The Mysteries of the Heart

Research explains how the physical and energetic heart plays an extraordinary role in our lives.

Our heart rhythms affect the brain's ability to process information. The heart has 40,000 sensory neurons involved in relaying ascending information to the brain.

The human heart's magnetic field can be measured several feet away from the body.

In fetal development, the heart forms and starts beating before the brain begins to develop.

Positive emotions create physiological benefits in your body.

Negative emotions can create nervous system changes but positive emotions do the opposite.

You can boost your immune system by focusing on positive emotions.

Scientists at the Institute of HeartMath have conducted research on emotional energetics, coherence, heart-brain connection, heart intelligence and practical intuition.

The heart sends signals to the brain that can influence:
- Perception
- Emotional experience
- Higher mental processes

The heart brain, like the brain proper, has an intricate network of neurons, neurotransmitters, proteins and support cells. It can act independently of the cranial brain and has extensive sensory capacities.

The heart sends more information to the brain than the brain sends to the heart.

Coherent heart rhythms help the brain in creativity and innovative problem-solving.

Scientists have discovered that the heart sends more information to the brain than the brain sends to the heart.

Positive emotions can increase the brain's ability to make good decisions.

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