

Lighting Up Your Heart Through Breathwork

BY CAROLINE LOOSE, PH.D.

February awakens in people a time for love hearts and flowers and feeling light-hearted as Valentines come to mind. Just how do we go about lighting up the heart or creating a Heartlight? What can we do to turn up the light in our hearts? For that matter what is the benefit of lighting up our hearts?

A viable and powerful technique to turn on the Heartlight for releasing or lightening the effect of stresses that impair the health and well-being of the body is called, "BREATHWORK." This heartlighting technique requires no equipment or expensive outlay to achieve this lightening of the heart area. Not only does BREATHWORK, cause the deep, unhealed emotional issues to emerge but the long-standing blocks in the mental, emotional and physical bodies are brought to consciousness and released from the body. An explanation of BREATHWORK will follow shortly.

Probably the most important reason for turning on your Heartlight is to improve the health and functioning of your heart. Since heart disease is the number one cause of death in the United States, Wales, and England there is even more reason to focus on lighting or lightening one's heart.

Dr. Rollin Mc Carty of the Institute of Heart Math visited the "Today Show" to discuss the science behind the theory regarding the link between your heart health and your emotions. The heart is more than a muscle and a pump that beats 72 beats per minute, beating approximately 2.5 billions times during a lifetime (about 66 years). The heart actually sends messages to the brain.

As previously believed, emotions were purely mental expressions generated by the brain alone. Now we know that this is

incorrect - emotions have as much to do with the heart and body as they do with the brain. The heart plays a particularly important role in our emotional experience, as emotions result from the brain, heart and body acting together, or in concert. Numerous research studies have provided new insight regarding the activity of the heart and found that it is indeed linked to our emotions, which in turn, impacts our health, vitality and well-being.

Researchers also found that the heart is in a constant two-way dialogue with the brain. Our emotions change the signals that the brain sends to the heart and the heart responds in complex ways. The scientists also know that the heart sends more information to the brain than the brain sends to the heart.

Further, the research explains why certain emotions stress the body and drain the energy from the body. As a person experiences feelings like frustration, anger, insecurity, and anxiety, the heart rhythm patterns become more erratic. Those erratic patterns are sent to the emotional centers in the brain where they are recognized as negative or stressful feelings. These signals create real feelings that we experience in the heart area and the body, also blocking a person's ability to think clearly.

As previously stated, BREATHWORK is a means by which the Heartlight can lighten the heart and cause physical releases in the body. Now we can examine exactly how BREATHWORK is performed: BREATHWORK is usually done in a safe and sacred space involving trained facilitators during a class that produces safe group energy and support the the "breather" lying in a group on the floor of an open room or space. Since to be alive, a person must be able to breathe and during a BREATHWORK session,

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be willing to participate individually or in a group setting. In this profound work, the breather will experience releases that are usually not reached with traditional therapies and will be able to re-invent their life through this process.

This technique utilizes breathing, revelation and affirmations. The purpose of BREATHWORK is to put one in touch with the pleasure of being alive and to reconnect the person with the higher self. The technique uses a relaxing and intuitive breathing rhythm in which the inhale is to connect to the exhale in a continuous cycle. Most people experience the release or blocked energies suppressed in the physical body, which can lead to improvement in health or freedom thfrom specific pain and/or discomfort

Although BREATHWORK can be learned quite easily, it is recommended that the person receive the support of a certified breath-worker for the first ten BREATHWORK sessions whether that is on an individual basis or in group sessions.

Get out there as soon as possible in February or any month thereafter and turn on your Heartlight through this amazing, yet simple process of BREATHWORK.

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