

## **Between the Head and the Heart A Bridge to Intuition**

**Have you ever had a tight chest, damp hands, butterflies in the stomach at the moment of signing a contract that, in all appearance, proved to be the deal of the century? Your head was saying, 'Hurry! Jump on this!', but there was something inside you that was urging you to think twice.**

In a while the deal of the century turned out to be a mountain of problems, and there is a good chance that you told yourself, 'Deep inside I knew it, and I should have listened. Something was telling me not to sign.'

What is this *something* inside that wanted to avoid that? Is it intuition? How to explain the physical reaction at the moment where intuition tried to communicate? Does intuition affect the physical body? Is it linked to a particular organ, and if yes, which one?

### **The ultimate partnership: Heart and Head**

Researchers at the HeartMath Institute in California have proven that the heart and brain were both stimulated at the moment of the phenomenon known as intuition; there is an initial reaction recorded from the heart which is then transmitted to the brain. Researchers concluded that there is a coherent information network that exists between the heart and the brain.

J. Andrew Armour, M.D. PhD, of the University of Montreal proved that the heart possesses its own nervous system. Though we always believed that neurons (nerve cells) were found solely in the brain, he discovered that there are at least 40,000 neurons in the heart, as many as other areas of the sub-cortex of the brain.

Other researchers in neurocardiology have proven that aside from sending messages to the brain, the heart acted like an endocrine gland that secretes at the same time neurotransmitters and hormones, thereby explaining the symptoms described at the beginning of this text: the tension, the damp hands, stomach butterflies.

### **Using a New Intelligence**

We now possess scientific proof that the heart sends us emotional and intuitive signals in order to help us better manage our lives. Much more than a simple pump, the heart acts like a 'small brain' that receives signals from the environment and the body, information which is analysed, and then transmitted to the brain.

Doc Childre and his team of researchers and numerous authors on stress, saw in this

discovery an opportunity to utilise a new form of intelligence, *intuitive intelligence of the heart*, capable in helping us respond more adequately to many of life's challenges.

There is a large difference between the emotions guided by the head and those guided by the heart. The head rationalises our life by avoiding emotions to defend against fears and desires it functions in a linear manner, decides what is good or bad, separates, divides catalogs and measures. The intelligence of the heart, on the other hand, processes information in a non-linear fashion, is more intuitive, more global. The heart is therefore indispensable in recognizing new possibilities and new ways of understanding.

In learning how to synchronise the head and the heart, we benefit from this teamwork and can effectuate positive changes in our lives. Mental and emotional states find themselves in a balance and coherence and it is precisely this inner understanding that renders clear action and clear intuition.

### **More understanding = More Intuition**

Further research done at the HeartMath Institute have shown that from a certain physiological state, we could easily induce the phenomenon of intuition. This state is called *physiological understanding*, which signifies that communication is synchronised between the heart and the brain. This understanding is defined by particular information on a physiological level as record by the brain (electroencephalogram) as at the level of the heart (electrocardiogram). Starting with well defined exercises, it is possible to induce this physiological understanding to become more intuitive! How?

By bringing attention on our heart and holding positive emotions of joy, compassion, appreciation it is possible to induce this physical understanding or union. To favour this union, we can add a breathing exercise.

1. In order to calm your mental state, breathe slowly, consciously from the abdomen, bringing your attention to your belly button. Maintain this breathing for 5 minutes or more.
2. Think or activate a positive feeling or emotion of love, remembrance, appreciation compassion or joy within your heart. Hold it as long as possible (5 minutes min.) These feelings or emotions could related to people, animals, events, or landscapes that you hold dear.

This exercise favours harmony and synchronisation between the heart, brain and body on the whole. Once we are in *physiological union*, we are well-centered, feel good and more serene. It is at this moment when intuition can more easily and clearly emerge. Furthermore, this state of physiological union induces slow brain waves, or 'alpha' waves, which favour the creative process. It is recommended that this exercise be practiced two times per day. It must be viewed as an exercise. The more we do it, the better we get.

### **Connecting to a Large Intelligence**

There exists a bridge between the heart and the head that awaits to be used. The more we are in *physiological union*, the more our emotions are balanced, our life becomes more harmonious and our intuition can express itself clearly and with certitude.

Via intuition, the synchronisation of the heart and the brain brings us to a state where we transcend space and time. Certain traditions have long considered the heart as the link wherein resides the soul and the bridge to all being. By listening to the `voice of our heart` we have access to a reliable compass that can help us make our life experience much more pleasant to live.