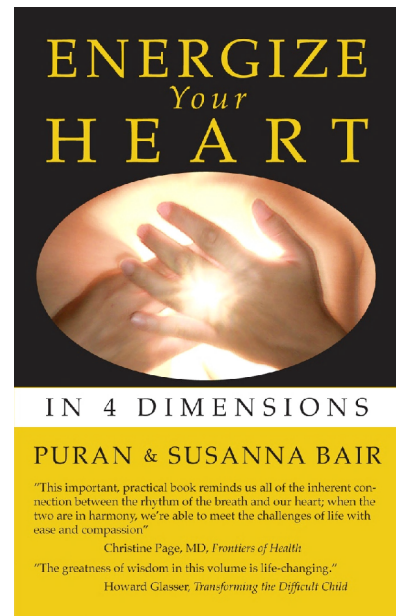

Energize Your Heart, Energize Your Marriage

presented at Smart Marriages 2009



Daniel McMannis, M.Ed & Jana Staton, PhD, LCPC

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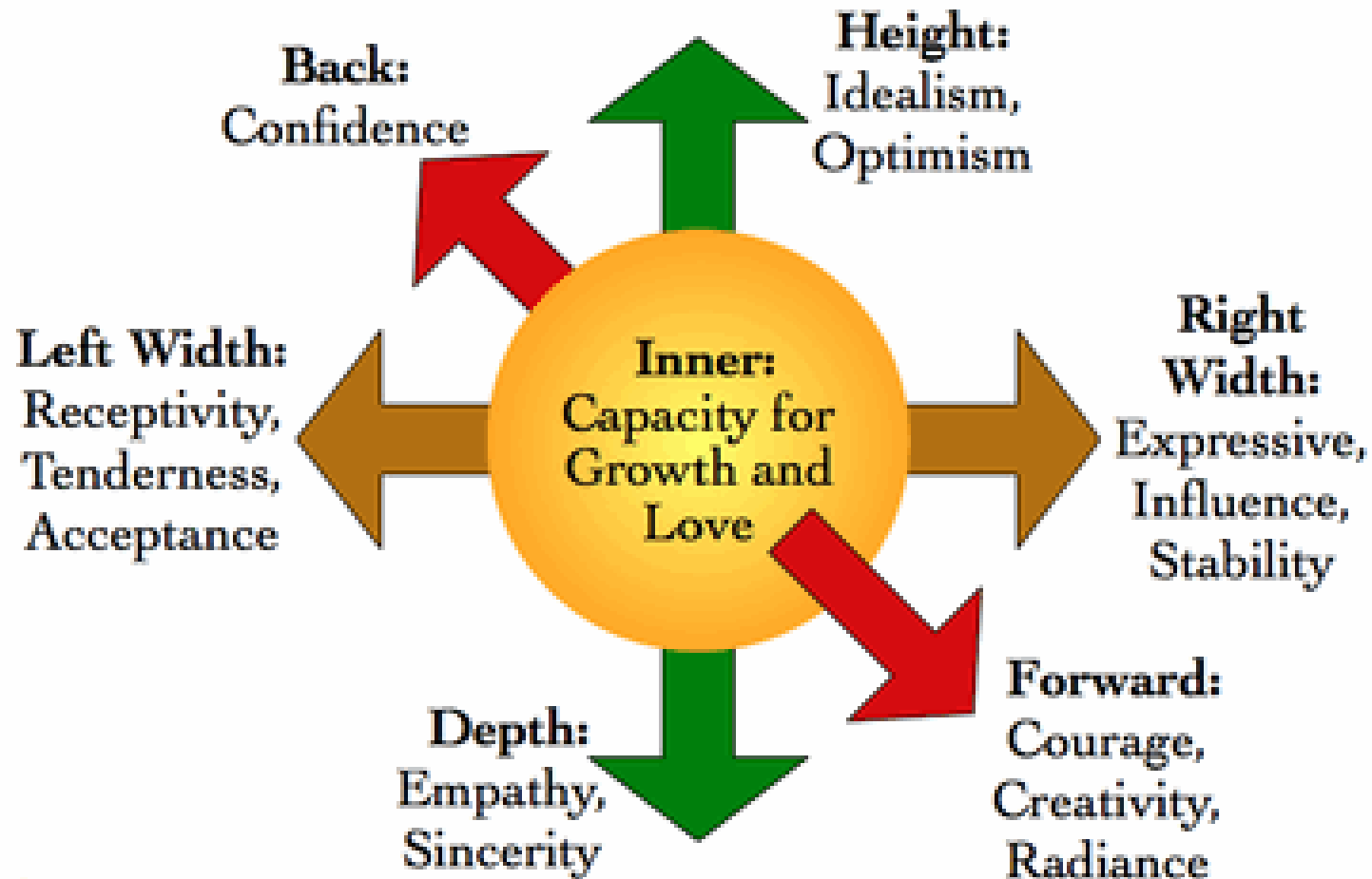
To put the world in right order,
we must first put the nation in order;
to put the nation in order,
we must first put the family in order;
to put the family in order,
we must first cultivate our personal
life;
we must first set our hearts right.

~ Confucius

3 Steps to Energize Your Heart

- **Recognition** of the "Four Dimensions of the Heart" in yourself and others reveals the splendor of what is emerging within you.
 - **Heart Rhythm Meditation** creates a neurological connection between the nervous, endocrine, respiratory and circulatory systems - literally uniting the heart, mind, and body to bring you into a state of radiant peace.
 - **Application** of the heart in challenging situations of health, relationships, and accomplishments, is inspired and modeled by the "Exercises for Life."
-

4 Dimensions of the Heart



We don't really know what relationships are

what they can be,
their depth, height,
width—as with all
else in life our
understanding of
relationship is
limited by our
experience of
them.



America's High Divorce Rate

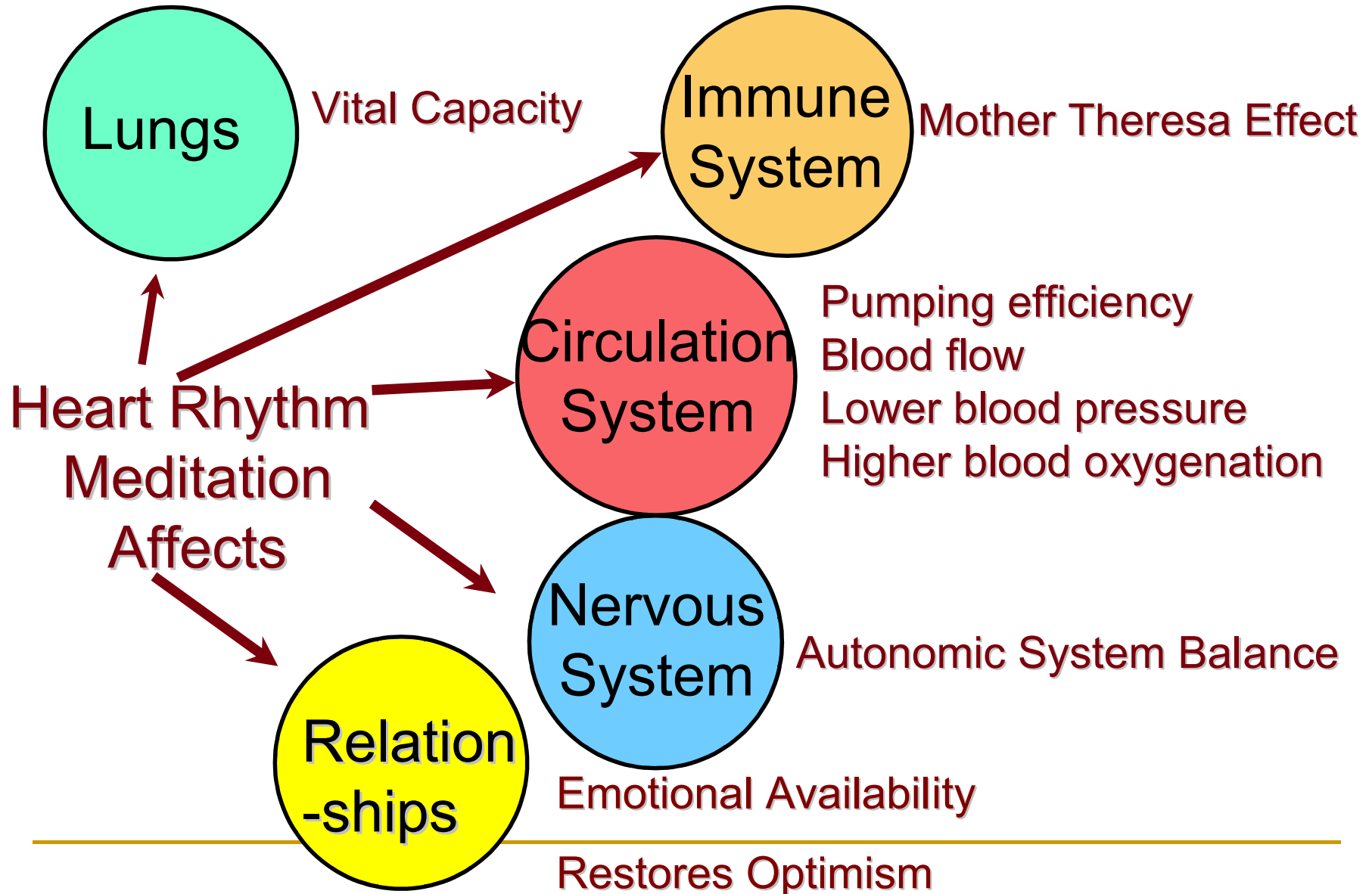
One possible reason America has a high divorce rate is because the emphasis is on finding someone with a good heart rather than developing a good heart.



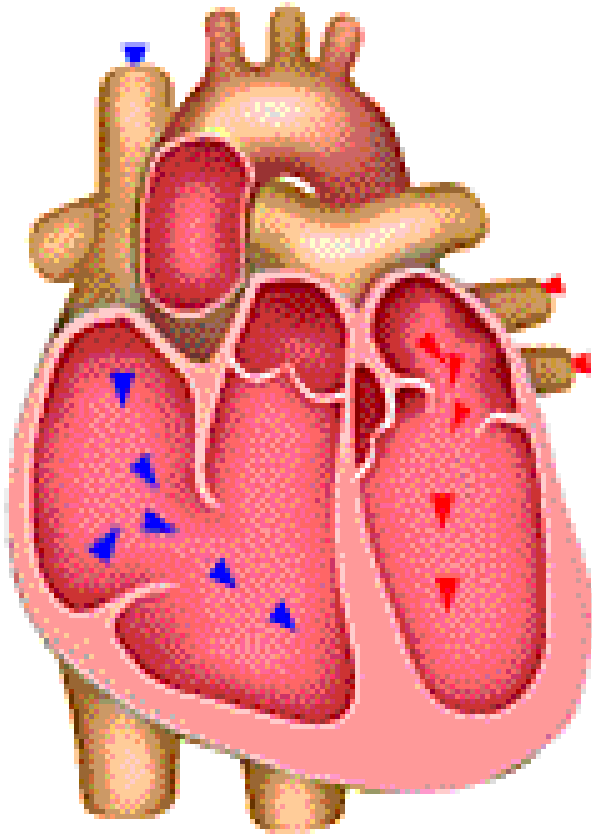
Marriage allows partners the great gift of completing the development of each other's hearts.



HRM Increases Overall Health



The Physical Heart is the Entry Point



It works without interruption for 70-80 years, without care or cleaning, without repair or replacement, day and night. It beats 100,000 times a day, approximately 40 million times a year, and within 70 years supplies the pumping capacity for nearly 3 billion cardiac pulsations. It pumps 2 gallons of blood per minute, 100 gallons per hour, through a vascular system about 60,000 miles in length--2 1/2 times the circumference of the earth.

We are profoundly rhythmic

Rhythm is the first information we receive. It is the bridge that guides us from the world before birth into this world we are born. We do not understand this information we simply perceive it as sound and pulsation.



The Original Heart

- ❑ The heart starts to form in the fetus before there's a brain.
- ❑ By the 25th day of life the embryonic heart has developed & started to beat.
- ❑ It is speculated that the mother's heartbeat triggers a tiny clump of cells to begin to beat together in rhythm. Literally, the baby's heartbeat is the echo of the mother's.
- ❑ The earliest intelligence to develop is probably Musical/Rhythmical.



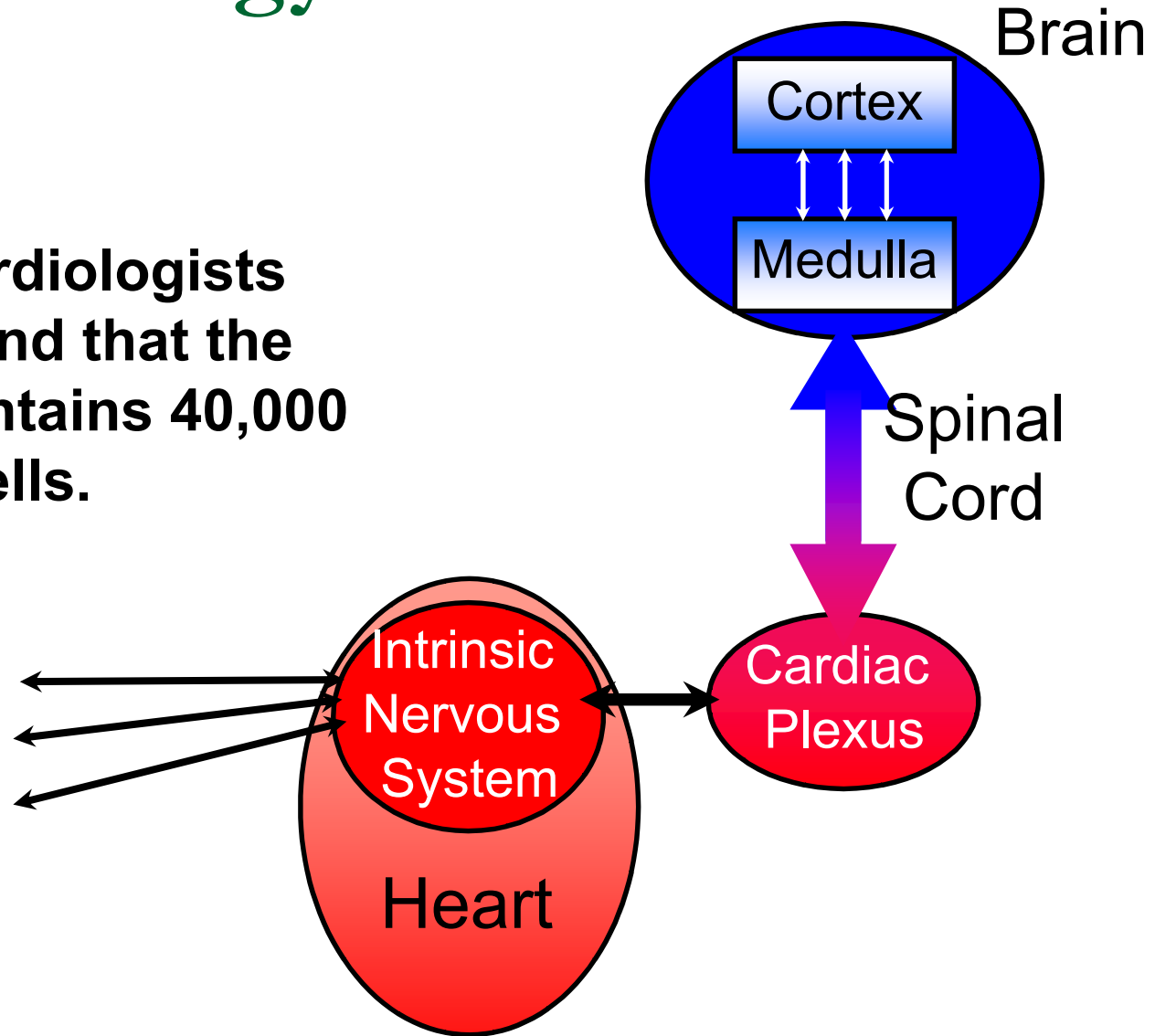
Four Languages of the Heart

- Neurological
- Biophysical
- Hormonal
- Electromagnetic

Neurocardiology

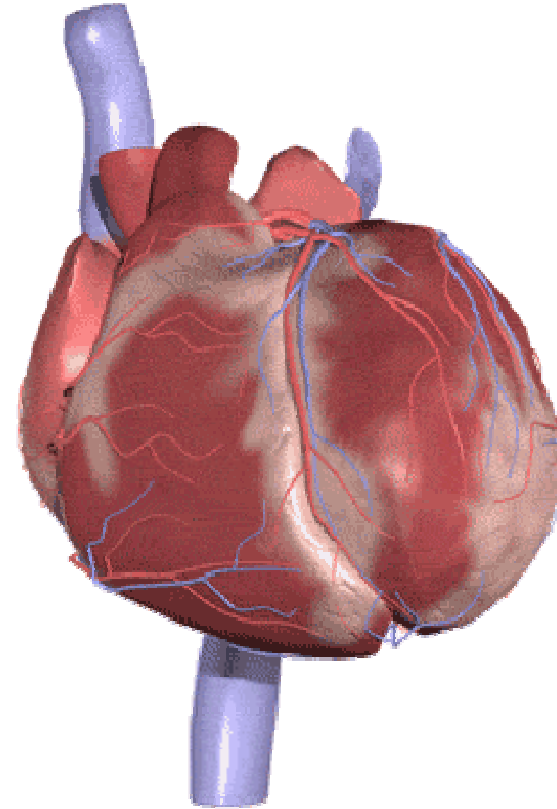
Neurocardiologists have found that the heart contains 40,000 neural cells.

Heart is connected to every major organ.



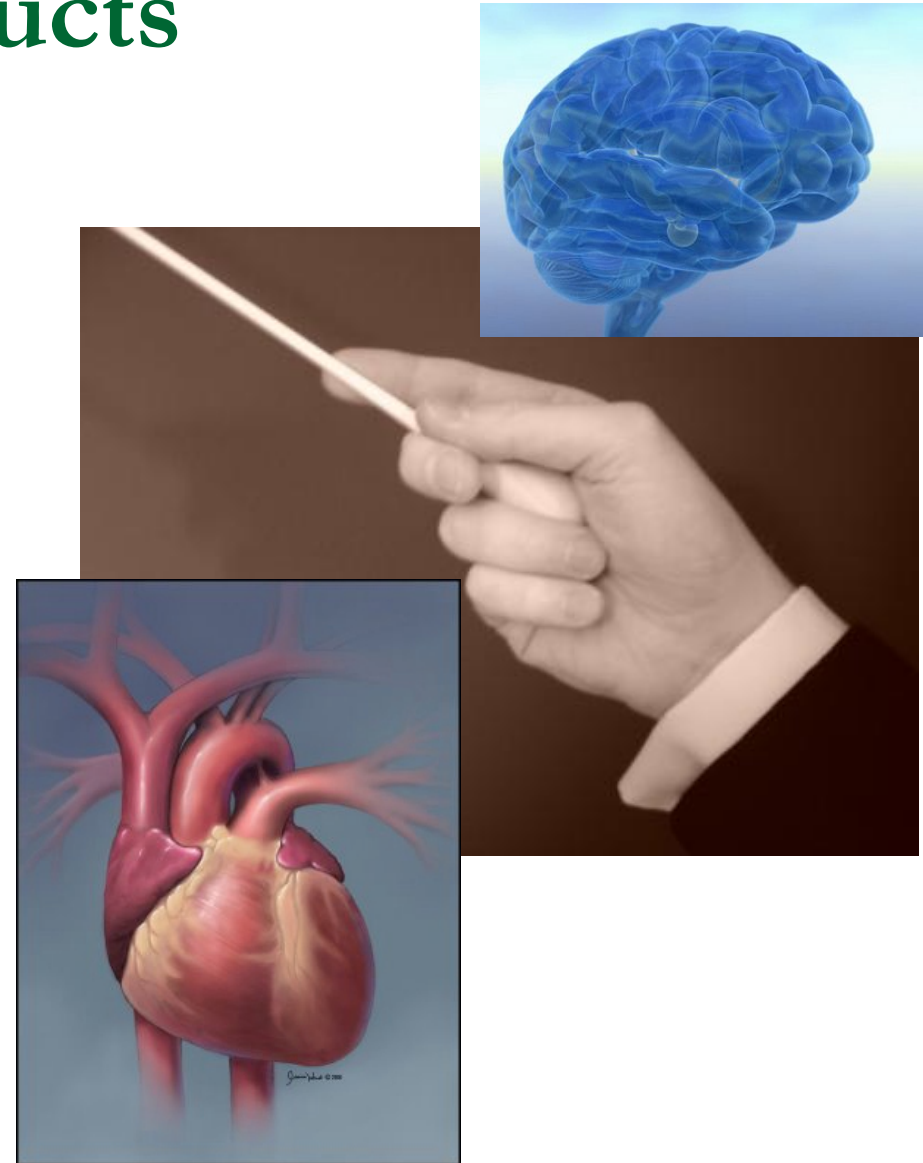
Biophysical

Every heart contraction creates a wave that pushes blood through the veins and arteries providing the energetic signal that helps synchronize all the cells of the body, including the brain.



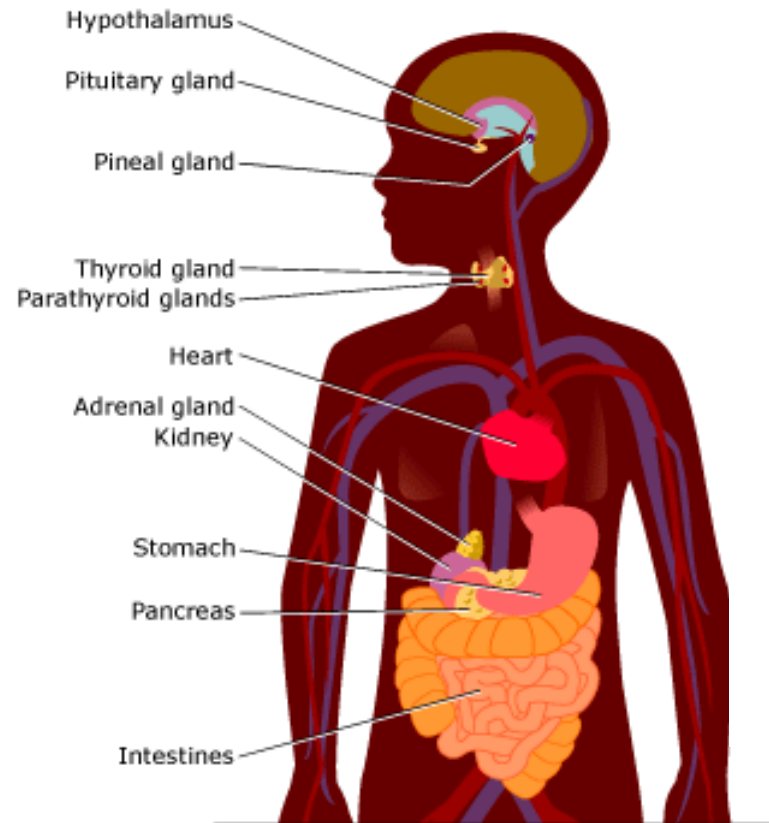
The Heart Conducts

The heart directs the rhythm of the brain and the whole body, just as the conductor directs the flow of tempo, intensity, and tone of the orchestra as a whole.



Hormonal

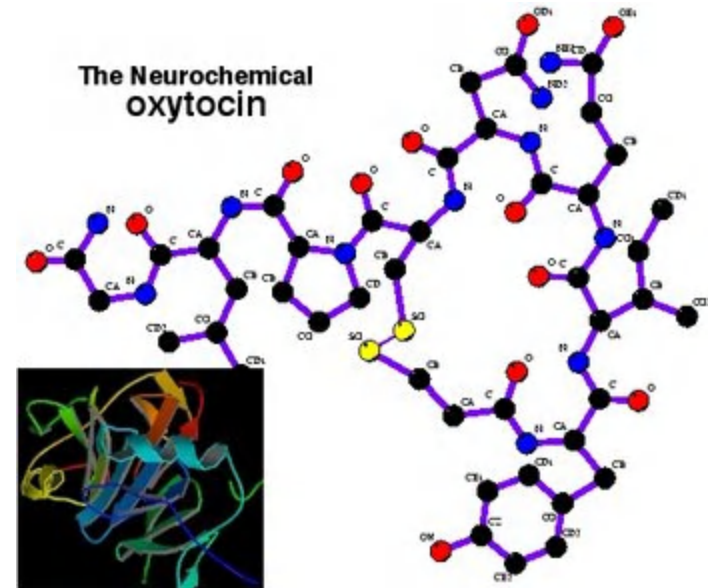
In 1983, the heart was actually reclassified as part of the Endocrine System.



The Endocrine System

The Love Hormone

The heart is a hormone-producing endocrine gland. It produces ANF to control blood-pressure, adrenaline, dopamine, and oxytocin (the love hormone).



Oxytocin increases intimacy

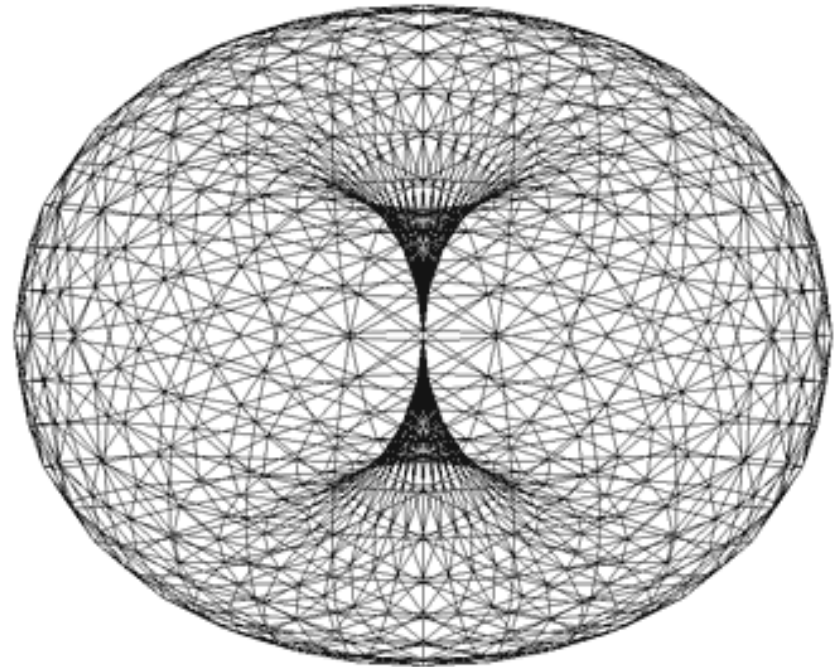
Oxytocin reduces fear, increases eye-contact, and increases trust and generosity. Specifically, it affects an individual's **willingness** to accept social risks arising through interpersonal interactions.



Electromagnetic

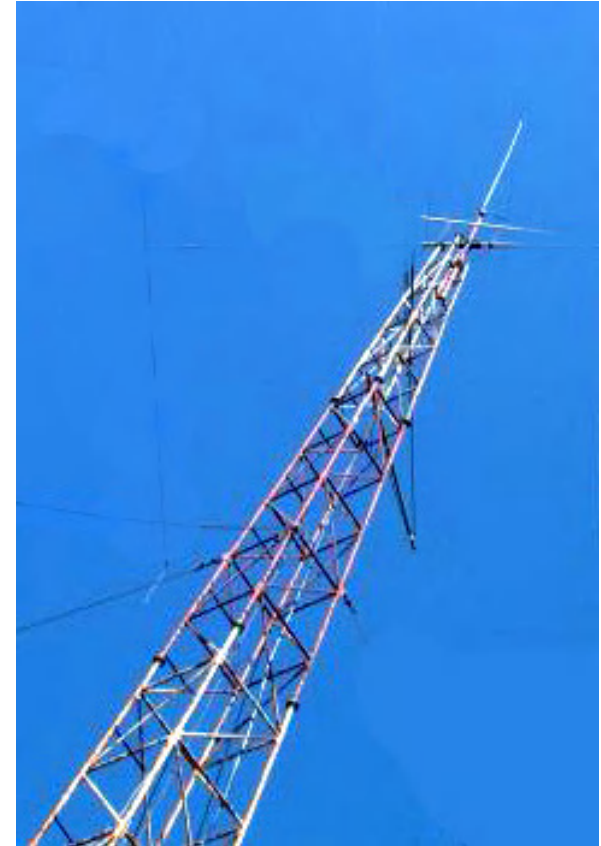
The heart's electromagnetic field is 5000 times more powerful than the brain's.

Our cardiac field touches those within 8 – 25 feet of where we are positioned.



The Heart Broadcasts Its Rhythm

In **loving and appreciative states**, the entire energy of the heart is focused, so the heart becomes a powerful electromagnetic transmitter.



Integrity



Say what your heart is
already broadcasting.

Automatic Pilot

It is estimated that only .0001% of human function is actually “conscious”, i.e. within our waking awareness, the remaining **99.9999% being subconscious.**



Two Clocks



Breath rate

The heart and the breath are the main clocks in the body.

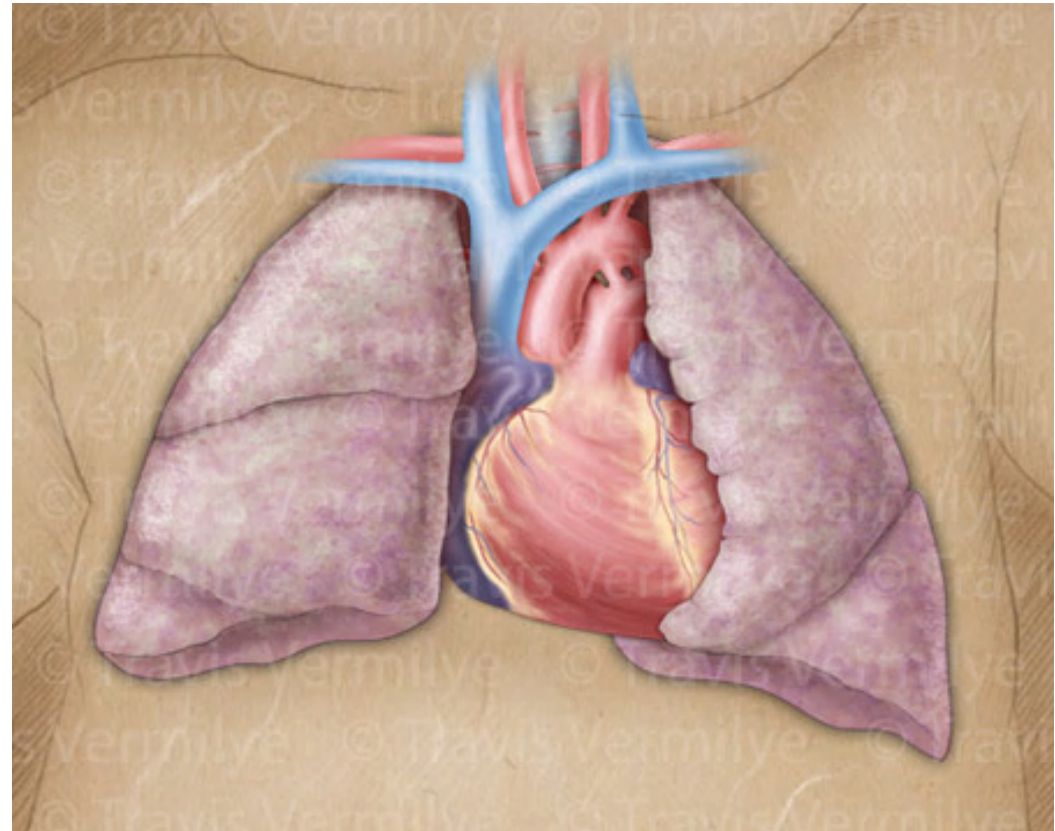


Heart beat

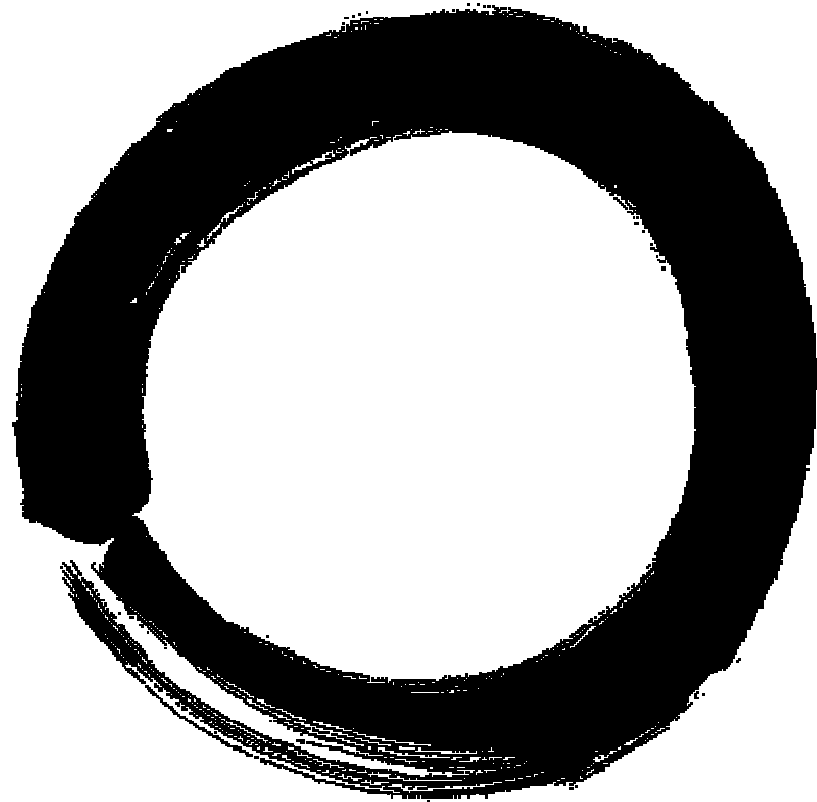
Connecting your breathing to your heart beat is the best way to bring your physical and emotional systems into balance.

Breath and Heart

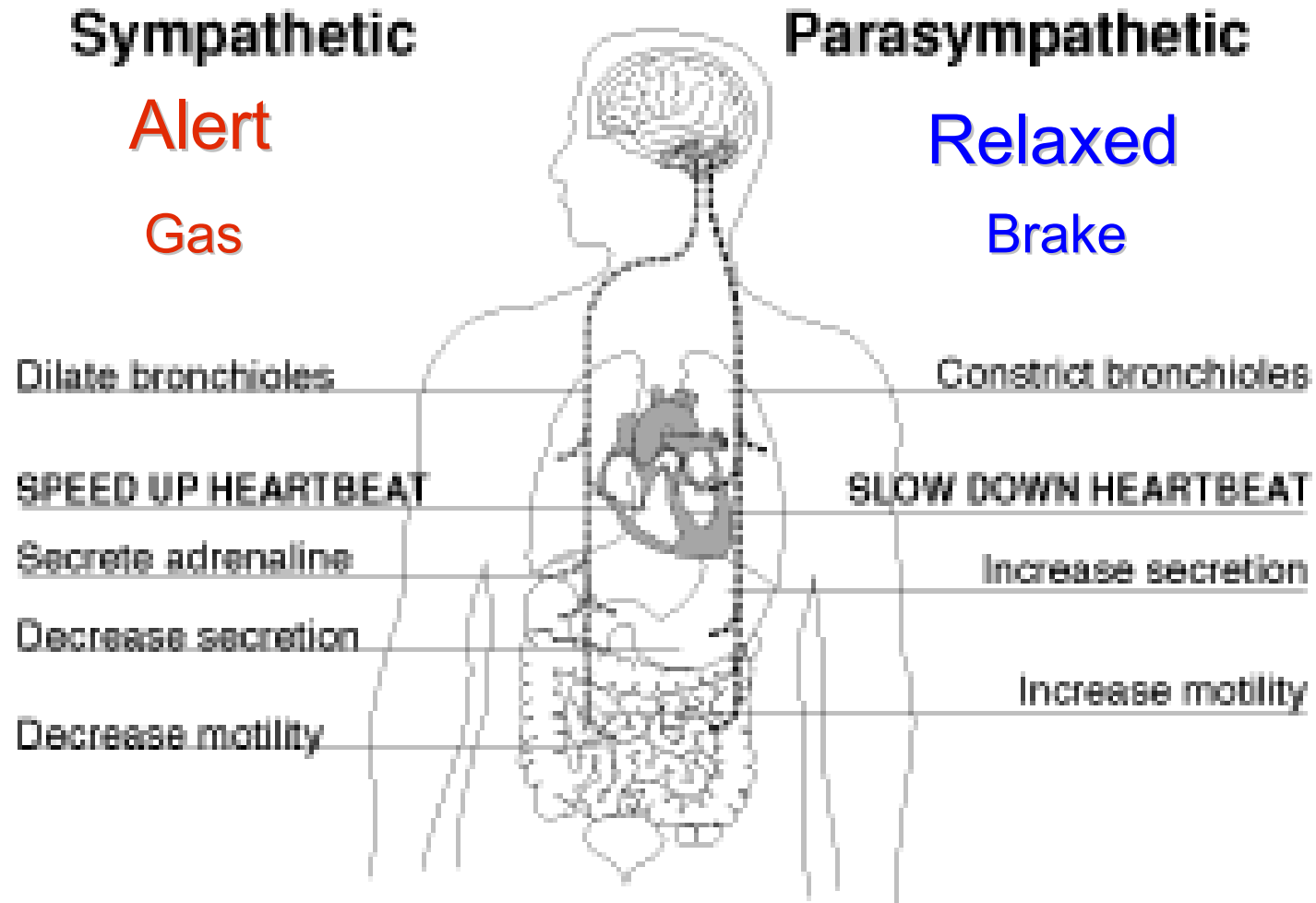
You cannot control your heart rate directly, but by controlling your breath, which you can do, you cause your heart rate to follow the pattern of your breath,



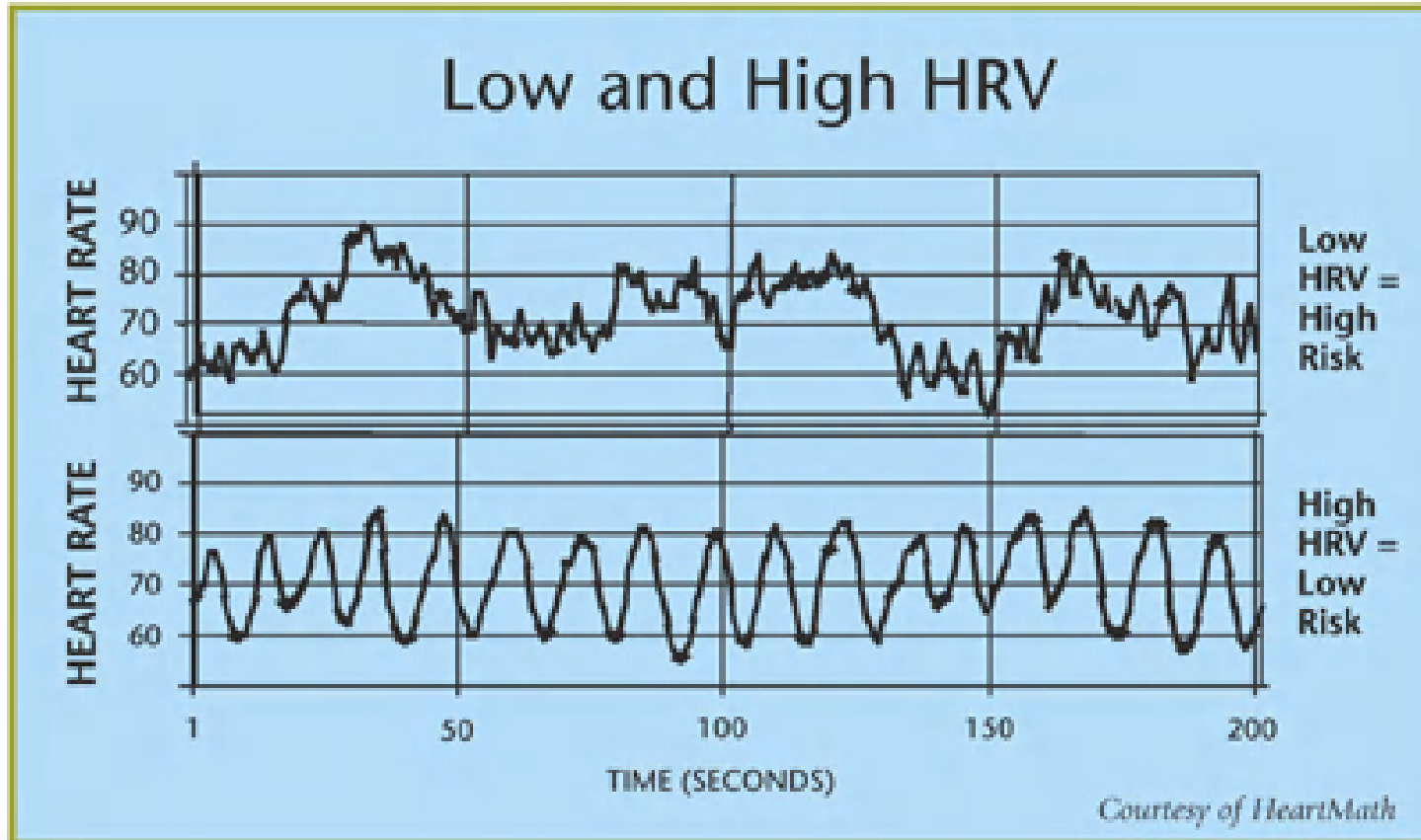
“Breath is the bridge which connects life to consciousness, which unites your body to your thoughts.”



System Balance



Heart Rate Variability (HRV)

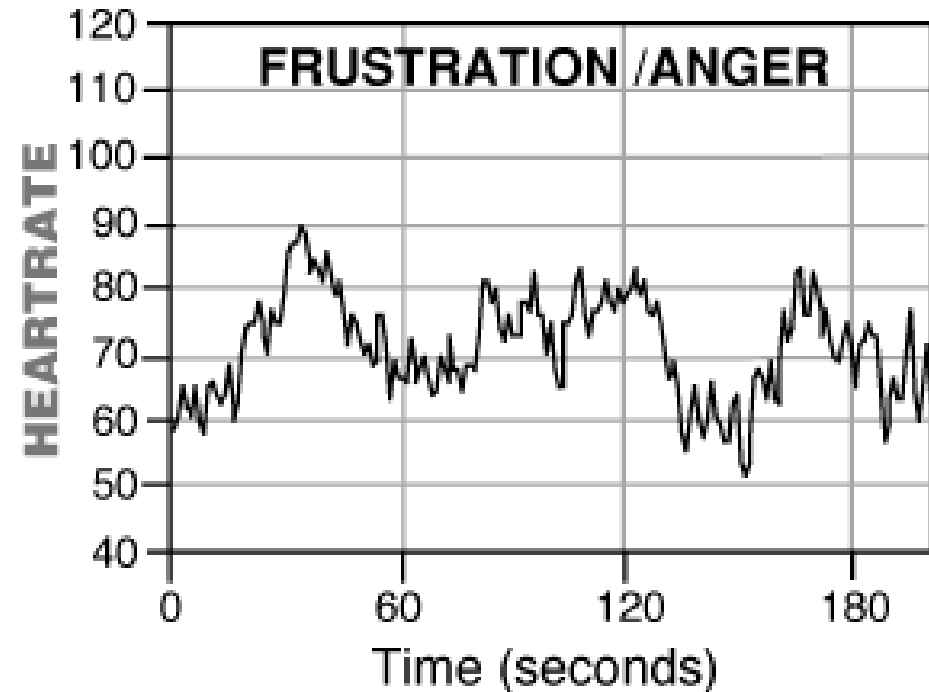


A decrease in HRV has been associated with the following:

- cancer
- cardiovascular disease
- HIV infection and AIDS
- multiple sclerosis
- diabetes
- obesity
- drug addiction
- juvenile delinquency
- adult criminal behavior
- depression
- anxiety
- neurological disorders



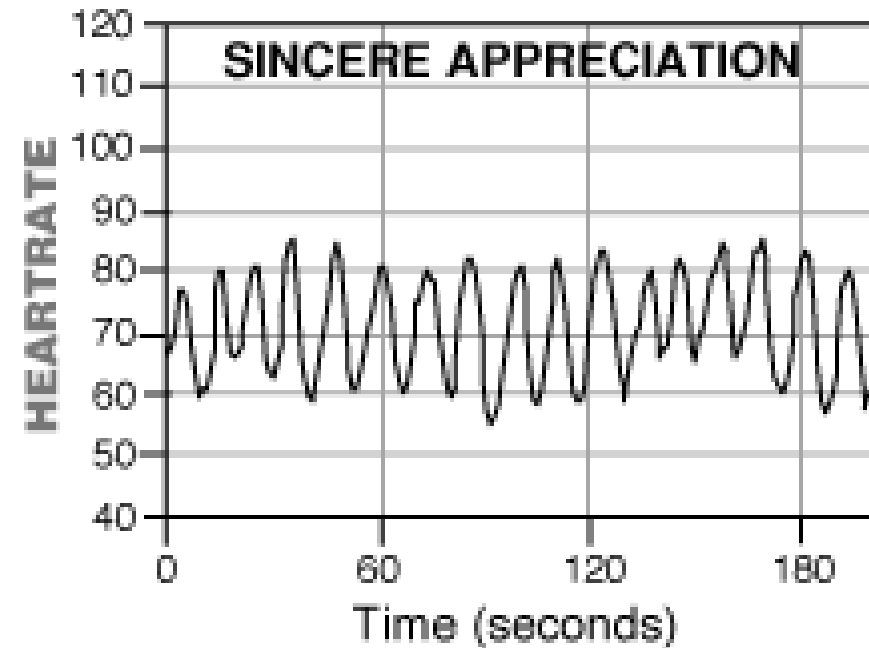
This incoherent HRV pattern is typical of states of high sympathetic tone. Chronic sympathetic overactivity, as seen in states of depression, anger, anxiety and hostility.



The lack of rhythm in a person's heart rate will also be expressed in a lack of rhythm in their life.

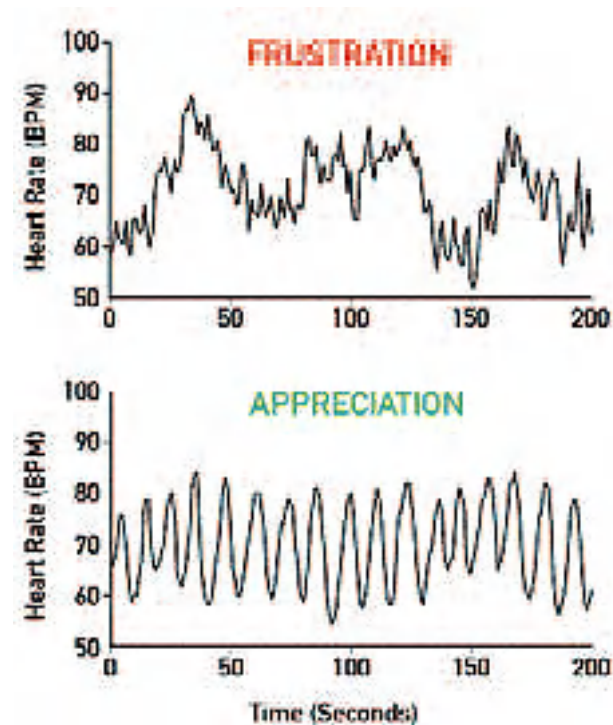


Appreciation increases parasympathetic activity and also produces coherence, a pattern which is associated with improved health, emotional availability, optimism, creativity.

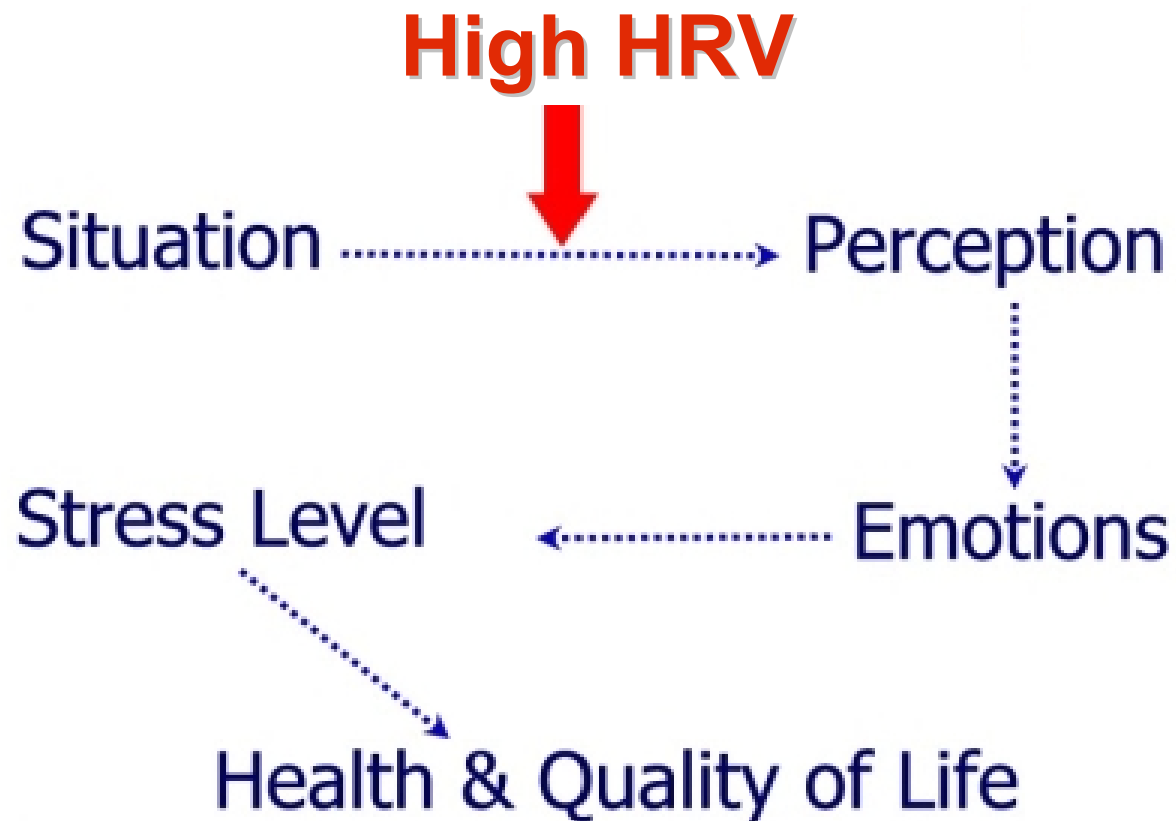


Heart influences emotions

The rhythmic patterns generated by the heart are not only *reflective* of emotions, but actually appear to play a key role in *influencing* moment-to-moment emotional perception and expression.

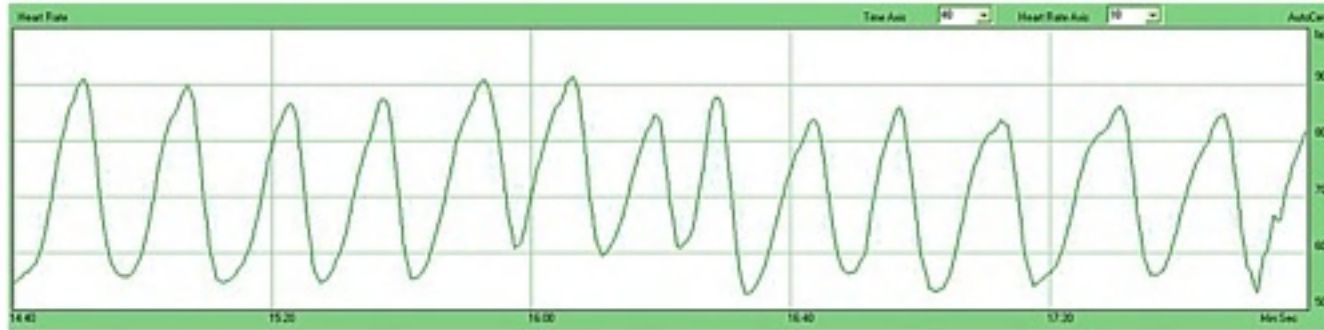


HRV and Perception



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Cardiac Balance



- improves communication between heart & brain
- produces an energizing effect on the brain, so the brain is more effective integrating new information
- is an exceptional stress management tool

Cardiac balance is associated with:

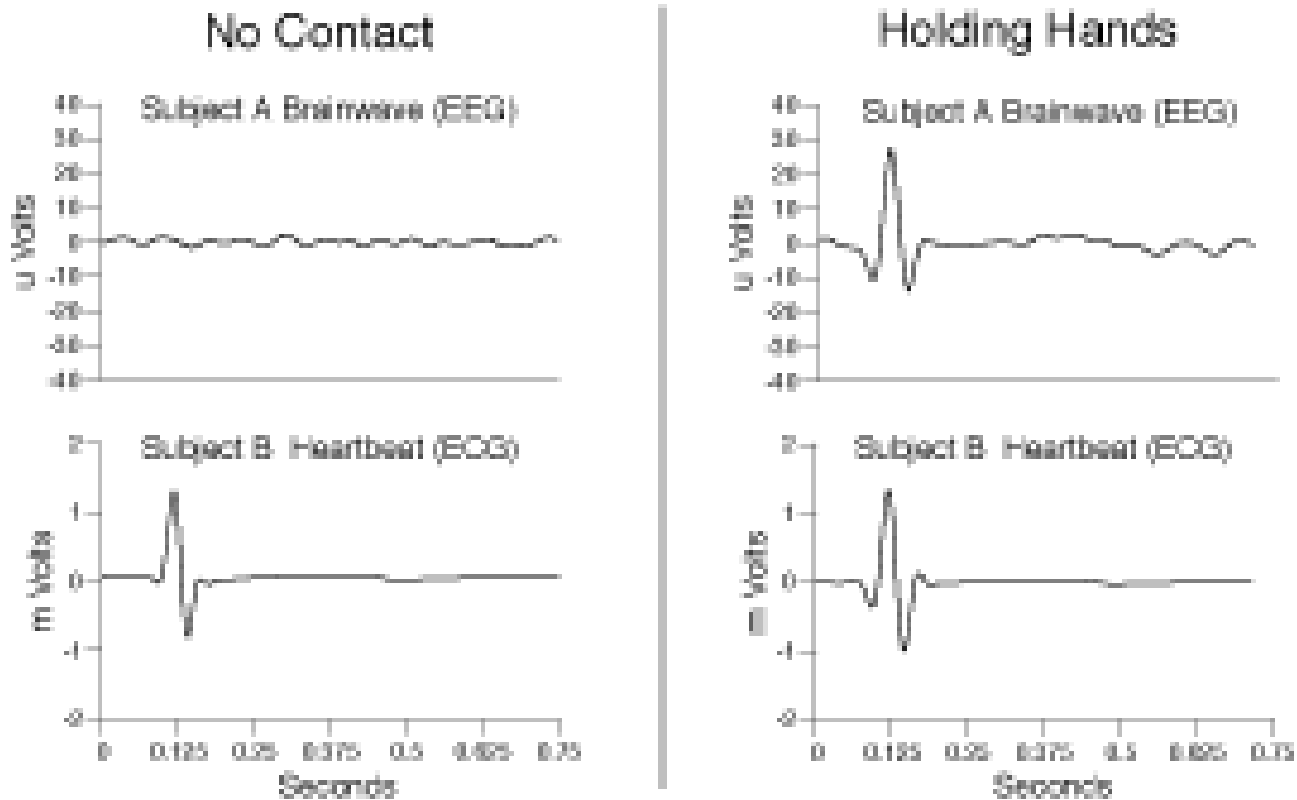


- ❑ Energizing heartfelt emotions
- ❑ A peaceful state of mind and increased awareness
- ❑ Body-Mind-Heart' Alignment,
- ❑ Increased efficiency of the cardio-vascular, endocrine, digestive and immune systems
- ❑ A dramatic change in the way situations are experienced, thereby impacting stress levels and quality of life

Couple Coherence

Electricity of Touch

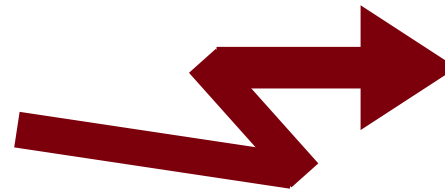
(Heartbeat Signal Averaged Waveforms)



Broadcasting Emotional States



One person's
Heartbeat



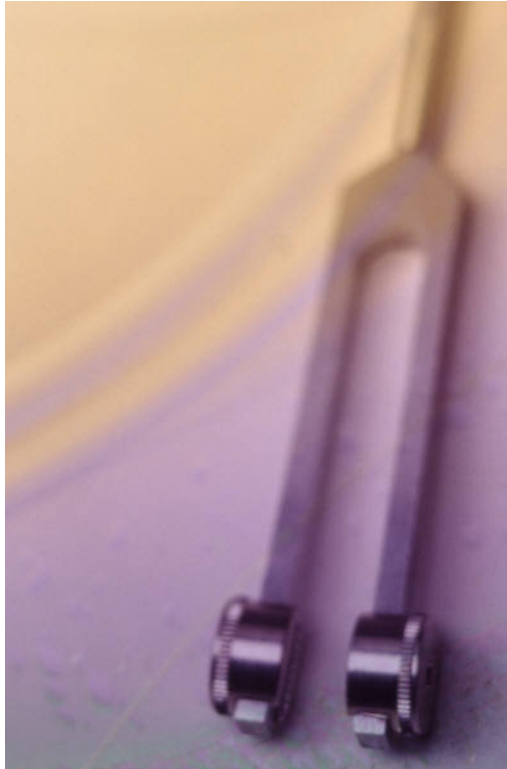
is detected
in another's
brainwaves

An energetic connection

has been found between hearts and between hearts and brains. Two people sat opposite one another in the same room with their eyes closed and not communicating in any tactile, visual, or auditory way. They attached separate ECGs and EEGs to both persons and recorded them simultaneously.



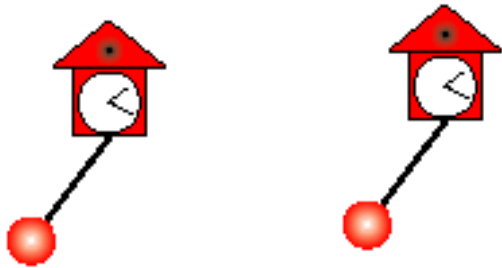
Unique Heart Signature



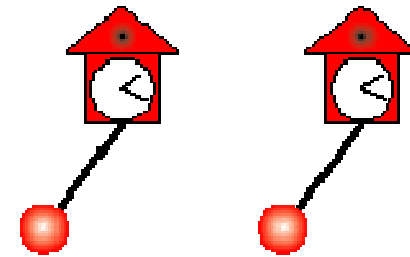
- ❑ First, a person's own heart's energy transmits to her brain.
- ❑ Second, one person's heart exchanges energy with another person's brain.
- ❑ Finally, there's the exchange of energy between two people's hearts.
- ❑ **Each of us has our own unique heart signature that we constantly communicate to and receive from others.**

Entrainment

No entrainment



Entrained

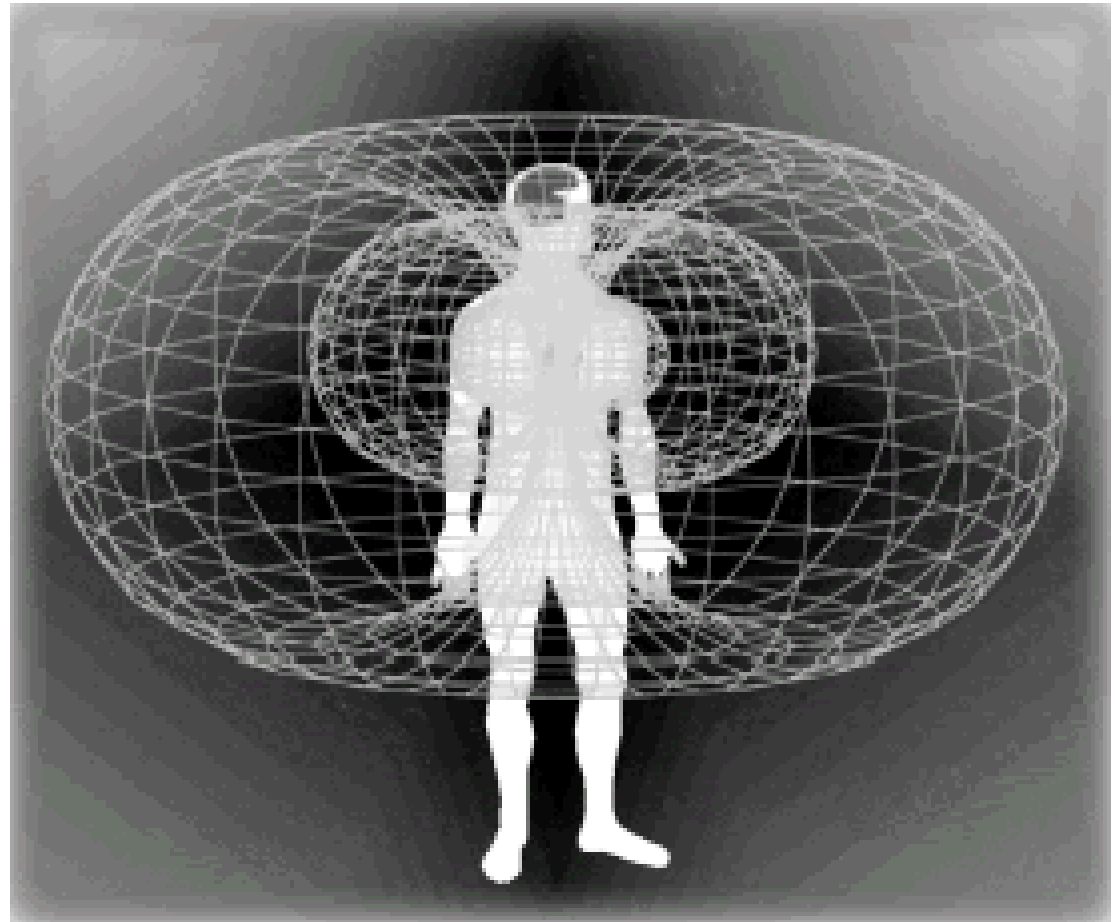


Info-Energetic Dance

We are constantly engaged in this info-energetic dance. Our energy is collected by another energy system, our energy alters the pattern of energy in that system, that system sends out its newly modified form of energy that has now become stored as a part of our energy, and so on and on with every beat of our heart.



To change
your heart
reliably you
need two
things: a
model and a
method.



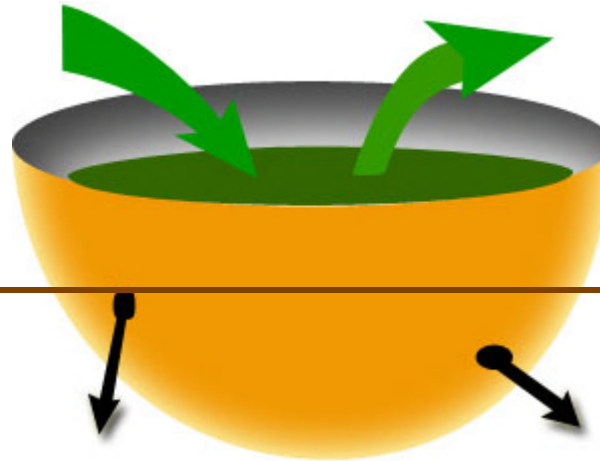
The Energy Model of the Heart

Inspiration from success, love, peace, nature, music and meditation.

Expression. All ways of spending energy

Optimism

Pessimism



Every heart has wounds that leak energy and deplete the heart's store of love. Heart Rhythm Practice can heal wounds AND increase the size of the bowl, representing the heart's capacity.

Optimism is your natural condition; optimism comes from love. Consider pessimism to be a warning sign of a weakened heart.



3 Things which close the heart

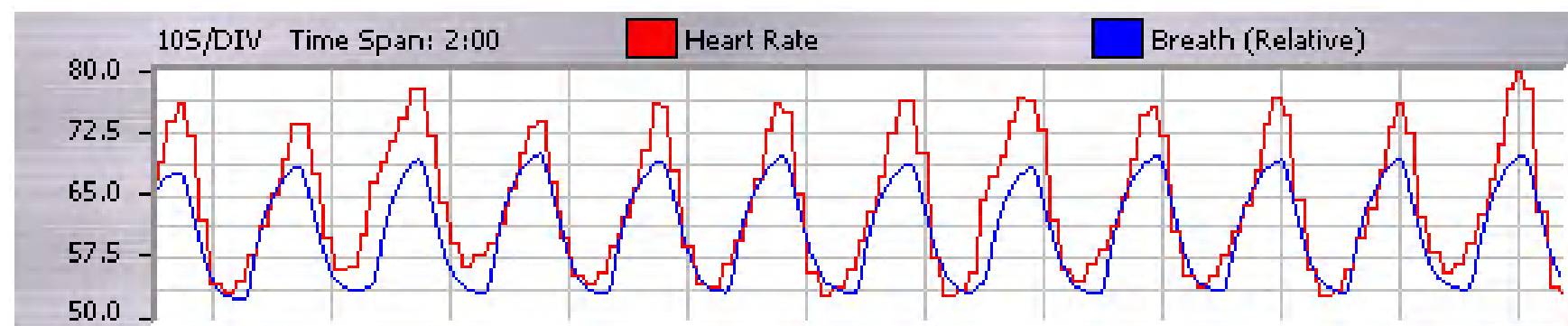
- **Criticism:** is seeing something in your partner you don't like. It comes from not seeing deeply enough.
- **Pessimism:** is a dis-ease of the heart, a kind of exhaustion when the heart's energy has leaked out.
- **Indifference:** is a disconnection between you and your partner. You are withdrawn and unaware of the connection between hearts.

Pessimistic Phrases

- “Nothing I do makes any difference.”
- “He’ll (she’ll) never change.”
- “Things just keep getting worse.”
- “I don’t feel like getting up in the morning.”
- “I just can’t understand him/her.”
- “I could never do something like that.”
- “My partner will let me down.”

Energy and Attention

While the emotional heart is easily wounded due to its receptive nature, it is also resilient, and it's capable of healing. To build trust and optimism, couple's hearts need energy and attention.



Change comes from a change of heart...

Facilitating a new attitude of openness and understanding in couples begins with activating their positive, energized heart emotions through Heart Rhythm Practice.



Energize Your Heart Practice

Posture: Sit with spine erect, like a queen/king.

Focus: Make your breath conscious. Be aware of every inhale & exhale.

Make breath deeper:
Extend your exhale.

Heartbeat: Place your hand on your heart, to make yourself aware of your heart and heart beat.

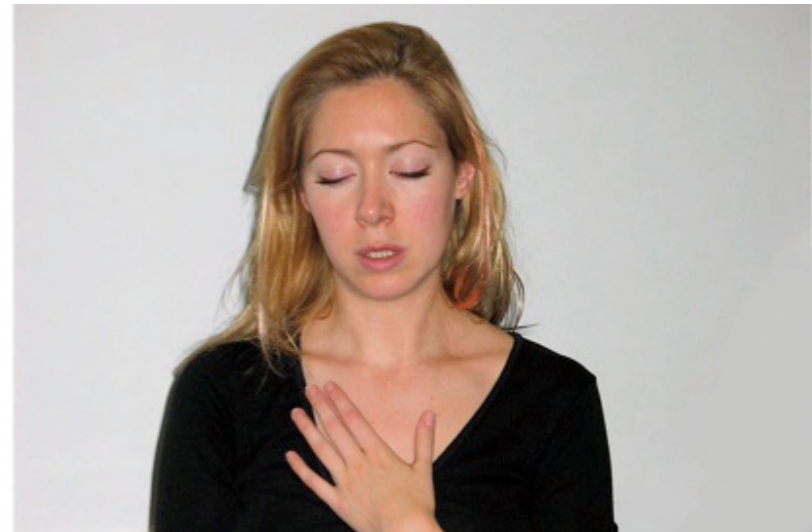


EYH Practice (cont.)

Rhythmic Breathing: Once you can feel either your pulse or your heartbeat, use that as a counting rhythm.

Continue to sit quietly and breath rhythmically for two minutes, hand on your heart. You should feel a clear “shift” in your body.

Self-Compassion: turn your mind to positive, self-compassionate memories/thoughts (appreciation, gratitude).



Couple Trust Building Practice

- ❑ Couples sit facing each other, and begin with Basic EYH Practice.
- ❑ Join hands. Right hand on top, and left hand below.
- ❑ Begin to “entrain” with each other by synchronizing breath.
- ❑ As you exhale, signal to your partner to begin their inhale with a gentle squeeze of their left hand. Then, as they exhale, they gently squeeze your left hand to signal you to start inhaling.



Couple Practice (cont.)

- ❑ As you exhale, your intention is on **sending** appreciation, gratitude, and loving to your partner. Imagine this energy flowing from your heart, down your right arm to your partner.
- ❑ As you inhale, **receive** the energy of gratitude and appreciation, enhanced by your partner's heart, deeply into your own heart .
- ❑ Find a rhythm that flows easily for both of you. Explore the sense that there is one breath, that each of you breathes.
- ❑ Finish by looking into your partner's eyes, and allow this feeling of a deeper connection and trust to be felt in your body.

When two hearts
unite, they
become
powerful enough
to remove
mountains.



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Our website: www.appliedmeditation.org

Online assessment of the Dimensions of the Heart:

<http://www.appliedmeditation.org/emotional/index.shtml>



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