



University of Quantum Dynamics Foundation

Your Heart, the Only Compass You'll Ever Need By Suzanne Edwards

To some, the heart is merely “a hollow muscular organ that pumps the blood through the circulatory system by rhythmic contraction and dilation”, although very impressive, it encompasses far more. Weighing in at between 250 and 350 grams, this fist size organ consists of intricate chambers, arteries, veins and valves! This industrious little organ is so powerful, supplying blood to our entire body that it can be compared to powering a Jumbo Jet with a Scooter engine. Even more miraculous is that “the human embryonic heart begins beating at around 21 days after conception” (or in the 5th week of pregnancy).

Not only is the heart a physical organ located in the human body (as well as in the bodies of countless other animals in the animal kingdom), it is also a very powerful love energy centre called the Heart Chakra. Known by the Sanskrit name “Anahata”, this fourth chakra (or energy centre), is located at the centre of your chest and has to do with emotional empowerment. It's spiritual lesson involves forgiveness, unconditional love, letting go, trust, and compassion.

Associated with the colour green and pink, if this chakra remains closed, you may experience such Physical Disfunctions as: heart conditions, asthma, lung & breast cancers, thoracic spine, pneumonia, upper back, and shoulder problems. It is also responsible for your mental and emotional issues such as: love, compassion, confidence, inspiration, hope, despair, hate, envy, fear, jealousy, anger, generosity. Many healers focus on the heart chakra as it is said to be where the “wounded child” resides. Throughout life we face many challenges that result in heartbreak which mercilessly sends out a barrage of assaults to our hearts, leaving it vulnerable to the attacks of illness. Learning to let go, trust, forgive, show compassion and love is the key to keeping this region healthy and open. Now the heart and all it's magnificence can not reside alone. Like with any “superhero” , there must be a villain, and in this case it's antithesis is the EGO. The EGO mind is in constant battle with the heart, trying to confuse it and tell it lies. The EGO is like the annoying neighbours dog that never stops barking or the kid running it's fingernails down the chalkboard to the point that goosebumps cover every inch of your body. The pompous, overbearing EGO sometimes is the victor, but if you learn to quiet your mind, your heart will undoubtedly win!

Quotes from Eckhart Tolle, Deepak Chopra and countless other New Age Writers, and Spiritualists have made their way into popular culture and are frequently quoted in everyday conversations and are listed on millions of Facebook status' daily. Although it is great to find inspiration in the words of others one thing we must not forget is to listen to our own hearts and our own truth. For the heart is the one place that if you listen hard enough, your ALWAYS sure to get a truthful answer. Whether it's taking care of our physical hearts through exercise and healthful foods, or our energy heart centre, through meditative and self-actualization practices, it is important to realize the two work in unison with one another. If you hold on to negative emotions which are stored in your Heart Chakra like a balloon that is continuously being filled with air, it will eventually burst and manifest in various forms



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such as, illness. Likewise learning to identify the EGO for the villain it is or accepting it as the irreconcilable partner, will make it much easier to push it away like you would the proverbial red devil that sits on your shoulder, and much easier to listen to YOUR truth which resides in none other than your HEART. Listen to that truth instead of quoting the truth of others for your truth is the only truth in your reality that really matters and one compass that will never ***steer you wrong!***