

Heart Care

Julie Rammal

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Abstract: Our hearts are one the most vital and important organs that can truly change our entire life and health if we connect, live, and coordinate appropriately with our heart.

At present the rise of heart disease, heart attacks, heart problems is overwhelming primarily because we are no longer connected to using our correctly and instead the majority of us are burdening our heart with things it does not understand. For example, we hold onto negative emotions, fear, lack of kindness, empathy, forgiveness, grudge, and anger. Our hearts do not understand and cooperate long with such emotions. As a result, the heart can become sick, ill, or face unbalanced energy in the heart system which later appears as a disease. In addition, our heart tends to have lost the natural field of expanding and seem to be contracting. A human heart is the most powerful source of electromagnetic energy in the human species. The heart generates its own electromagnetic field similar to the brain. Its' electrical field is 60 x more powerful and greater than what the brain generates. Its power can be detected with a Electrocardiogram or ECG that shows that the heart's field can be detected around 6-8 ft away from the body and be detected by those around us. We can raise the heart's field when we speak and live the language of the heart which is kindness, compassion, love, and forgiveness.

The easiest way to access our heart is to simply re-connect to our heart by closing our eyes and placing our hand on our heart. Thru this re-connection exercise we can feel and listen to where our heart is at in our lives and what it is saying and asking us to do. For many people it is normal that nothing may be felt, however; with constant practice the heart will finally shine and speak. Once this message is announced one should soothe the heart with an abundance of self love, spread love, be love, and an immense amount of relief will be felt in body, mind and heart health. The laws of the universe and the human specie are very simple, however; if they are not appropriately followed we can become our own enemies in mind, health, and body and corrupt our hearts which later may serve a negative living and lifestyle to our hearts, body and mind. One of the most common indications of lack

of internal balance can be diagnosed from our breathing patterns. Our breath should be natural, complete and our lungs should contract/ expand naturally.

In the past our ancestors and the human species use to do things from their heart. This is why there was such an immense amount of happiness, joy, love in almost everything that spread into art, music, cooking, growth in oneself and more. The power of the heart is so large that it actually is 8 times stronger than our mind. In Cherokee medicine the heart is believed to have its own eye and it is important that we access our heart to find what our hearts need, want, and live from there to find happiness, success, joy, and health.

Today our lives tend to be very stressful and hectic that we forget to look inwards to re-connect to our health. Many of us eat fast foods, junk foods, toxic fats and are hurting their hearts rather than supporting its needs and health. It is important to spend 5-10 minutes daily and practice holistic meditations with breathing to scan our body, mind and heart health. As the ancient Chinese Yin ad Yang concept everything in our life must be balanced and our health comes from being internally and externally balanced and in harmony within and everything outside of our lives.

In conclusion, heart health starts from living thru our heart and accessing it daily. We must not wake up and always use our mind to conduct our lives. We should wake up and ask our heart what does it desire and need. In addition, it is important to exercise holistically in a balanced movement regimen to keep the heart healthy. Stress should be eliminated or controlled throughout our days and life. We should also eat healthy foods for the heart such as: Green vegetables, dark pure cacao chocolate, avocado, berries, walnuts, natural fatty fish and fish oils, and keep our weight under control. Our heart health can be highly improved by living a calm, slower pace of life, and being kind, loving, forgiving, compassionate to everything within and around us.

Julie Rammal

Founder of Holistic Movement, Iran, Email: julierammal@yahoo.com