Activating Heart Intelligence: Energetics for Dynamic Communication and Relationships

Kimberly Gray RN, HN-BC, BA, LMT, CHTP/I
Integrative Health and Wellness Consultant

*Starts beating in the unborn fetus before the brain has been formed.
*“Auto-rhythmic”-self-initiated...scientists don’t even know what causes it to start beating
*How is that for Heart Intelligence - innate knowing
*Brain develops from the bottom up
*Brainstem develops first, then emotional follows (hippocampus/amygdala)
*Thinking brain grows out of the emotional regions
*Unborn child- emotional brain develops long before the rational brain and a beating heart before either of them.

Our Mysterious Heart

*Put your heart into it
*A heart of gold
*Have heart set on......
*A woman/man after my own heart
*Out of the goodness of my heart
*Have a heart-to-heart talk
*Follow your heart
*Does my heart good

The Heart Leads
The intelligent flow of awareness and insight that we experience once the mind and emotions are brought into balance and coherence through a self-initiated process. This form of intelligence is experienced as direct intuitive knowing that manifests in thoughts and emotions that are beneficial for ourselves and others.

*Heart Intelligence*

Ascending Heart Rhythms Directly Impact the Brain

- Incoherence Inhibits Brain Function
- Coherence Facilitates Brain Function
The heart’s electromagnetic field energetically affects each other’s moods, attitudes and feelings.

*Appreciate One Another and Appreciate Yourself!*

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A Boy and his Dog

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Benefits of a Coherent Field Environment
Emotional Energetics

Our emotions and attitudes affect others positively or negatively, whether or not we are aware of it.

When we are centered and in sync, we create a more coherent field environment and are less affected by others’ incoherence.
Creating a Coherent Field Environment

Cultivating appreciation fosters team coherence, harmonious relationships and a happier, healthier, more productive work environment.

Energetics of Communication

Unspoken feelings such as anxiety, judgment, frustration and annoyance can be detected by others.
These types of feelings color communications and can send mixed messages.

Coherent Communication Exercise


Health and behavior assessment procedures are used to identify the psychological, behavioral, emotional, cognitive and social factors important to the prevention, treatment, or management of physical health problems. The focus of the assessment is not on mental health, but on the biopsychosocial factors important to physical health and treatments. The focus of the intervention is to improve the patient’s health and well-being utilizing cognitive, behavioral, social and/or psychophysiological procedures designed to ameliorate specific disease-related problems. Codes 96150-96155 describe services associated with an acute or chronic illness (not meeting criteria for psychiatric diagnosis), prevention of a physical illness or disability, and maintenance of health, not meeting criteria for a psychiatric diagnosis, or representing a preventive medicine service.
If similar results were achieved with a medication, it would be prescribed routinely by anesthesiologists and surgeons as part of a presurgical regimen, and I hope that this study will help us move toward the day when presurgical preparation using guided imagery becomes the standard of care. -- Martin Rossman, M.D.

Death Valley temp range

- February - Monthly averages
  - High 73
  - Low 46
Correct Maladaptive Response


  Results: Baseline negative affect was associated with >50% differential expression of 201 leukocyte transcripts, including upregulated expression of pro-inflammatory and metastasis-related genes. CBSM altered leukocyte expression of 91 genes by >50% at follow-up (group x time interaction), including downregulation of pro-inflammatory and metastasis-related genes and upregulation of type I interferon response genes. Promoter-based bioinformatic analyses implicated decreased activity of NF-kB/Rel and GATA family transcription factors and increased activity of interferon response factors and the glucocorticoid receptor as potential mediators of CBSM-induced transcriptional alterations.

Identical Triplets
The Genie in Your Genes

“The brain is a historical organ. It stores our personal narrative.”
-Bruce Perry, MD, PhD

- ACE study: [www.cdc.gov/nccdphp/ACE](http://www.cdc.gov/nccdphp/ACE)
The 3 Cs & The Stress Hardy Personality


Healing the Past in the Present

- “The magnitude surprised even me—the increased incidence of disease was often in the hundreds of percent and occasionally thousands of percent.”
- Unexpected clinical significance: 35% drop in doctor’s office visits, 11% drop in ER visits, 3% drop in hospitalizations compared to year before.
- Genetic marker indicates greater vulnerability to trauma—mediated by male confidante.
Post Traumatic Stress (Disorder)


Alexithymia


Feeling Identification & Alexithymia

The Writing Cure


The New Frontier

Biology of Belief


Is it a message I want to receive?


The Anzio Effect

Victor Frankl
Change Your Hormones in 2 minutes


Carolyn