

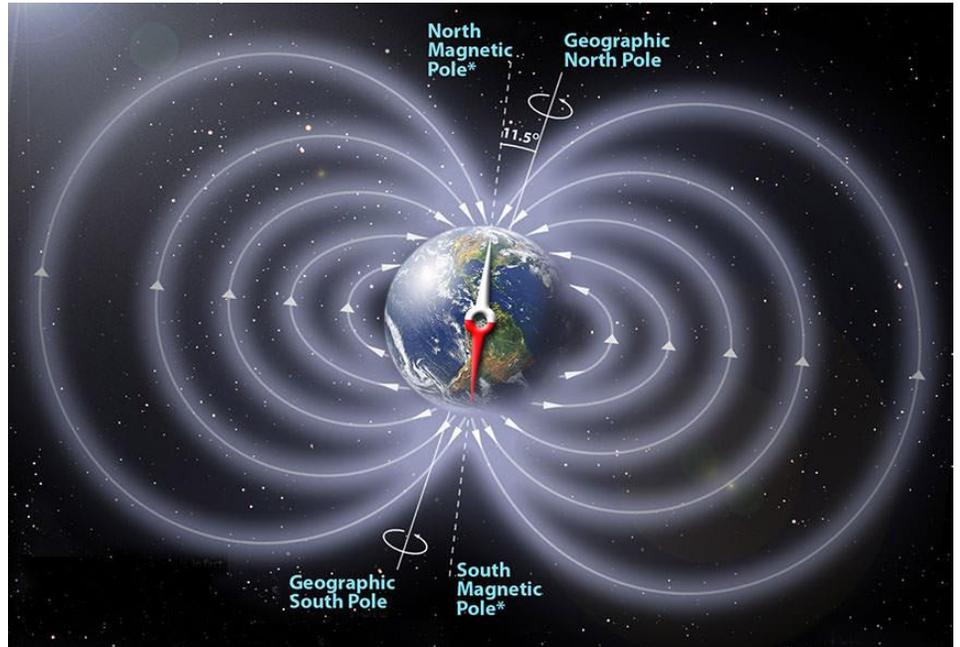
# The Quantum Connection of Heart, Mind and the Universe

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**Earth** has an electromagnetic or torus field around it. This field acts as a shield to protect all life on the planet from dangerous radiation and particles emitted by the sun. If you could see Earth's torus field it would look like the image below.

As the name implies, this field works like a magnet having a North and South Pole (positive and negative). The magnetic field is created by the molten outer core of iron that spins around a solid inner core of Earth.

Like magnets, particles that are ejected from our sun through coronal mass ejection (CME) circle around Earth's torus field and enter through the poles like a funnel. In a new study from ESA, the European Space Agency, it was discovered that particles do not enter equally between the north and south poles preferring to hit the north pole of the planet when they finally impact Earth. The majority enter through the positively charged or top of the planet.



## The Heart of the Matter

Have you heard the term “opposites attract?” It may have come from studies with magnets. When two magnets are brought together, those with the same polarity will repel or push each other apart, whereas when the negative and positive ends of two magnets are introduced, they are strongly attracted to each other. If you have played with magnets, you know how strong that pull is and how difficult it can be to separate them once they have touched. This is the same force that governs the movement of particles (and couples in love).

This amazing balance of attraction and repulsion is seen in the way protons and neutrons orbit around the nucleus (or heart) of an atom in perpetual motion. The planets orbit the sun which is the heart of our solar system and galaxy. Cosmic energy enters the toroidal field around our galaxy from the top and bottom.

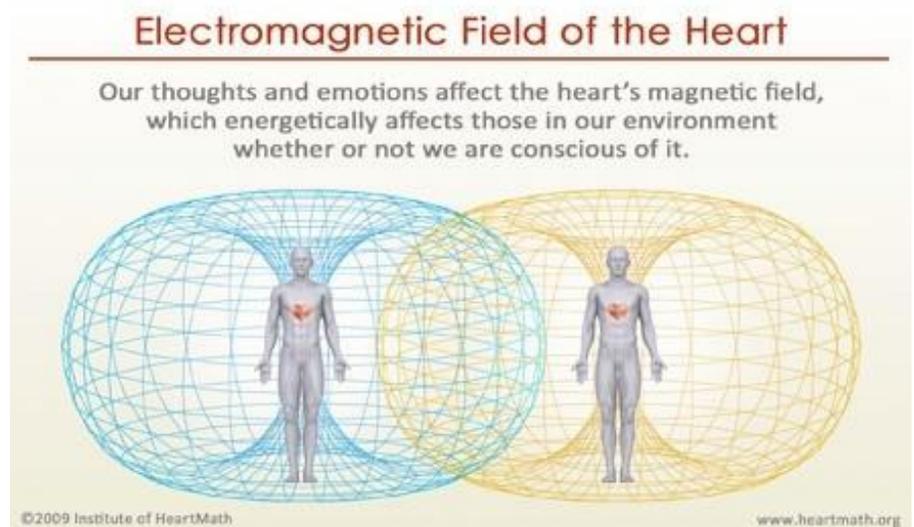
At the center of our Milky Way Galaxy sits a black hole or black/white hole, which is a quantum portal or Stargate connected to every torus field in the universe. This unified Source Field links quantum light from atoms and cells on Earth to atoms in galaxies beyond our own. *We have a quantum connection to all things in the universe.*

**The human body** also has an electromagnetic Field (EMF). If you were to imagine a metal rod running from the top of your head to just below your tailbone, that would represent your own positive and negative poles and a flow of energy that is created by not one, but two organs in your body: The brain and heart.

***The HeartMath Institute has recorded the heart to be approximately 60 times greater electrically and up to 5,000 times stronger magnetically than the brain.***

When a child is conceived, the first organ to form is not the brain but the heart. The heart and brain both generate an EMF just like the earth. However, the electrical activity of the heart is much stronger than that of the brain. The heart's EMF envelopes every cell of the body and can be measured extending several feet from the body. This field can shrink or be enlarged depending on your emotional state and health. When we reach a state of heart/brain coherence through meditation and other relaxation techniques, the EMF of the heart expands. When you are feeling the sensation of fullness and at peace, your EM field can extend to over a 13 feet diameter.

Evidence shows that human biological and emotional energy can have a subtle yet significant and measurable effect on people, events, and organic matter, even from a distance. It is now clear that an EM field radiated by the human heart and brain of one person can affect others and global consciousness.



## **Big Hearts**

The heart of a healthy horse has an electromagnetic field five times more powerful than the human heart, extending up to nine meters (30 feet). The EM Field of a horse has a profound effect on those in their presence. Because of their gentle nature, horses are used in Equine Therapy programs to help children and adults with ADHD, anxiety, autism, dementia, delayed mental development, down syndrome, and other genetic syndromes. They are also excellent at helping with depression, trauma, brain injuries, behavior problems, drug addiction, and other mental health issues. They are natural healers. As a horse owner and trainer for over 30 years, I can attest to the calming and healing effects of being around horses. I am in awe of their intrinsic patience and gentleness with young and special needs riders. The gentle rocking motion of a horse's walk is helpful in stimulating nerve repair, improving balance, and instilling confidence in the rider.

***"The outside of a horse is good for the inside of a man" (or woman!).***



## A Heart-to-Heart Conversation

In 1991, science discovered there are approximately 40,000 specialized cells located in each human heart. These are called sensory neurites which as the name implies are brain like cells that feel, remember, and think independently of the brain.

When we have a negative experience, particularly one that produces fear, that trauma is retained by the heart in chemicals known as neuropeptides. They are held in tissues and organs until they can be released through natural excretion, through the breath or through focused intention to neutralize the charge of the memory with non-judgment. Unresolved emotional trauma can, over time, cause disease within the body. When you are in fear or feeling unsafe, your heart triggers the brain to produce stress hormones that prepare you for fight or flight. These are cortisol and adrenaline. They are great in an actual emergency, but the mirror neurons in your brain cannot differentiate between watching the news or a real traumatic event in your life. Constant exposure to daily negative news, arguments, and fights, can eventually lead to adrenal fatigue. Meditation can help release the stress and accumulation of neuropeptides. It is used by the Military, Police, and Medical staff to help them deal with daily stress and to recover faster after exposure.

***Negative emotions such as fear reduce cognitive functions such as attention, memory, perception, and problem-solving.***



Everyone has suffered loss and heartache some time in their life. It creates an actual medical condition known as **Broken Heart Syndrome**. That pressure and discomfort in your chest is the heart's response to emotional trauma. According to the Mayo Clinic, Broken Heart Syndrome is a temporary condition brought on by stressful situations and extreme emotions. People with BHS may experience sudden chest pain or think they are having a heart attack. BKS affects just part of the heart, temporarily disrupting your heart's normal pumping function. The rest of the heart continues to function normally or may even have more forceful contractions. This is a loss of heart/brain coherency.

***Constant exposure to negative situations is likely to cause stress, anxiety, apathy, and depression.***

Conversely, when you experience positive emotions, whether real or by reliving a pleasant memory, the heart sends signals to the brain triggering it to produce chemicals that self-regulate our biology. In other words, positive thoughts and feelings will calm you, help your muscles relax, improve your heart rhythm, and balance your nervous system. It lowers blood pressure by relaxing the blood vessels. When we are in coherence our nervous system and our other organs work harmoniously.

The act of daily meditation with simple breathing exercises can help you regulate your emotional state and release the traumas of the past or stress of the day. For this reason, it has become a regular practice used by the military, law enforcement, hospital staff, and students. When we achieve heart/brain cohesion by focusing on positive memories or imagining a pleasant event or experience, we purge the toxic chemicals produced by our bodies fight or flight response. The practice allows us to sleep better which in turn leads to faster healing. Studies have shown that a regular practice of mindful meditation increases intelligence as was noted in higher test scores in students who meditate because they have a greater ability to focus their attention. Healthy thoughts and feelings stimulate your immune system. They can lengthen the telomeres of your DNA which will extend your life.

There are ancient practices for meditation and health going back thousands of years to the Gnostic, Essene, Yogis, and Buddhist Monks of Tibet, and Egypt that include a combination of gentle exercises and meditation such as yoga, tai chi, and qigong. Prayer and meditation techniques were rediscovered in the writings of the Dead Sea Scrolls and the Nag Hammadi. The 21<sup>st</sup> century is where science and spirituality are finally merging. There is a still point we can attain where we no longer reacting to negative events in our life that can leave us feeling like a ship at sea tossed in a storm without a rudder. We can rise above the storms and simply observe events without judgment and let them pass. We can respond with empathy, compassion and gratitude which is a facet of love.



For those whose employment has them riding headfirst into these storms, having one or more tools for releasing stress and trauma will be the rudder to navigate to calmer emotional waters in a state of heart brain coherence on demand. This is vital for maintaining a healthy body and mind as well as improving the ability to deal with and recover quickly from stressful situations.

When you practice techniques that increase heart/brain coherence you will notice shifts in your perception of stressful situations and how you handle them. You don't have to be a victim of your environment. Heart brain harmony will produce greater peace, awareness and intuition in your life and improve the quality of your interactions with those around you. You are the master of your heart and mind once you decide to take control. Changing a world in chaos starts within each of us and how we handle our emotional heart, which I hope is with care! Be the powerful co-creator of your reality by harnessing the energy of your heart in a positive way for yourself and those in your orbit.

*Rev. Kat*



## Resources for deeper understanding

<https://www.universallifetools.com/2017/12/human-brain-galactic-star-map/>

<http://scienceofwholeness.com/how-the-vesica-pisces-explains-creation-and-the-arrow-of-time/>

<https://wakeup-world.com/2019/03/26/the-metaphysics-of-our-spirituality-within-the-universal-toroidal-field/>

[What is Earth's Magnetic Field?](#)

[Articles-of-the-heart/the-math-of-heartmath/coherence/](#)

<https://www.heartmath.org/research/science-of-the-heart/bibliography/>

[Science of the Heart: Vol 1 \(1993-2001\) Exploring the Role of the Heart in Human Performance](#)

<https://store.heartmath.org/e-books/neurocardiology.html>

[Solar winds prefer to hit the North Pole, reveals new ESA study](#)

<https://www.projectride.org/>

<https://ridingbeyond.org/research-horsehuman-connection/>

<https://www.slideshare.net/CindyJacobs1/horses-choosing-to-heal-humans>

[Equine Assisted Activities Spina Bifida Health and Social Care Essay](#)

<https://www.britannica.com/science/mirror-neuron>

<https://www.information-book.com/biology-medicine/biofields-heart-electromagnetic-field/>

[Broken heart syndrome](#)

<https://amuedge.com/meditation-and-the-military/>

[How Mindfulness Is Changing Law Enforcement](#)

[Meditation for Students \(Techniques and Benefits\)](#)

[Managing stress in health care with meditation: Got a minute?](#)

[Cardiac Coherence: The Inner Power that Horses Reveal to Us](#)

[Quick-coherence-technique](#)

[Gregg Braden on Heart Brain - Coherence, Global Awakening & Evolution of Consciousness](#)

[Entangled Minds: Extrasensory Experiences in a Quantum Reality by Dean Radin](#)

