

# Quantum Energy Healing

## Amethyst BioMat

### **BENEFITS:**

Improves Joint Mobility

Reduces Pain

Increases Metabolism

Improves Sleep Patterns

Eliminates Toxins

Relieves Anxiety

**Provides a warm and soothing  
Infrared Heat to your body.**



Visit us online  
or call today  
for more info

**250-618-3888**

**www.biomat.ca**



Psychologists once maintained that emotions were purely mental expressions generated by the brain alone. We now know that this is not true – emotions have as much to do with the heart and body as they do with the brain. Of the bodily organs, the heart plays a particularly important role in our emotional experience. The experience of an emotion results from the brain, heart, and body acting in concert.

The Institute of HeartMath ([www.heartmath.org](http://www.heartmath.org)), a research center dedicated to the study of the heart and the physiology of emotions, has conducted numerous studies identifying the relationship between emotions and the heart. A number of their studies have provided new insight into understanding how the activity of the heart is indeed linked to our emotions and our health, vitality and well-being.

**Emotions and the Heart** - Recent HeartMath studies define a critical link between the heart and brain. The heart is in a constant two-way dialog with the brain – our emotions change the signals the brain sends to the heart and the heart responds in complex ways. However, we now know that **the heart sends more information to the brain than the brain sends to the heart. And the brain responds to the heart in many important ways.** This research explains how the heart responds to emotional and mental reactions and why certain emotions stress the body and drain our energy. As we experience feelings like anger, frustration, anxiety and insecurity, our heart rhythm patterns become more erratic. These erratic patterns are sent to the emotional centers in the brain which it recognizes as negative or stressful feelings. These signals create the actual feelings we experience in the heart area and body. The erratic heart rhythms also block our ability to think clearly.

Many studies have found that the risk of developing heart disease is significantly increased for people who often experience stressful emotions such as irritation, anger or frustration. These emotions create a chain reaction in the body – stress hormone levels increase, blood vessels constrict, blood pressure rises, and the immune system is weakened. If we consistently experience these emotions, it can put a strain on the heart and other organs, and eventually lead to serious health problems.

Conversely, HeartMath's research shows that when we experience heart-felt emotions like love, care, appreciation and compassion, the heart produces a very different rhythm. In this case it is a smooth pattern that looks like gently rolling hills. Harmonious heart rhythms, which reflect positive emotions, are considered to be indicators of cardiovascular efficiency and nervous system balance. This lets the brain know that the heart feels good and often creates a gentle warm feeling in the area of the heart. Learning to shift out of stressful emotional reactions to these heartfelt emotions can have profound positive effects on the cardiovascular system and our overall health. It is easy to see how our heart and emotions are linked and how we can shift our heart into a more efficient state by monitoring its rhythms.

**Benefits Come From Being Appreciative:** The feeling of appreciation is one of the most concrete and easiest positive emotions for individuals to self-generate and sustain for longer periods. Almost anyone can find something to genuinely appreciate. By simply recalling a time when you felt sincere appreciation and recreating that feeling, you can increase your heart rhythm coherence, reduce emotional stress and improve your health.

For people for who may initially find it difficult to self-generate a feeling of appreciation in the present moment, experts suggest that they recall a past memory that elicits warm feelings. With practice, most people are able to self-generate feelings of appreciation in real time and no longer need the past time reference. Dr. Rollin McCraty, Director of Research for the Institute of HeartMath, says, "It's important to emphasize that it is not a mental image of a memory that creates a shift in our heart rhythm, but rather the emotions associated with the memory. Mental images alone usually do not produce the same

significant results that we've observed when someone focuses on a positive feeling."

Positive emotion-focused techniques, like those developed by HeartMath, can help individuals effectively replace stressful thoughts and emotional patterns with more positive perceptions and emotions. One of the long-term benefits to be gained from the practice of these kinds of techniques is increased emotional awareness. This increased awareness can help individuals maintain a more consistent emotional balance: a fundamental step in the process of improving cardiovascular health.

Diet and exercise will continue to be an important factor in keeping the heart healthy. However, there is increasing awareness of the importance of maintaining a healthy emotional state for those recovering from heart-related illnesses, as well as for maintaining heart health. Studies have shown that HeartMath's positive emotion-focused techniques reduce stress and anxiety, which is a safe and effective way to lower blood pressure and increase functional capacity in heart failure patients. This approach is currently being used in a number of hospitals and cardiac rehabilitation programs around the country.

Copyright © 2006 HeartMath. Since 1991 HeartMath has been dedicated to decoding the underlying mechanics of stress. HeartMath is internationally recognized for their solutions to transform the stress of change and uncertainty, and bring coherence and renewed energy into people's lives. Research and clinical studies conducted by HeartMath have examined emotional physiology, heart-brain interactions, and the physiology of learning and performance. Through their research they have demonstrated the critical link between emotions, heart function, and cognitive performance. HeartMath's work has been published in numerous peer-reviewed journals such as American Journal of Cardiology, Stress Medicine, and Preventive Cardiology, as well as business journals such as Harvard Business Review and Leadership Excellence. HeartMath's organizational clients include Mayo Clinic, NASA, BP, Duke University Health System, Stanford Business School, Redken, Kaiser Permanente, Boeing, and Cisco Systems, as well as dozens of school systems and thousands of health professionals around the world. To learn more about HeartMath's scientifically validated products and programs or to learn more about their research, explore [www.heartmath.org](http://www.heartmath.org).

*Celebrating 41 years  
of Offering the  
Perennial Beauty of  
the World's Spiritual  
& Healing Traditions*

**BANYEN  
BOOKS**

3608 West 4th Ave.  
Vancouver, BC V6R 1P1

books 604-732-7912

sound 604-737-8858

or out-of-town

1-800-663-8442

open Mon-Fri 10-9 Sat 10-8 Sun 11-7

Get —*Blossoming*— our monthly  
e-newsletter! Subscribe at

[www.banyen.com](http://www.banyen.com)



**REAL dog  
+ REAL food**

**= REAL  
responsibility**

**WAGZ**  
LIFESTYLES for DOGS & CATS

To discuss REAL food options for your furry family member, drop by our store at 463 5th St. in Courtenay or call our REAL Food Specialists at 338.6716 or 1.800.380.WAGZ (9249).

get **REAL** get **HEALTHY**