

An Open Heart Heals

by Michael Bergonzi

What is love? Can it exist without fear?

A Course in Miracles talks about people who come from love and people who come from fear. In order for us to discover our true selves, there are both in this world. In the past 20 years, and many more lessons, I've learned that even when we seem to come from fear, we also have a **love** center.

For some people, their love center is temporarily protected by walls of rules, conditions and ego, which can push the walls even higher if the blocks are further influenced by experiences, parents, schools, friends or moralistic dogma.

When I think of love, I think of an unconditional energy that is all around us and, even more powerful, inside of us. This love energy is communicated and experienced through our physical hearts. If love, then, is an unlimited source of energy, so is the energy we generate from our hearts.

The heart rules all things in our bodies, big and small, as well as in our lives. Many of us think our head, our brains or our thoughts hold the most power over us, that all emotion starts with a thought. And, a lot of times, that's true. Because our thoughts tend to become our reality, we need to observe and be discerning with what we think. But, once we let our hearts lead,

our hearts will begin to determine what goes in our heads.

At Hippocrates Health Institute, we receive hundreds of phone calls everyday, many from people saying they were given only months to live and asking what they should do. My response is always the same: "First, quit repeating what you were told so it won't become your reality." Instead, try looking at it this way: "I have a condition I would like to correct and would like some direction." Say what you want to be so.

One of my favorite people to ever come through our Life Change Program is Kris Carr (creator of the documentary *Crazy Sexy Cancer*). Kris was diagnosed with a rare type

of cancer in stage four. What did she do? She walked out of the hospital. There is no stage five, so what was she waiting for?

Kris overcame the fear and found the power of her heart center that knows no fear. She trusted unconditional love and went on an amazing journey, learning about healthier foods, green juices, yoga and meditation, everything that strengthened her health and her heart center.

She took a negative, cancer, breathed deeply and turned it around. She didn't let this health blip define her happiness. She didn't let the medical world define her time in this life. She chose **love** over fear.

Cancer patients often hear, "There is no hope," which steals time and can irreparably taint and greatly weaken our heart-centered strength. The truth is there is always hope. The heart is a complex organ. On several levels, it feels more than we know. It feels the strain of the un-lived life. It does its best to keep beating and pumping blood to our body even during traumas. When it feels our emotional pain, it actually, physically hurts.

How can you help support your precious heart? By loving yourself. The importance of loving ourselves first is that it allows us to express more love to others and to the world. The love we emanate from our hearts extends to the rest of our body and spreads out to others. Our connection to the energy in our heart center ultimately heals our bodies and overcomes the detrimental thoughts in our head.

Here's how it worked for me when I began a journey away from my head and back to my heart:

In 1990, a friend gave me the book *You Can Heal Your Life* by Louise Hay. (Thank you, Dawn Marie Keller.) In the book, Louise offers an alphabetical list of health issues and the corresponding emotional causes.

I looked up my problem, asthma, and read that it relates to "suppressed crying." Being a guy, that was interesting because we're constantly told to "hide our feelings" because "boys don't cry."

That same week I met a yogi who was also a wrestling coach, an intriguing combination. I was talking to him because I thought he'd be able to help with my sore lower back. I pulled a muscle 10 years earlier that had never healed, putting me in bed for days.

Playing basketball again, I re-injured the muscle. After talking with this lively yogi for a few minutes, he said he could help.

He told me to lie down on my back, put my hands up in the air and take some deep breaths. I thought it an odd request and a strange way to help my lower back, but what did I know?

He knelt beside me, making circular motions over my body and touching points on my hands, feet, eyes and head. Twenty minutes later, he said, "Ok, you're good to go." I stood up and asked, "What about my back?" He smiled, told me to put my hands across my chest, take a deep breath, and then he adjusted me from the back, which, as I think about it now, seemed to be merely for my amusement (or his).

I left the room and felt my energy start to fade. I went home and fell asleep at 5 p.m. and didn't wake up until 7 a.m. the next day. I had more energy and felt better than I had in a long time. Later that day, my friend and spiritual guide, Lenedra Carroll, came over and, suddenly, I started crying like a baby. It lasted 30 minutes. She sat with me, quietly letting me cry. I finally pulled myself together—and cried some more.

I cried for three days. Every time I was alone, driving, walking, eating, I started crying. On the fourth day, I went to see the yogi, thinking he had something to do with it. When he opened the door, I grabbed the front of his shirt and, shaking him, said, "What did you do to me? I haven't stopped crying for days." He said, "Great! Come back later tonight and we'll do some more work."

What? Please, no more! But I went back later, of course, and you can assume what happened next. Yes, I cried like a baby again, this time for three hours nonstop.

I started to feel a strange tingling feeling all over, almost numbing and, afterwards, I felt strangely different. I could "feel" people now. I felt their energy levels or if they were in a good or bad mood. I felt their hearts, that

unconditional love force. I could talk to a complete stranger and, after just minutes of telling them my story, watch them start to cry or we would cry together. I was able to see right to their, for lack of a better word, soul. My life was changed.

When I rolled over in bed on the fifth morning, I heard my spine "pop" all the way from my tailbone to my head. The muscle pain I had for more than 10 years in my low back was completely gone. My asthma was gone, too.

I went back to my yogi and, now, with different eyes and ears, asked him, "What did you do to me? I am listening." He replied, "I opened your heart chakra. It was closed."

Chakra? What's a chakra? I didn't understand it back then. Now I know we need to heal and open the heart so our love can shine through. Emotions need to be recognized and then released for any kind of healing to take place in our physical body.

A supportive, naturally therapeutic atmosphere, raw, living foods and green juices nourish the body by reducing stress, particularly of digestion, which gives the body the time and energy to heal. Stuffed emotions are released and the heart starts opening.

Now, instead of letting the medical community define your time here or letting your health blip define your happiness, I often go to the cause of the problem and say to people, "Don't let food define your happiness." Nourish your body with the highest-quality living foods and allow your love to shine from an energized, healthy and happy heart. Know no fear. 🍃

Editor's Note: This story and others like it can be found in Michael's lectures at Hippocrates Health Institute and on DVD. You can contact Michael Bergonzi through his personal website: www.WheatgrassGreenhouse.com.