



OPTIONS CENTER EDUCATION TOPIC



Heart Intelligence

Brain researchers tell us that free, natural pleasure grows our brain and allows us to unfold our unlimited potential, but natural pleasure can't exist without an unencumbered child heart. Natural pleasure occurs through play, learning, creativity, human interaction, and reflective time. The fearful, isolated heart has difficulty in these arenas of life. We are finding that PLAY helps to stitch individuals into the social fabric that is the staging ground for their lives. As teachers/ parents/ human beings, we become much more effective in our relationships when there is play and the heart is the leading force. The new sciences (Relativity, Quantum Physics, Chaos and Complexity Theory) are telling us we exist as vibrational interference patterns (VIPs) that we perceive as matter. As we experience the complexity of others, we realize the interconnectedness of our vibrational fields and the illusion of separation. Our thoughts and feelings are perceived through the vast vibrational fields between others and ourselves, making it apparent we must both become more present and responsible as we dance together with others on the planet. These theories all boil down to what is called Heart Intelligence.

Inviting Coherence

Coherence, being the basis of heart intelligence, means an ordered, consistent, congruent, harmonious functioning within any system as with the physical and biochemical systems of our bodies which in turn influence our mental, emotional, physical, and spiritual state each moment. Coherence also applies to a conscious pleasure state of being in alignment with our purpose, joy, happiness and connection to others.

Heart Intelligence is experienced as direct, intuitive knowing. It is often accompanied by a solid, secure, and balanced feeling. We can tell when we're in contact with our heart by how it feels. The heart processes information non-verbally in a less direct way than intelligence of the head, allowing it to have its own memories. The saying, "Listen to your heart" isn't just a cliché. The heart sends us emotional and intuitive signals to help govern our lives and solve problems.

The heart shows us the inherent core values in our lives - it connects us with the feelings and qualities of love that manifest in thoughts and emotions that are beneficial for ourselves and others. To listen to our heart, we need to be calm and coherent. The more we listen to and follow our heart intelligence, the more educated and coherent our emotions become.

How does it work?

We are in constant communication with one another and continually influence one another through invisible vibrational fields from our hearts and brains. These fields contain and transmit information,

much like cell phones and radio stations transmit information. Our sensory system is fine-tuned to receive these transmissions. The heart has the largest electro-magnetic field in the body. The pattern and quality of energy emitted by the heart is transmitted throughout the body and beyond via the heart's electromagnetic field. When these fields are coherent there is a natural sense of safety, belonging and peace, and we feel in harmony with one another.

Coherent Connection

To truly understand coherence, play with a young child - and let the child lead. Release time, control, worry, the past and the future. Exist purely in the moment and notice how harmoniously connected you become with your intricate world, seeing with undeterred vision, curiosity and joy. Given a rich, stress free environment, we are all natural sponges, gently experiencing each new moment, event or object with intense curiosity.

Mihalyi Czikszentmihalyi coined the term "FLOW" for this state of coherence. For creativity to occur, he believes there must be an early keen curiosity about one's surroundings, rich experiences and awe about the mysteries of life, plus parental (or adult) support and love - all elements of coherence and pleasure.

Coherence also applies to our relationships and interactions with family and all the individuals that grace our world. Do we give compassionate, coherent messages and follow through with integrity. Impeccably "walking our talk"? Are we able to be coherently present, fully in the moment with another person? Are we able to set clear, humane boundaries with our children and others that support our purpose? The answer is yes. People's hearts, as powerful transmitters, are constantly sending out electro-magnetic waves. The physical antenna that is able to pick up these waves is the elaborate sensory apparatus of our whole body, if the antenna is tuned in. To become more coherent - conscious - enlightened is the greatest gift anyone can give to the world; it assures increased pleasure, integrity, creativity, understanding, and compassion. We are in the highest service to each other when we are present, coherent, and connected to the heart (our own and others).



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