



**Scientists Show How Gratitude
Literally Alters The Human Heart
And Molecular Structure Of The Brain**
Part 3

Continuation...

So far, the researchers have discovered that the heart communicates with the brain and body in four ways: neurological communication (nervous system), biophysical communication (pulse wave), biochemical communication (hormones), and energetic communication (electromagnetic fields).

“HeartMath research has demonstrated that different patterns of heart activity (which accompany different emotional states) have distinct effects on cognitive and emotional function. During stress and negative emotions, when the heart rhythm pattern is erratic and disordered, the corresponding pattern of neural signals traveling from the heart to the brain inhibits higher cognitive function. This limits our ability to think clearly, remember, learn, reason, and make effective decisions. In contrast, the more ordered and stable pattern of the heart’s input to the brain during positive emotional states has the opposite effect. It facilitates cognitive function and reinforces positive feelings and emotional stability.”

Gratitude and Positive Feelings Can Change The World

Every individual’s energy affects the collective field environment. This means each person’s emotions and intentions generate an energy that affects the field. We have a choice in every moment to take to heart the significance of intentionally managing our energies. This is the free will or local freedom that can create global cohesion. – Dr. Deborah Rozman, the President of Quantum Intech

One study, for example, was done during the Israel-Lebanon war in the 1980s. Two Harvard University professors organized groups of experienced meditators in Jerusalem, Yugoslavia and the United States and asked them to focus their attention on the area of conflict at various intervals over a 27-month period. Over the course of the study, the levels of violence in Lebanon decreased between 40 and 80 percent each time a meditating group was in place. The average number of people killed during the war each day dropped from 12 to three, and war-related injuries fell by 70 percent.

Another great example is a study that was conducted in 1993 in Washington, D.C., which showed a 25 percent drop in crime rates when 2,500 meditators meditated during a specific period of time with that intention.

This type of work has statistically significant implications, yet is heavily ignored and labelled as pseudoscience simply because it conflicts with long-held beliefs we have trouble letting go of ... But times are changing.

The Takeaway

Emotions and other factors associated with consciousness have the power to transform our inner world in ways we don’t fully understand yet. These findings show how consciousness can actually transform the physical/material world, and that’s huge. This validates the idea that if we can change our inner world through gratitude, empathy, compassion, and meditation, we can make our outer world more peaceful.

Farming Secrets says: Listen To What Your Body Is Telling You

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