



Entering the Heart Space

Over the last 30 to 40 years researchers have been looking into the workings of the human heart with increasingly sophisticated technology. They have been able to measure accurately that which is unseen, the realities that some people have dismissed as touchy-feely-nonsense in the past. As the scientists read the heart's frequencies, they can see when those frequencies change, what brings about the change, and how those changes impact on a person's physiology: the chemical composition in their blood streams, their moods, their communication, their learning, their health ... and much more. There is a science of Love.



Painting: Richard Schmid

'Heart awareness gym'

We can exercise our hearts in a similar way to exercising at the gym. When you exercise your heart awareness you can't see what you are doing, but you can feel it. By using your breath and imagination you alter your frequencies of consciousness, and the scientists *can* see what is happening when people do this 'heart gym' while hooked up to their measuring instruments.

Here is the simplest way to enter the heart space.

- Put your hand on your heart and hold it there.
- Be aware of your hand on your heart,
- and notice what is going on for you in your body.

What you will notice is that your breathing slows and you become more peaceful and calm. Some people feel a warmth as well. What you won't notice, but the scientists have, is that the simple action of resting your hand on your heart triggers the flow of oxytocin in your body. Oxytocin is known as the 'love hormone', and it is present wherever there is love.

Your heart is the Centre of Love in the universe for you, and this simple 'heart gym' exercise is strengthens your heart so that you learn to generate love at will.

[Dance with me in the Heart](#)