focus on deepening our understanding concerning the ways of the Heart, how it functions as supreme organ in the body whose commands the brain has to follow while the brain can ignore commands coming from the brain as scientist have found out in recent years

Many people speak about consciousness on various levels but more than being conscious or aware of something we need to experience – in our Hearts

Once we truly experience being loved unconditionally we want to respond to this most precious Love by loving ourselves without any conditions

Vast amounts of knowledge are available for us through the internet, just a few mouse clicks away, so that we may be overwhelmed by the sheer amount of facts and information which we can dive into. Where we are still lacking greatly in true wisdom is the realm of the Heart

Our hunger for knowledge can be more than stilled. We may consume knowledge day and night in the seemingly endless world of the internet which is growing day by day but the inner hunger for True Love can only be satisfied when we connect with others in deep heartfelt relationships

How little has been invested into developing the realm of True Love can easily be seen when asking Google: the results show that the word Love appears 100 times more often (600 million times) while the term True Love has only 6 million hits

The word knowledge appears even twice as much as the word Love in the internet one billion 200 million times, which means that people write twice as much about knowledge than about Love even though people are longing much more for Love than for knowledge

Imagine, for one time using the word True Love 200 times the word knowledge is used! Does this fact not show us that we do have a serious imbalance concerning putting knowledge into the centre of our life while neglecting to delve into the realm of True Love?

The term 'Heart' can be found twice as often than the word 'knowledge' on the internet. The reason why this word appears so many times lies clearly in the fact that we do have a lot of problems in regards to our Heart so that cardiovascular diseases remain the number one cause of deaths worldwide

From these simple facts it is absolutely clear that it is our first task and responsibility to invest into the realm of deepening our understanding of True Love because nobody wants a false Love while in reality so many people have a broken Heart internally what causes serious physical problems in the body

If we are serious about leading a happy and fulfilled lives then we need to have first of all a close look into our own Hearts to find out what we are really looking for, deep in our soul

Collectively we have to assume our responsibilities for bringing kindness and compassion to this world, to bring peace and justice to humanity true fraternity among all mankind

As human beings we are endowed with a rational mind and equipped with a Heart to feel compassion. Let us use our Heart more and look at things with the eyes of a loving Heart rather than reason and intellectual consideration

In our brain we have the right and the left hemispheres with male and female energies, representing two aspects and ways of thinking which we need to harmonize from the standpoint of Heart – which shows us the one unified viewpoint

The left or male side is in charge of the right side of the body and the right brain or female side is in charge of the left side of the body. These two complementary sides must be in harmony centered on the Heart in order to enjoy inner harmony

What we need to learn is how to listen to and connect with our own energy, most of all to our precious Heart which produces by far the largest amount of energy which influences the whole being

Only then will we begin to feel the balance and healing that comes from this. We all can become complete whole and healed in our Heart which will surely find its expression in our body

The Inner Heart 16

We need light energy, especially from the sun, for nourishing our brain, emotion, physical body, and especially for our Heart and other energy centres, called chakras (The Sanskrit word for wheel is chakra)

A chakra is a wheel-like vortex spinning in a circular motion in the body. (Chakra is the Sanskrit word for wheel.) This forms a vacuum which draws in energy on a vibratory level. It can draw in anything from colour vibration to microwaves to energy and emotions of people we come into contact with

These energy centres work in tandem with the thought realm on a vibratory level whereby our Heart decides whether we open our chakras or close them

Chakras are energy points which run down vertically from the top of your head to the bottom of your spine. Depending on how you look at it there are 7, 8 or 13 primary energy centres as well as hundreds of smaller and less important ones scattered around the body

The main chakras are like the etheric motors of the soul. Not only do chakras draw in energy, each and every chakra radiates an energy of vibration and governs over a major organ or gland and other parts of the body that resonate with the same frequency

When one chakra is out of sync it may eventually affect other organs and glands that it's connected to and cause chakras neighbouring them also to get out of sync, causing a chain reaction and many bodily imbalances

A chakra can become out of balance when it is overactive or underactive, and it can be congested or completely blocked. This is almost always felt on a mental, emotional or physical level

To have balance and alliance among chakras make you happier and more in tune with yourself. The benefits of energizing your chakras are primarily for harmony of mind, body and spirit

Your mind alone cannot nurture your whole being nor can proper food diets solve all of your problems. It is through your chakras that you can balance all of your being, bringing yourself into a healthy state of consciousness if you focus on listening to your innermost Heart

Each chakra has a very specific trait. The first, called root chakra is connected with survival and then going up in the following order: sex or interaction, power or ego, Heart and Love, expression, intuition, and ending with the crown chakra connected with the spiritual realm

These are the seven traits through which we are growing and which are at the core of our being. There may be a time when we are struggling with our ego, when we have issues concerning our Heart or an inability to express Love. Such problems are directly connected with an imbalance in and between our chakras

Each chakra is connected to an organ or gland which governs over a section of the body. The order of the chakras start at the bottom, with the colour red, changing vibration with each chakra, until you come to violet at the top

When you break light apart you get 7 colours. These are the same colours our physical body is used to seeing. All 7 colours combined appear as white light, pointing to the fact that we are beings of light whose core quality lies in our Heart, our ability to express True Love

In modern science we have learned that certain colours can stimulate certain mental activity and other colours can calm the mind. Each colour has its own vibration

Red has the longest wavelength; we recognize it as warm and stimulating while violet has the shortest wavelength and may be recognized as cool and common. The differences in colour are just expressions of a change in frequency

Concerning opening and activating our chakras it is helpful to be aware that each chakra resonates to a colour. Wearing clothing that matches the colour of a chakra naturally activates the respective energy centre. The colours in our surrounding resonate with our chakras

Sunlight is our main provider of light and key energy. Sunlight itself consists of light in the form of cosmic rays, gamma rays, x-rays, visible light rays, infrared rays, microwave rays, and even radio waves

Lying in the sun for half an hour can give you a powerful energy boost. Eating food that matches the chakra colour as well. Eating greens are good for the Heart. Taking a bath opens the chakras; we can get an energy boost from the water itself

Most of all we can receive new energy through other people who have learned to move energy through their bodies and to channel it to the chakras so that it can flow into the body for the sake of bringing balance not only in the energy centres but in our whole being

The more such help is provided with a loving Heart the more effective and powerful it is, visible in people being healed even physically

Our loving thoughts and prayers or good wishes from our Heart can substantially heal another person's soul and body based on the energy that flows from us to that person

The Inner Heart 17

In today's society we put way too much emphasis on independence and not enough on interdependence. Our chakras are interdependent of each other. We need to take care of all of them in order to achieve harmony in our whole being

There are lots of energies flowing within us, through our body, and also all around us. The challenge is to use this energy properly so that both the individual as well as humankind as a whole can benefit from them in the best possible way by using our Hearts well

When we think of male and female energy it is important to consider that male energy is focused, striving to reach a certain goal in a direct way while female energy is rounded expressed in manifold ways and forms. Both can be extremely powerful when fully manifested

Female energy is the land of unbridled possibilities, of unlimited potential, and affecting the universe from within, and needs therefore our special attention

Male energy is linear, analytical and practical, with the danger of being closed-minded. Female energy on the other hand emphasizes creativity, expression and emotion, but may have troubles with being on schedule etc.

Both male and female energy have their own traits like the chakras. Male energy moves straight to the goal while female energy moves in curves

Male energy looks at parts while female energy looks at wholes. The issue is how we use these energies in our lives

Male and female energy has very little to do with sexual orientation but refers to various qualities of the energy which is available for all people, manifested in the functions of the two halves of the brain

The left side of the brain is orderly, statistical, logical and mathematical. It sees things in straight lines, rational, practical. The right side of the brain is the female side of the brain. It is our creative side of free spirit, passionate, experience of taste, feeling, and movement, expressed in arts etc.

The left brain cannot make sense out of the right brain. It is not possible to put emotions and feelings into boxes. They must be felt in order to be truly experienced

The right brain, too, cannot make sense how the left brain understands it. The solution lies in using both brain halves centered on the wisdom of the Heart

The majority of people is left-brain dominant. We have a male energy imbalance. We have way too much of it and it is constricting on the female side of energy. We are not using our female energy to full potential while our male energy is rather messed up, expressed in our economic, political, financial, nuclear and even religious crisis

Our world is in a mess because we have not been learned how to use our energies in the right way. We have not taken care properly of our spiritual and emotional health and have not cared enough for other people due to a lack of feeling responsible for one another

At the core of human problems lies our inability of creating harmony within ourselves and with each other because we have neglected our inner growth to maturity in the realm of Heart, of perfecting our ability to love

Characteristics of a great part of young people in today's world are: strong willed independent thinkers who prefer to do their own thing rather than comply with authority figures, like parents. Traditional parenting and discipline don't appear effective with these children. The only solution lies in Heart-based education

Emotionally many young people are rather reactive and they may have problems with anxiety, depression and temper if not energetically balanced. What is missing most of all is true parental Love and care that guides from the Heart with the focus on inner rather than intellectual education

When we see people being self-centered and demanding, the root cause of such behaviour lies clearly in their not having received the right kind of Love and not having learned to deal with the realm of Heart properly

Looking at the various problems and crisis in the world separately from each other is constricting for our point of view. As a whole, all of these issues show that we do not understand how to have inner peace and harmony

Especially our male energy is out of sync with each other and the planet, because we have not developed our Heart as harmonizing centre of our whole being. We need to move out of polarity consciousness into unity consciousness

When we look for solutions we can come from the left brain, looking for logical steps towards the goal or we can come from the right brain with the mind-set, 'Don't think, feel.' We should try to use both angels if possible, but most of all we need to look at things from the viewpoint of Heart

Lasting solutions to all of our problems can only be found when we address them from the standpoint of Heart and the attitude of True Love which includes everybody while looking at the whole picture that more than anything else we exist in order to love with a True Heart

The Inner Heart 18

Beyond the mind (brain), body and spirit (soul), it is the Heart which is the most fundamental core of a human being

While a lot of scientific work has been going on for the sake of finding the details about the brain and the human body, we have neglected to research about the spirit and most of all about how the human Heart functions on internal and external levels

Modern technology allows us to measure our thoughts through the use of scanners. We project our thoughts into the world around us, enabling others to pick them up even before we put them into words

Before we are doing something we start by thinking about it. When several people share a common thinking they are connected in a mental or spiritual way

In the realm of thought and consciousness we are much more connected than we may have assumed in the past. This interconnectedness is visible in manifold ways, e.g. how animals communicate with each other, especially when they are in groups like fish in large schools or migrating birds

Watching pets we may perceive how they are communicating in very personal ways, sensing what the other animal or a human being feels

Emotions are even much more powerful than thoughts. They pull on you, they control your actions. They guide you throughout your life

There are emotional bonds among people which is expressed when one's positive or negative emotions affect others even without verbal and even without visible communication

We are susceptible to what is around us based on our thoughts and emotions which we harbour inside of us

It is an undeniable fact that we create our own reality and are 100 percent responsible for the situation we are in

Throughout history we have played the blame game, 'It's his or her fault that...' while in reality it is us, you and me, who decide based on our own Hearts, in what kind of situations we find ourselves, especially on an internal level

Just as each one of us creates his or her individual reality we are also co-creating our collective reality

When we are not in tune with ourselves we do not have complete control over what we are experiencing

A lack of being intuitive may lead us into situations which we could avoid otherwise if we listen attentively to our Heart

We create our thoughts and emotions in our mind and then move into them physically. We must not allow our emotions to control us but use clear thinking in support of controlling our emotional side

We can fill ourselves up with the emotions of Love and happiness as we go about our day because the real centre of our being is our Heart which is able to love on very deep levels

We need to change our perception of life from what others think is best to what our Heart shows us that we should focus on

Beyond any material things, what we really want is to be accepted, appreciated and loved. By giving that to others we will in turn get it back and the bond which connects us to others will be strengthened so much further, making heartfelt relationships possible

While there are many problems in the world that need our attention, it is first and most of all our own Hearts which needs to be sorted out in order to be able to create a world where responsible action and loving care for one another are fundamental attitudes in every human being

What we need to gain is a new understanding of our reality and a new way of thinking which is based on what our Heart tells us rather than following intellectual reasoning

To become more in tune with ourselves and with others around us must be our first priority in order to find our own inner peace and to contribute to peace in the world

The Inner Heart 19

Modern technology and internet allows us to come together and share beyond borders and boundaries. Remains only that we connect in Heart with one another

In order to reach this precious goal we must first unite our mind and body, achieve internal unity centered on our original Heart

All things are energy, including our thoughts and feeling. Whatever we are feeling we are broadcasting that out into space

Our thoughts and intentions and feelings do really count. They do impact others and they do impact the world itself

It all starts with the Heart. When the Heart's rhythmic beating patterns are smooth and ordered, it is called coherent rhythm

That coherent rhythm synchronizes the brain rhythm, the nervous system, the bodily organs, the glands, all dance in harmony to that Heart coherence rhythm

Most people know based on their own experiences that when they connect in Heart, things line up, they are more at ease, they are more in the flow, and there really is a scientific base for that

What is needed for world peace first of all is to have groups of people intentionally becoming Heart coherent with a collective Heart focused intention. There is a lot of power in people uniting in Heart

The Global Coherence initiative is a science-based co-creative project to unite people in Heart-focused care and intention to facilitate the shift in global consciousness from instability and discord to balance, cooperation and enduring peace

On the scientific side of the Global Coherence project, one of the elements is the development of a global network of extremely sensitive magnetic field detectors that are designed to tune in to the fields created by the ionosphere of the earth

What is really interesting, the resonances of these waves that are occurring in the ionosphere, the first one is 7.8 Hertz. That is the very same frequency as of the human brain wave of the alpha rhythm

You could think of this like the brainwave of the planet, the Heart rhythm of the earth. There is data that supports this insight which points to the meaningful interconnectedness of human beings with our planet

What we do as individual human beings, especially when we have cooperative or collective human emotionality we all feel similar things at the same time, something positive like care and compassion the human emotionality is amplified and literally modulates the earth's magnetic fields

The Global Coherence monitoring system is intended to facilitate a better understanding of the interactions between human consciousness and the global environment and study the relationship between the earth's magnetic field, collective human emotions and planetary changes

Scientists have seen evidence of a global effect when a large number of people create similar outgoing emotional ways. There is compelling scientific evidence that human consciousness and emotionality create a global field effect

We are much more interconnected with one another and with the planet earth than what we ever possibly imagined in the past. Now it is clear that the initiative of a certain number of people has surely substantial impact on the world

It does not take as many numbers to really change the planetary field environment if these people are in a coherent mode. The goal of the Global Coherence initiative, perhaps the greatest global experiment in the history of the world, is to have 350 000 people practicing really coherence building

That is what global coherence is really all about: How to go from individual coherence to social coherence to global coherence

Global coherence begins in the Hearts of those who understand the importance of living with inner harmony and to spread it to our surroundings with the goal of achieving ultimately peace of mind for every individual and lasting peace for all humanity

In order to reach this goal we need to invest wholeheartedly into improving our inner state of mind centred on the desire of our original Heart, of our innermost soul. When we do this then a happy future for all people will surely be achieved. Everything is ready

The scientific discoveries that allow us to understand the invisible interconnectedness between man and the universe are already made. Remains only that we focus on healing this world based on living with inner harmony and striving to achieve unity on all levels

The Inner Heart 20

What scientific research has now found is that if we look at the spectrum analysis of the electromagnetic field radiated by the Heart it is clear that the emotional information is actually encoded and modulated into those fields

By learning to shift our emotions we are changing the information that is encoded into the magnetic field radiated by the Heart

Positive emotions help the brain in creativity and innovative problem solving and impact those around us

We must never forget that we are fundamentally and deeply interconnected with each other and the planet and responsible for one another as members of the Human Family

When we can observe the world around us without judgement or separation but rather with compassion, gratitude and kindness then we will truly be living life from the Heart

Every life has its challenge every Heart holds wisdom and intelligence that can help guide us through adversities

It is important to know that positive emotions create physiological benefit in our body. For example, we can boost our immune system by conjuring positive emotions

Negative emotions create a nervous system chaos while positive emotions do the opposite. Therefore it is decisive that we cultivate uplifting emotions which are beneficial for our inner health as well as for our physical wellbeing

Because our Heart sends out electromagnetic waves that change according to our emotions we have to make sure that we have good emotions which radiate positive waves from which others and of course we ourselves benefit

We need to learn how to self-regulate our emotions and help others to achieve Heart coherence, to de-stress and build resilience so that we can rejuvenate and experience greater balance in life

We have achieved great advances in science and know many things but we are still lacking greatly in seeing things from the standpoint of Heart. Therefore we really have to invest into this fundamental task

Intellectual knowledge can lead us only to a certain level of fulfilment in life. In order to find true joy and happiness we have to deepen our understanding of the world from a Heart-centred viewpoint

The human Heart emits an electromagnetic field that surrounds the entire body and extends at least 15 feet in every direction. That field sends signals to every cell of the body, affecting its physical, mental and emotional wellbeing

The Heart field also interacts with and is affected by the field of the earth as well as other people plants, animals, anything that has electromagnetic qualities which includes pretty much everything, space, planets and stars

People who intentionally create Heart coherence in their own field have a positive effect on their own health and wellbeing. Creating Heart coherence also has a positive influence on those around us

The effect which individual coherence can have on global coherence is being tested right now by the institute of HeartMaths, a scientific research organization which studies qualities of the Heart that have a powerful impact on personal happiness, health, individual performance as well as collective consciousness

The institute of HeartMaths is dedicated to on-going research that is conducted to help explain the connection and the role of the Heart in our emotion-based experiences. You can volunteer and participate in this study. Just go to HeartMath.org and sign up

The Inner Heart 21

The supreme position of the Heart in the human body is confirmed by the scientific discovery that the brain can send signals to the Heart and it can choose to ignore them completely. But when the Heart sends a signal to the brain the brain must fall into alignment

The Heart is definitely an intelligent part of the body. Therefore we need to listen attentively to the intelligence of our Heart

What we call intuition refers to the wisdom and intelligence of the Heart. It is decisive that we develop our intuition because it allow us to connect with others on the level of Heart

We have to bring the wisdom of our Heart and the knowledge of our rational logical brain together in order to access the insights we need to gain which are essential to live in heartfelt oneness with others

The information that can be accessed by the mind through the Heart is called Heart intelligence

Heart intelligence is a higher level of intelligence that supports physical, mental and emotional wellbeing

When we open our Heart and mind to a higher level of intelligence we will surely experience the positive effects on our life

Heart intelligence can be accessed by using simple practices and intensions that create a state called Heart coherence which connects the Heart and mind

It includes and transcends the information that we gain through our physical senses, adding a new dimension to human intelligence that expands human consciousness and empowers the mind

Through the power of positive emotions we can support the Heart brain interaction and we improve energy fields of our body which helps us to be more intuitive on an inner level and more energetic externally

We are living in a sea of energy with waves moving through us while we ourselves are vibrating and sending of waves and vibrations that contain concrete information and communicate who we are to other people

We are constantly giving and receiving different frequencies of energy while we try to get things to happen, as we communicate and do our best to navigate through life

Your personal vibration is the energy you give off at any given time, in any given moment and that personal vibration can vibrate at a different frequency, either a high one or a low one, depending on what you identify with

Our personal vibration at any given moment is a combination of how good your body is feeling that day, maybe you are sick and it would be a low level physical vibration, maybe you are depressed and your emotions are flat that would be a low level emotional vibration

You may be stuck in some repeating mental pattern or just the opposite is true, and you are creative and innovative, energetic. Every single individual decides through his or her way of thinking and which emotion are harboured, what kinds of energy flows from him or her

You are radiating a low or high frequency depending on the combination of the state your body, mind and spirit are in on a particular day or in any given situation

If two people are close to the same frequency they would have resonance with each other, your frequency would communicate with mine and go into the same level like a tuning fork

Personal vibration fluctuates constantly learning to read the signals we get from our body. Emotional restructuring and positive emotions can increase our energy and foster the flexibility needed for life's challenges

Let us explore human intelligence centered on the Heart and realize how interconnected we are through the energy fields produced by our Hearts

To learn more about Heart intelligence, to access tools and resources for creating Heart coherence and to connect your own Heart and mind you may want to visit Metaphysics-For-Life.com

But most importantly, we need to connect with our Creator in a deeply personal way in order to develop the potential of our Heart and ability to love to the fullest extent

The Inner Heart 22

The Heart chakra plays an important role in refining the perception of an open Third Eye, and it is for this reason that the spiritual schools in the East concentrate particularly on the opening of the Heart chakra

The very important Heart chakra is located in the centre of the breast at the height of our Heart and opens toward the front so that we can directly receive the Love radiating from the Heart of another person

As the centre of the entire chakra system our Heart connects the physical and emotional centres to the three higher mental and spiritual centres. In this position the Heart harmonizes the lower and higher energies and connects the internal with the external

It is the strength of the Heart chakra what gives us the capacity to love and to stand strong as a person with a true inner Heart that is rooted in the ever flowing Love of our Heavenly Parent

When someone is in love, they may have very strong impulses and passions, but the strength of the Heart chakra is what shapes these passions to fulfill their commitments within deep relationships, like a mother does for her child

Therefore it is so important that we develop and cultivate our Heart so that it can fulfill this fundamental task well and guide us to live in complete alignment with the original ideal of creation

Speaking from the Heart centre gives one a feeling of truly being present with the other. It is the basis of real intimacy based on heartfelt communication. While trusting your intuition, try to understand the message behind all special situations and experiences which touch you deeply

The light in our eyes originates in our Heart. This is especially obvious when looking into the eyes of children shining with the purity from their soul

How you speak to your children becomes their inner voice. Let us treat therefore our children with utmost sincerity and Love to give them unforgettable precious memories which are stored in their Heart as treasure from where they can draw inspiration from throughout their lives

When we have a feeling in our Hearts we create electrical and mechanic waves inside of our body that extend beyond our bodies into the world around us. Research shows that those waves extend far beyond where our Heart physically resides. Considering this fact we need to understand deeply the real power, capability and impact which our Heart has on ourselves and our surroundings

Let us be grateful to the Heart which pumps blood throughout our body to keep you alive. It can beat 72 times per minute, hundred thousand times a day and 35 million times a year. And with every beat the Heart not only pumps blood but also transmits information to the brain and throughout the body

The Heart has its own intrinsic nervous system that operates and processes information independently of the brain. It communicates with the brain in ways that significantly affect how we perceive and react to the world

The Heart and the brain talk to each other and together they talk to the body whereby it is definitely our Heart which is in the subject or superior position of making the final decisions which are conveyed through the brain to the body

The Heart is a powerful entry point into the communication network that connects the body, mind, emotion and spirit. When we generate a positive feeling such as compassion, we can change the signals the Heart sends to the brain, influencing the brain's perception and the way how we feel

When we consider these facts then we become aware that our Heart can think and feel, it can remember, it can love, it can be happy or sad. It can be kind and compassionate. It is indeed the very core centre of our personality

Our Heart can do not only great things for us but also for our surroundings. It sends out invisible but very concrete measurable electromagnetic waves that can impact the lives of other people

What we feel can be perceived by others through receiving these electromagnetic signals. We can make others happy by radiating our joy. Let us therefore make sure that our Heart is giving good energy to others

Similarly to people smelling the wonderful perfume on your body several feet away the positive vibration sent out by our Heart can be perceived by those around us. Because people can feel the signals sent out by our Heart we need to cultivate uplifting thoughts and emotions to influence others in a positive way

What happens when we change our emotional state? The pattern of our Heart rhythm affects our brain function. Positive emotions are very beneficial for your entire body. They affect the way you think, feel and how you perform

Uplifting emotions like feelings of Love stimulate the entire body system. They change the state of your body in a positive direction towards become completely wholesome and harmonious

We all can become peacekeepers for the world by making sure that we preserve Heart coherence and making sure that you are kind and loving all the time. Let us give the gift of Heart coherence, our loving kindness and compassion, to all the people in the world with whom we are naturally connected

The Inner Heart 23

The anatomical Heart has four chambers - left and right ventricles, as well as left and right atriums. But the Heart, experts agree, is far more than just a physical organ. Brian Luke Seaward, Ph.D., author of top-selling college textbook *Managing Stress*, describes the metaphysical Heart, or symbolic Heart, which resides over the center of the upper chest:

'Eastern tradition symbolizes the Heart chakra as a lotus flower or water lily. This wisdom suggests that when this flower is open, energy flows freely from the symbolic Heart to the anatomical Heart. If the flower is closed, the vital energies necessary for proper Heart function are compromised.'

Anger and fear, close the Heart chakra, whereas love and compassion open it. For this reason, Love is essential for a healthy anatomical Heart function. Sages and wisdom keepers called a closed Heart chakra a hardened Heart - causing atherosclerosis. You do not need to look too far to see that the symbolic Heart and the anatomical Heart have much in common

There is an inextricable link between the physical and energetic Hearts. Through years of research the Institute of HeartMath has discovered that emotional experience in fact can be measured by the pattern of Heart activity. Emotional states do have a direct impact on Heart health

There is overwhelming evidence that stress, sourcing from a wide array of emotional and social factors, significantly affects virtually all stages of the disease process - genesis, progression, and recovery

Studies published in the *Journal of the American Medical Association* document a link between stress and an increased risk for Heart attacks, depression, and cancer; they also indicate that workplace stress may be as bad for the Heart as smoking and high cholesterol

In essence, stress can be thought of as emotional unease. The feelings of anxiety, irritation, impatience, frustration, lack of control, or hopelessness, are truly what we are experiencing when we describe ourselves as 'stressed.'

While mental processes clearly play a role in stress, it is well-recognized that emotions, more so than thoughts, activate and drive the stress-related changes we experience in our body. Therefore it is so important to make sure to have always positive emotions dominating our daily life

Negative emotions, like anger and frustration, can inhibit mental functions and deplete energy, whereas positive emotions, like gratitude and joy, activate physical functions, renew energy, and optimize the body's natural regenerative processes

What we need to do whenever the need arises is to replace negative emotions with positive ones. Our core challenge and task is to master the emotional and energetic Heart, in service to the physical Heart

In its online article series on stress management, The American Heart Association verifies that stress-related feelings include anger, depression, and anxiety, and it confirms that stress launches a chain reaction of events leading to numerous physical ailments - such as pain, insomnia, and fatigue. The conclusion is that acute stress itself can increase the risk of Heart attack

When we think of it we will realize that every Heart attack on the physical level is preceded by a person 'attacking' his or her own Heart through their negative emotions, whatever they may be. Therefore the ultimate solution of this ever so widely spread problem which unnecessarily costs countless people's lives lies in our cultivating positive and uplifting emotions on a daily basis

The American Heart Association offers numerous tips for optimizing Heart health, ranging from physical exercise and healthy cooking to daily relaxation and positive self-talk. All of these positive initiatives will naturally be part of our life once we connect with the realm of True Love, of gladly living for the sake of others

Donna K. Arnett, Ph.D., the president of the American Heart Association advises '*Remember to laugh!*' and to make changes slowly and to build a support system that will help sustain the changes. '*A plan is really critical,*' she emphasizes. '*The person needs to have specific, measurable, and - importantly - realistic goals, not only to make the initial behaviour change, but also to maintain the changes long-term.*'

In addition to the Heart health tips outlined on the American Heart Association website, it is important to cultivate a sense of gratitude, actively expressing and receiving Love, behaving with kindness and compassion, and regularly practicing forgiveness, so as to open the portals of the Heart

Activating the energetic Heart is key to optimizing Heart health by neutralizing the discord of negative thinking. The mind alone does not have the power to shift emotional stress or change negative attitudes

Throughout human history diverse cultural, religious, and spiritual traditions have regarded the Heart as an access point to the wisdom of our soul or higher source, from which Love, wisdom, and intuition emanate

New research is indicating that this intuitive Heart intelligence can help us to improve our relationships and elevate our communications, decisions and choices to a much higher level of effectiveness

This research marks growing interest in the role of the Heart as a self-regulating mechanism. Still, despite the possibility that the Heart may be the most powerful source of human intelligence, the number of studies on the Heart are dwarfed by the amount of research on the brain. According to Jim Oschmann, Ph.D., award-winning author of Energy Medicine, the discrepancy is simply a matter of technology:

"The brain reveals its activities in an elaborate pattern of electrical and magnetic fields that can be readily measured. Studies have shown that these patterns definitely change during meditation. In contrast, the study of energy cardiology is its infancy. Cardiology does not yet have an understanding of the nuances of the Heart's field that compares with the details revealed by electroencephalography and magnetoencephalography."

The field advances in neuroradiology. the study of neuronal activity in the Heart, will surely bring many positive contributions to people's health, but the most important area where we must definitely invest is the area of becoming deeply aware of the centrality of the experience of True Love in order to secure reasonable long life in a healthy body

The Inner Heart 24

Over the years, research on the brain has clarified how the mind affects the body and vice versa, which in turn has led to an explosion in the field of mind-body medicine. Once on the margins, meditation, yoga, and cognitive behavioural therapy are now mainstream

It therefore seems reasonable to expect that as research clarifies how the physical and metaphysical Hearts impact each other, we will move towards a more Heart-centered world, prescribing Love, harmony, and beauty as some of the best medicine for a healthy Heart

Scientific research has found that the brain's activity is naturally synchronized to that of the Heart. Thanks to modern science we can now measure not only changes in the earth magnetic field but also in the electromagnetic field of our Heart

When we meditate with smooth breathing we may feel that we are inhaling and exhaling from our Heart and strengthen our resolve to live by giving Love from our deep Heart

We left the realm of speaking the language of the Heart and began to speak the language of the mind. People are trying to keep safe while they are in reality distant from their own Heart and not listening to its voice

The time has come when more and more people realize that the life that humanity lives cannot be sustained even though there is enough water, land and food, yet what is not enough of is open Hearts

Basically it is easy to focus on the Heart and to connect with others on that foundation. It is very easy to give a hug, a smile, when your Heart is your guide but difficult if your mind and intellect are dominating your life

What the world needs is awakening from within to realize what the Heart can truly do it was the Heart that raised the dead, causes food to grow

We can bring the feeling of Love that you feel for your best friends and your family members, all the Love you feel for a special person in your life, into your Heart

Remembering feelings of Love can make us feel like jumping with joy and will probably make our feeling of Love grow in our Heart

Let us take our full attention again and again to the Heart until we naturally live from our Heart, giving out the Love arising from the depth of our soul

We can become consciously aware that we are sending this Love from our Heart through invisible vibration and energy

In meditation we can focus on feeling Love coming from our Hearts to touch the person we would like to support

We can consciously feel that our Heart is sending out signals of Love and kindness to the people next to us as well as to people in distant places

In our Heart we can imagine that the feeling of Love spreads not only to the people around us but further to all the people in the country and even to all the people in the world

Every day we can take some time in order to send energy signals of Love from our Heart to the people we know and who are in need of our support

We need to breathe the energy of Love deep into our Heart and convey it from there through our kind words and loving deeds

Any person can change from being lukewarm to having the light of Love shining from their eyes, originating in their deeply loving Heart

The Heart is the only truly safe place. It gives us the best perspective because the Heart sees more than is visible to the eye

As soon as a mature man and woman reach completion and become one with each other centring on True Love, God can fully dwell with them. That is why the first Love is so precious. It should be experienced on the foundation of having grown to perfection on the level of Heart

We are well familiar with the noble practice of donating blood that can save other people's lives. For the sake of healing this world we need to donate our Love. Let us do it willingly and gladly

The Inner Heart 25

In order to develop our ability to love we need to take care of two aspects. One is to care for other people's situation and the other essential task is to make sure that we ourselves are in good shape, well nourished spiritually and strong in our Heart

For this purpose it is helpful to use e.g. Heart rhythm meditation which can be practiced at any place where you can sit down with the feet on the ground, what is important from the viewpoint that the physical body is like an antenna between the earth and the heavens or the atmosphere

The posture when doing this meditation is to have a ninety degree angle in the knees and in the hips with no slouching but making sure that the position of the chest is open to make space for the Heart to radiate freely while the shoulders are not just hanging down

The spine is like an antenna that reaches upward through the head pulling energy upward while the energy through the shoulders and hips moves downward to the feet, creating a tension in the body opens up energy

In this way you are already energized through the correct posture with the palms on your lap facing upward so that through your palms you receive energy. On the foundation of the right posture you are ready to focus on breathing to be well equipped with fresh air for our lungs

But even more importantly, we all need to learn to breathe the air of True Love by living for the sake of others, enriching other people's lives in order to secure our own thoroughgoing satisfaction and lasting happiness in life

Under any circumstances, we must always try to stay tuned with the voice of our Heart and not allow difficulties to distract us from walking the way of the Heart, of loving ourselves and others deeply

Being vulnerable is the toughest way to be. If you want to be tough, be vulnerable. This means e.g. to have an open Heart and being able to listen attentively with a completely receptive mind

Being vulnerable may mean being willing to be with someone who is suffering. To do so with a compassionate Heart will naturally increase our ability to connect deeply with others

When you are vulnerable you are transparent; you let others see you. Being vulnerable on the emotional level means openness and sensitivity

Vulnerability on the spiritual level means surrendering to the Divinity within your Heart. Such an attitude will definitely lead you to profound liberation and complete inner freedom

Conscious vulnerability is the antidote to victimization and the basis of all great Love relationships which are bound to enrich our life enormously

Being vulnerable is really a quality of the Heart. And that is what an open Heart is like: An open Heart is vulnerable. An open Heart has the ability to listen, to take everybody into our embrace, wholeheartedly; it has open doors

Can we still leave the doors of our Heart open and receive even criticism deep inside of us? The invincible Heart stays open even where there is negativity in the awareness that looking at our critic positively creates strength

Even though emotionally speaking we may feel crushed, the invincible Heart uses such situations to become purified and strengthened, more clear about what is right and more strongly dedicated to pursue the path of truth and goodness without any false compromises

Love is the great power of the Heart. Whatever we love grows within us. This fact applies to positive as well as negative emotions and thoughts. Therefore we must really be careful about what kind of thinking we have and what kinds of emotions we harbour inside

Unconditional Love is the great potential of our Hearts; it includes the ability to forgive and many other precious aspects which serve ultimately our own fulfilment in life

How do you know when your Heart is speaking to you? One answer: When you get the same thing back three times. You need to learn to tell the difference between the voice of your Heart and all the other voices

The voice of the Heart speaks to you through premonitions, dreams, and intuition, as well as through examples of other people. Sometimes it seems that everything starts speaking to you: the wind, the ocean, a child, a friend, or one who seems against you

Just as successes can speak with the voice of your Heart, giving you a message that the way is open, failures can also be messages of guidance from within telling you: not this way!

The skill is to know what is what is guidance and what is simply an obstacle that you must overcome. Not every failure is guidance speaking. Your Heart knows the difference. Therefore we need to be very sensitive to our inner voice