

# ***THE HEART***

***A MULTIDEMINSIONAL PERSECTIVE***



**H  
HEA  
HEART  
ART  
T**

**IT MAY BE BETTER TO BE  
“BRAIN DEAD”  
THAN  
“HEART DEAD”**

## THE HUMAN HEART

The human heart is the “feeling” centre of the body. It is a processor of thought.

It is my belief that as we progress in the field of Integrated Medicine that we will find a correlation between the emotional heart and the physical heart. This is best exemplified by the pericardium, a membrane or sheath that protects the heart from physical damage.

### **The Pericardium**

The Pericardium surrounds the heart physically. One could hypothesize that it could protect the heart emotionally. It could act as an emotional barrier to protect the human heart from painful emotions; in turn it could act as a barrier that prevents the heart from reaching out in love, compassion, charity and devotion.

If one were to be in a life situation that required constant protection of one’s heart. One could speculate that the pericardium could become stressed or overloaded from protecting the more delicate feeling centre. This could ultimately manifest in physical symptoms involving the pericardium.

As one “protects” the heart—one also prevents love from emerging from the heart. Living in this type of repression would probably lead to someone’s depression.

As the heart becomes imbalanced, it leads to disturbances in other connected centers of the of the physical and spiritual body.

### ***Releasing the Pericardium***

There is a physical location - four (4) finger widths below the wrist-hand border that can be activated to release stress from the pericardium. Activating this point with a gentle touch and an intention to release the pericardium is a way I was shown of bringing the emotional pericardium into balance.

The following is a brief review of a small sample of emotions that involve the HEART:

## **NEGATIVE EMOTIONS**

### **ANGER**

A dark energy encompasses the heart and circulates through the body, infusing every cell with this energy. The mind responds with revenge scenarios or worse. This sometimes occurs as a result of loss that is not resolved through acceptance and forgiveness.

Anger is a natural reaction and emotion. However, when anger becomes a habit, justification and/or a way of life, it becomes universally destructive. It destroys the one who bears the anger and those who are near to that individual.

Our planet currently resides in a vast sea of unresolved anger leading to much of the war, selfishness, genocide, poverty, and disease that befalls humanity on every continent.

Forgiveness and acceptance are the antidotes.

### ***Anxiety***

Anxiety is a process that involves both the mind and heart. This usually occurs in anticipation of major loss. For example, during the farm crisis, many farmers ended up in emergency rooms with what felt like heart attacks.

It was not a problem- or stress-related headache, but heartache that brought them into the emergency room, manifested in the form of a pronounced anxiety attack.

My sense is that the upper left ventricle is the centre of this anxiety.

## *Aloofness*

Aloofness is the process of cutting the heart off and living mostly in the head. It is primarily a protective mechanism resulting from having a mistrustful and fear-based living. This tends to produce a personality disorder and life disorder marked by isolation. The problem is usually resolved by experiencing an overwhelming, painful emotional trauma. A near-death experience also may change this way of existing.

No matter how  
you spell it, when  
you're "aloof",  
you're "afool"  
~Perry~

## *Sadness and Grief*

Sadness and grief are perhaps the most damaging emotions that can affect the human heart if they become chronic conditions. They are the emotions that give way in time to heartbreak or being heartbroken.

*Heartbroken:* A serious emotional condition which in extreme cases can lead to death of the physical body. The condition of *heartbrokenness* seems to surround a state of grief associated with loss.

In the movie "Radio Days", Woody Allen exemplifies this form of heart shock with a memorable scene: A white mother sees her daughter kiss a black man—the mother is holding a cup and saucer as the scene unfolds. In the next scene, she is still holding the cup and saucer, but is now deceased.

The emotional heart was overwhelmed and the physical heart could not handle the strain.

Occasionally, when encountering a profound emotional shock, a person attempts to process it in the head, as the heart is overwhelmed. If the mind is unable to handle the shock, it will go into denial. The classic example is those refusing to acknowledge the death of a loved one.

In time, the person will usually be able to enter into the "grieving process". For some, a period of denial is probably both mind- and heart-driven, a mechanism whereby those in poor health are able to ultimately preserve life.

## Fear

Fear is considered the grand daddy of negative emotions. All negative emotions are said to be a variation of this emotion. All fear is said to emerge from the feelings of separation. Some believe that all separation anxiety is rooted in what is termed "the fall" or the creation of human consciousness itself.

## POSITIVE EMOTIONS

### *Gratitude and Compassion*

#### *Compassion*

Compassion and lack of it are heart-centered emotions—  
And “GOD hardened the heart of the Pharaoh”

Could we speculate that as we harden our hearts, that we harden our coronary arteries and as we open our hearts—we dilate.

“It is better to  
Dilate that  
Die Early”  
~Steve Swami~

#### *Gratitude*

Gratitude is located energetically at “the bottom” of the heart. It is one of the cornerstones of living a conscious and joyful life. Gr (eat) + Attitude = Gratitude  
Invoking gratitude is one of the best ways to reprogram negative thinking.

## A DEEPER INTROSPECTION INTO THE HEART

**H** — The Hebrew letter “ה” — The “ה” makes holy or sanctifies. When Avram became sanctified, his name changed to Avraham. (Abraham)

“H” or Hei is an outward breath=“Ohm”— It is the centre of Yihova (יהוה)! It is the centre of the Kabalistic code for healing ש ה מ –mahash a rearrangement of the name Moses; משה. It is the fifth letter of the Hebrew alphabet, alluding to the five dimensions of the human soul:

- Nefesh – physical intuition
- Ruach – emotions
- Neshama – mentality
- Chaya – spiritual awareness
- Yechida – unity with God

“H” represents the head of the heart/body, the beginning—just as **T** represents the end of the heart/body—the toe. In this way, the heart encompasses the body from head to toe. In the middle is EAR. Listening is a total body experience as is loving.

**E** —is a vowel. This is where the emotional aspects of the heart begin to take shape. This is where our earthly connection is symbolized. Ta

**A** —is another vowel. It represents the apex or top—Ah. The top of the heart (symbolized by a bird). Light heartedness, joy, relaxation emerge from the “A”. Laughter all emerge from the Ah aspect. The “A” points to the head and directs it to lighten up.

—The “A” inverted becomes the bottom of the heart. This is where the dense anger is generated. This is balanced by the gratitude area which exists in the same location. Gratitude balances Anger.

**R** —represents the color Red. This represents blood physically. Emotions represent romance—Think Red Roses—a spiritual symbol of love, or heat, passion and anger as well. A commonality between heart and anger are the letters “are”.

R or Resh, the twentieth letter of the Hebrew alphabet is also the first letter of the Hebrew word for Holy Spirit; *Ruach ha-Kodesh* – the ability to transcend spiritually by opening up our senses to intuition and by opening up to the spirit world according to Kabbalist tradition. This transcendence takes one away from the notion of what is provable or logical according to the rigors of science, and toward what comes from and is seen only through the heart.

**T** —Truth, also Trust are represented.

H	—(Holy, Head)	note	HA
E	—(Earth, emotion)		AH
A	—(Apex, AH [laughter], Anger)		RA
R	—(Red, Romance, Rage, Ruach)		TA
T	—(Truth, Toe, Earth, Ta)		

The central message is that Ear not T as in truth is central to the Heart. In order to Love—One must listen to oneself, to the other, to the planet and to GOD.

**Note:** F is not in the word HEART. F is the addition one makes to the core letters (ear) within HEART to create the word FEAR.

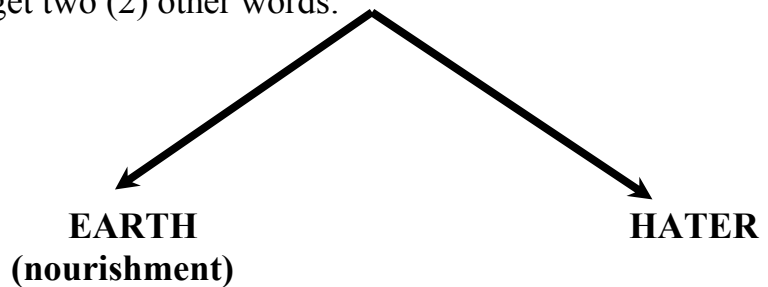
Overcoming Fear is a challenge in our SELF REALIZATION.

The numerology of fear is:

F	E	A	R
6	5+1	6X3=18	
	=6		
↓	↙	↘	
6	6	6	

### **THE WORDS AND LETTERS INVOLVING THE HEART**

1. Rearrange **HEART**—you get two (2) other words:



(destruction)

**Gaia**

2. Let us take it in order:

**HEART**

**HE** - represents he/she divinity  
- For others the Christos

**HE—HEAR—EAR—ART**  
hearts and to our hearts

**HEAR** – instructs us to listen with our

**HEAT**—emotional / physical  
loving is listening

passion      temperature

warmth      regulator

“art of living”

\* **EAR** \* - centers the word heart –

**ART** – emerges from the heart and to

**“NOT LISTENING TO ONE’S HEART COULD LEAD TO  
HEARING LOSS”**

## WORDS DERIVED FROM THE WORD HEART

H Based Words	E Based Words	A Based Words	R Based Words	T Based Words
<p><b>HE / SHE</b></p> <ul style="list-style-type: none"> <li>divine male/female</li> <li>male/female yin/yang</li> <li>aspect or nature of the heart trilogy [romance, roses, Venus]</li> </ul> <p>He in Hebrew means she in English</p>	<p><b>EARTH</b></p> <ul style="list-style-type: none"> <li>the female energy of the heart/planet</li> </ul>	<p><b>ART</b></p> <ul style="list-style-type: none"> <li>this is self-explanatory; affects our body, senses, it heals us and inspires us</li> </ul>	<p><b>Rate</b></p> <ul style="list-style-type: none"> <li>pacing oneself</li> </ul>	<p><b>Tear</b></p> <ul style="list-style-type: none"> <li><i>noun</i>; we heal the heart</li> <li><i>verb</i>; to rip apart our hearts are occasionally</li> </ul>
<p><b>Ha</b></p> <ul style="list-style-type: none"> <li>laughter – refer to Steve</li> </ul>	<p><b>EAR</b></p> <ul style="list-style-type: none"> <li>listening and loving</li> </ul>	<p><b>At Her</b></p> <ul style="list-style-type: none"> <li>directed to the feminine</li> </ul>	<p><b>Rat</b></p> <ul style="list-style-type: none"> <li>(+) Rat-Chinese</li> <li>(-) you dirty Rat</li> </ul>	<p><b>Tre</b></p> <ul style="list-style-type: none"> <li>the trilogy</li> </ul>
<p><b>Har</b></p> <ul style="list-style-type: none"> <li>Laughter</li> </ul>	<p><b>EAT</b></p> <ul style="list-style-type: none"> <li>(+) eat your heart out</li> <li>(-) eat to your heart's contentment</li> </ul>	<p><b>At</b></p> <ul style="list-style-type: none"> <li>Speaks to the "presence"; Where is your Heart?</li> </ul>	<p><b>Rah</b></p> <ul style="list-style-type: none"> <li>cheering</li> <li>encouragement</li> </ul>	<p><b>Trea</b></p> <ul style="list-style-type: none"> <li>(tree) where would we be without trees on this earth</li> </ul> <p style="text-align: center;">↓</p> <ul style="list-style-type: none"> <li>(+)treasure</li> <li>(+)tread</li> <li>(-)treason</li> <li>(-)treacherous</li> <li>(-)treat</li> </ul>
<p><b>Hear</b></p> <ul style="list-style-type: none"> <li>love, listen with your head and your heart, through your ears and your mind</li> </ul>	<p><b>Eh</b></p> <ul style="list-style-type: none"> <li>when you stop listening, you say that a lot</li> </ul>	<p><b>Ate</b></p> <ul style="list-style-type: none"> <li>your heart digests a lot</li> </ul>	<p><b>Ra</b></p> <ul style="list-style-type: none"> <li>Egyptian teacher</li> </ul>	<p><b>Tar</b></p> <ul style="list-style-type: none"> <li>(noun)</li> <li>(-) cigarettes</li> <li>(verb)</li> <li>(-) to denigrate</li> </ul>
<p><b>Hate(r)</b></p> <ul style="list-style-type: none"> <li>the dark side of the heart</li> </ul>	<p><b>Er</b></p> <ul style="list-style-type: none"> <li>anger</li> </ul>	<p><b>ARTh</b></p> <ul style="list-style-type: none"> <li>joint connection; we connect at the heart</li> </ul>	<p><b>(W)Rath</b></p> <ul style="list-style-type: none"> <li>wrath; a form of anger</li> </ul>	<p><b>Tare</b></p> <ul style="list-style-type: none"> <li>vetch</li> </ul>
<p><b>*HEAT</b></p> <ul style="list-style-type: none"> <li>Love and passion for people and for service.</li> </ul> <p><b>ANGER</b></p> <ul style="list-style-type: none"> <li>Red, Mars, leads to destruction</li> </ul>		<p><b>Ather</b></p> <ul style="list-style-type: none"> <li>derived from Hermanus; to absorb radiant heat; to open one's heart to healing</li> </ul>	<p><b>Re</b></p> <ul style="list-style-type: none"> <li>regarding</li> </ul> <p style="text-align: center;">↓</p> <p><b>Red</b></p>	<p><b>The</b></p> <p>self-explanatory</p> <p style="text-align: center;">↓</p> <ul style="list-style-type: none"> <li>Theatre</li> </ul>

				<b><u>Ta</u></b> <ul style="list-style-type: none"> <li>• Egyptian for Earth</li> </ul>
				<b><u>Tea</u></b> A healing and socializing drink

## Opening to God

- It begins by simply inviting God to maintain that presence within you at all times. There is no time that God and you are not one. It is simply impossible for it not to be this way, for you are an aspect of God, created in that image.
- In life we have our plans, hopes and dreams that if fulfilled we believe we would then be happy. For some it is money, other's fame, for other's the ideal love relationship. It usually is something that comes from outside ourselves that we wish and pray would become part of our current reality. In some philosophies those are termed "idols"
- One solution to idol worship is to place our idols (including all our doubts, fears, anger, guilt, pain, etc) on God's alter every time we experience the effect of such idols in our life. Do this knowing that God is doing God's part through God's spirit to make right what is not right in your life
- Our sole duty is to recognize when we are separating our thoughts from God's thoughts, often by the conscious or unconscious introduction of idols. One must become more self aware when one is in division.
- Whenever you feel separate from God is when you are in division; that is the time to reconnect to God in prayer, in meditation or in affirmation. This will serve to remove the idols from your mind and release them onto God's alter where God will make transform them to serve God's will rather than your will.
- Properly applied prayer and affirmation will allow you to close the gap that keeps you from what you feel is the closeness to God. It will help you to remember that there is no time that God and you are not one.
- When you doubt, when you fear, when you are angry and when you are sad, when you feel guilty and when you think or "mentalize" in a negative or fearful direction, it is also true that you lessen the connection to God. God wants you to have no doubt and no fear. When you feel with your heart or "heartilize" instead of "mentalizing", you begin to reconnect to God.
- In order to resolve any problem you feel you have, (although in reality doesn't really exist), allow the spiritual guide you feel a deep connection with to guide you to God. Sit quietly and relax. Slow your breathing, and become more aware of your breath and your body. Focus on the center of your forehead and enter through the purple dot or the 3rd eye and into the God - Light. Then together with your guide walk into the presence of God and present God with a gift - your idol. God will accept it and transform it into something that is aligned with God's will. God will send back the message through somebody or something later in linear time; a book will fall off a shelf, a song will come on the radio, a miraculous cloud formation will appear, you will overhear a conversation, a revealing dream etc. This message is God's will for that idol that you presented to God and that you were willing to let go of.
- You need to trust God. You need to trust that the mind of God is superior to your own mind. Then let that mind of God connect to your own mind and reside in presence there. Make a

You need to trust that the mind of God is superior

home for God in your mind. Simply create a space for God's thoughts to be received (I visualize a spot on my skull where God's signal enters into my brain). Make a home for God in your heart and make another home for God in your will, (wherever you think it is centered in you).

- Sit quietly in meditation and open these connections. Ask for your guides to come in and prepare you for your anointing. Sit quietly and in total faith and gratitude. This surely is a special and holy moment in your life; one that will transform you, if you will allow it to. God will do the rest and your mind, heart and will, will move into a deeper connection with that of God. You will become a holy sanctuary on earth where the presence of God resides. If you so choose to do this, God is ready to abide, and express him/herself through you.
- If you allow this, then you will become whole (holy). Do not expect that this will make your life easier. That is not the intent. The intent is to create a shift in your perceptions and ability to see God work in your life. The shift is simply to employ the challenges in life as a means to move towards God rather than a means to escape pain.
- As you align with God, you will feel pain; all kinds of pain. Experiencing pain is a means through which you heal it rather than hiding from it, burying it, but never resolving it. The difference is that when you align with God, you will have a partner that will help you heal all of your superficial pains as well as those you have buried deeply within.
- Until I connected with God and opened my heart, I couldn't or wouldn't empathize with other people's pain. It hurt me too much, because I didn't know how to handle it and the pain within me that it triggered.
- Now I know that this is not done alone. There is no limit what you can heal within yourself. Your heart can be expanded to allow the entire world's pain to be felt and healed. For there is only one pain, because we are only One ultimately - we just appear to be subdivided into individuated bodies in linear time so that we could create a path back to God. All pain, whether it is a toothache in Canada or a baby dying in it's mother's arm's in Africa is part of One pain that we all feel and will ultimately heal together as One.

Blessing to All