

THE HEART'S WISDOM

By Emily Laurel, IRMT

After an encounter in the fall of 1998 with her own mortality (in the form of oral cancer) and her subsequent miraculous healing, Emily Laurel realized the role her heart's intelligence and wisdom played in her healing. In this first article of a series written for The Indigo Sun she will share what she is learning with our readers.

For over two years my heart awakened me almost every night, whispering to me that something was terribly wrong. My consciousness would focus inside my mouth to a place that felt ~~off~~. I visited several doctors expressing my concern; but each doctor examined me briefly and told me I was ~~just~~ fine. Once, while reading an article about symptoms which must not be ignored, an electric shock jolted through my body as I read the words, ~~a~~ sore in the mouth that does not heal. I immediately made another appointment and was told once more not to be concerned about the soreness I could feel under my tongue.

Finally, while visiting a dermatologist for another purpose, I asked him to check my mouth once more. As the other doctors had before, he told me I was fine. I explained patiently that I was very concerned, even worried, about my mouth and asked him to biopsy the irritated area ~~just~~ to humor me. He did. and, as they say, the rest is history.

After an urgent call from the doctor's office giving me the results of the biopsy, I was immediately scheduled to see an oral surgeon, who in turn sent me to a head and neck surgeon. I learned that I had a form of oral cancer that was usually contracted by people who chew tobacco, dip snuff, or smoke cigarettes. I suppose my past was coming back to haunt me because I smoked cigarettes for almost twenty years, quitting in 1978.

Three weeks later as I was waking up from the anesthesia after surgery, my doctor arrived with astounding and welcome news. She told me there was no trace of cancer in the tissue removed from my mouth, but she couldn't explain why. Why and how I believe the cancer disappeared will be covered in a future issue of Indigo Sun.

The reason I have written this article is not to rehash a very unpleasant time in my life, but to share with you some interesting and intriguing things I have learned as a result of my own experiences. As I recovered from the surgery, I ~~happened~~ to read *The Heart's Code* by Paul Pearsall, Ph.D., and instantly realized the same thing had happened with me that Dr. Pearsall describes in his wonderful book.

Dr. Pearsall told how for a very long time his heart cried out during the night in great distress, telling him something was terribly wrong. As I did, he went from doctor to doctor, but was dismissed by each. He was told that he was only ~~stressed~~ out. Finally, he begged and cried for help and to ~~put~~ your mind at

rest, his doctor sent him for a CAT scan, which revealed stage IV lymphoma . a virtual death sentence. Though he had almost no chance of survival, survive he did . with full awareness of the role his own heart played in his healing. His book describes his insights, understandings, and scientific findings as well as those of many other pioneers in the field of mind/body medicine.

Once I began reading about the heart's intelligence and wisdom, I discovered that the heart is not just a pump; it conducts the cellular symphony that is the very essence of our being. It is an organ possessing its own information processing system, through which the blueprint of our physical and emotional balance is transmitted to every cell with every beat of the heart. Heart intelligence is literally a field of information made available to our brains at certain times. Those times are called heart wave coherence, and they may happen during moments of compassion, wonder, and appreciation.

Even though world religions, mystical practices, shamanism, and medicine men and women have long associated the heart with the center of consciousness, only recently has traditional science made that leap, showing through irrefutable data collected in over 20,000 scientific papers that heart coherence is the single factor which determines the body's ability to express or resist disease. Heart coherence also slows aging, increases intelligence, and produces a restorative healing cascade throughout the body, inducing both physical and mental balancing. Heart wave coherence produces a deep sense of connection among people and with nature.

So, how can we produce this heart wave coherence? Heart centering practices, which are the foundation of healing modalities such as Reiki, Healing Touch, Therapeutic Touch, Magnified Healing, and other forms of energy or spiritual healing are the foundation of all healing: physical, emotional, spiritual, and social. Although I had been taught many heart centered practices over the years, I began to experiment with some exercises that I thought might be helpful to you.

The following suggestions for centering yourself and creating a true heart/brain alliance were taken from *Heart Intelligence & Your Health* by Raven Dana for Earthheart.

~ Create the habit of taking five very deep slow breaths and focusing your awareness and attention on the beating of your heart at least three times daily.

~ Frequently imagine or remember feeling deeply connected to nature and/or to others. Imagine those dreams or memories floating through your heart and anchor the sweet feelings they evoke into your heart's memory with your intent.

~ Practice developing heart connection awareness by:

- ~ Repeating memories of pleasurable circumstances throughout the day,
- ~ Calling yourself back to the present moment with your breath and your intent,
- ~ Watching movies that are uplifting and/or contain loving kindness,
- ~ Making choices that increase fun and laughter for yourself and others,

- ~ Placing your hand on your heart and feeling sensations there,
- ~ Following your intuitive gut feelings.

~ Take the time to connect with heart awareness as a problem solving strategy, to improve understanding and reduce reactivity, misinterpretation, and resentments.