

## HERE AND NOW, 3

### Heart intelligence

Certain heart rhythm patterns correspond to a particular emotional state. With each heartbeat, information is provided that affects emotions, physical health and quality of life. The feelings of compassion, love, care and appreciation produce a harmonious and regular - consistent heart rhythm, while feelings of anger, frustration, fear and danger emit a jagged and chaotic, incoherent image. A different heart rhythm leads to other chemical and electrical, even neurological, reactions in the body.

The theory of cardiac intelligence (see Cfr. McCraty, R. Atkinson, M., e Tomasino, D., *Heartmate modulation of dna conformation by heart-focused intention*, HeartMath Research Center, Institute of HeartMath, Publication No. 03-008. Boulder Creek, CA, 2003), postulates that an energetic connection or coupling of information via resonance mechanisms occurs between the higher dimensional structures held in the quantum vacuum (organized in a holographic way) and the physical DNA in cells. These higher dimensional structures aim to communicate information to DNA, guiding cellular organization, differentiation and definition of boundaries for the ability of the individual organism to vary in its physical, mental and emotional domain. At the level of the physical body, the DNA molecule in each cell acts as an antenna and a demodulator tuned to the organization. At the macroscopic level, individual DNA molecules are connected via an energetic connection in the form of conventional magnetic fields, which are organized in overlapping zones of cells, so that there are networks of groups of cells that form an energy system. In this model, the electromagnetic field produced by the heart acts to bind and synchronize the cells of the body and works effectively as a modulated carrier wave, which organizes the formation of the functions of the upper level of the body's energy system.

The heart thus provides the global energy field that binds the entire system together. This theory proposes that the heart control unit acts as a key access point through which the original information of the higher dimensional structures are coupled into the physical human system, so that in the coherent state of the heart generated by the experience, positive emotions increase this coupling. .

The premise is that by increasing coupling to the dimension of higher structures, often referred to in common parlance as the higher self or spirit, a top-down process could be initiated which in turn would facilitate a intentional change in the structural state of a DNA molecule. The theory of cardiac intelligence predicts that individuals who are able to maintain the coherent states of the heart create more couplings to higher dimensional

structures and would therefore be more able to produce changes in DNA. True change cannot be entrusted to an ego dissociated from the body, since true change lies in the transformation of those tacit knowledge that are connected to one's emotions.

r.d.

### **SUGGESTED READING (IN ITALIAN)**

D. Children, D. Rozman, *La soluzione Heartmath per trasformare lo stress*. Amrita ed.