

The *Heart* Brain

Did you know you have 3 brains?



Marie-France
Louvel

Catherine
Athans, Ph.D.

Copyright © 2011 Catherine Athans, Ph.D.

Angels Island Press
An Angels Island Production
303 First Street
Los Altos, CA 94022
www.AngelsIsland.com
1-888-58ANGEL

All rights are reserved. No part of this book may be used or reproduced in any manner whatsoever without prior written consent of the publisher except in case of brief quotations embodied in critical articles and reviews. Special book excerpts or customized printings can be created to fit specific needs.

Library of Congress Control Number: 2011906251

Publisher's Cataloging-in-Publication
(Provided by Quality Books, Inc.)

Louvel, Marie-France.

The heart brain : did you know you have three brains?

/ Marie-France Louvel, Catherine Athans.

p. cm.

Includes bibliographical references.

ISBN-13: 978-0-9794380-4-2

ISBN-10: 0-9794380-2-0

1. Heart--Diseases. 2. Brain. 3. Stress
(Psychology) 4. Mind and body. I. Athans, Catherine.
II. Title.

RC682.L68 2011

616.12

QBI11-600090

Printed in the United States of America

DESIGN: DOTTI ALBERTINE | WWW.ALBERTINEBOOKDESIGN.COM

IMAGES: THINKSTOCK/GETTY IMAGES

CONTENTS

<i>Foreword</i>	ix
<i>Preface by Dr. Catherine Athans</i>	xiii
<i>Introduction by Marie-France Louvel</i>	xv
CHAPTER 1 THE HEART'S DESIRES	1
CHAPTER 2 THE TWO BRAINS IN THE HEAD AND THE HEART BRAIN	5
CHAPTER 3 HOW THE TWO BRAINS IN THE HEAD WORK TOGETHER	13
CHAPTER 4 THE IMPORTANCE OF THE HEART	21
CHAPTER 5 THE BRAIN IN THE HEART	31
CHAPTER 6 EMOTIONAL MASTERY	43
CHAPTER 7 EVERYTHING STARTS WITH EMOTIONS	49
CHAPTER 8 THE LANGUAGE OF THE HEART	53
CHAPTER 9 HEART HARMONY	61
CHAPTER 10 HEART HARMONY QUIZ	65
CHAPTER 11 HEART HARMONY EXERCISES	71
CHAPTER 12 HEART HARMONY CONCLUSIONS	85
CHAPTER 13 FINAL CONCLUSION	89
<i>Acknowledgments</i>	93
<i>Endnotes</i>	95
<i>Glossary</i>	97
<i>References</i>	101



FOREWORD

DURING THE EMBRYONIC stage, before your brain was created, you were all heart. The brain formed from the heart, not the reverse. In Chinese medicine the heart is a bridge between the mind and the body. In most ancient societies creation begins with the heart, not the mind.¹

Neuro-cardiologist, Dr. J. Andrew Armour² introduced the “heart brain” concept in 1991. His work revealed that the heart has the ability to act independently of the cranial brain, i.e. to learn, remember, feel, even *sense*.

When you manifest the world of form from the heart instead of the mind, you are accessing limitless power. Literally, whatever your “heart desires” is within your reach. Brain-based creativity is possible but comes with a price—you will also get what you don’t want. Heart based creativity, however, is limitless, loving and kind.

In this book you will learn to regain a close relationship with your heart, listen to your heart and receive the bounty of your efforts in ways that at the moment may seem unimaginable to you.



PREFACE

By Dr. Catherine Athans

“LISTEN TO YOUR heart” is a phrase that is told to everyone at some time in their lives. But what does this really mean?

Most students are taught about the importance of the brain. Science has spent a great deal of time, money and effort to map the different regions of the brain, to learn how it functions and to discover areas where consciousness is developed and supported.

However, it is only recently that science has turned its attention away from the traditional brain in the head to a new brain found in the heart. **IT HAS BECOME CLEAR THAT THE HEART PLAYS A VITAL ROLE IN THE WELLBEING, FUNCTIONING, AND BALANCE OF THE BRAIN.** So when someone says, “It is important to listen to your heart,” that phrase takes on a far greater meaning.

The Institute of HeartMath took the “revelation” a step further: This institute proved, through scientific research, that negative emotions create jagged heart rhythms (incoherent-heart-rhythm) and increase disorder in the nervous system. Why is this important? Because when the heart is beating irregularly, it actually shuts down the production of many essential hormones and allows the various organ systems in

the body to become imbalanced. It also disconnects its communication from the brain in the head. As a result, the brain does not receive vital information about the body, causing a slowdown in the body's immune systems.

In contrast, **POSITIVE EMOTIONS CREATE SMOOTH AND REGULAR HEART RHYTHMS (COHERENT-HEART-RHYTHM) AND HARMONY IN THE NERVOUS SYSTEM.**

These regular waves are so important to the functioning of our being and our body that we have included in this book an exercise that facilitates heart-rhythm harmony. It is so startling in its effect on the whole body-brain system, yet so simple in its delivery, that anyone can learn how to practice this exercise many times a day no matter where they are. **IS IT TOO GOOD TO BE TRUE THAT THIS PRACTICE BRINGS HARMONY AND OPENNESS OF COMMUNICATION OF THE HEART WITH THE TWO BRAINS IN THE HEAD?** In reality, through scientific research (controlled testing) it is proven that these exercises bring all the organs of the body into a very communicative state with the heart in just a few short minutes.

Other bodily systems such as the respiratory system, the digestive system, the immune system, etc. synchronize up to the heart-rhythm; harmony in the heart-rhythm leads to better problem-solving mentally and emotionally.

So, when one thinks of the heart, it is neither a mere mechanical pump, nor the strongest muscle in the body. Rather it is the most powerful gatherer and generator of information about all the systems of the body. The heart is the most important communicator of that information to the brain.

While we certainly do not claim to be scientists, nor do we claim to have done the research necessary to prove what we are saying, we have spent many hours and a great deal of energy studying this scientific research.

We are so excited about this information and the breakthroughs it can bring to everyone who is suffering in any way—emotionally, physically or spiritually—that we decided to present it to you in a simple form. *The Heart Brain* is written in a way that is easy to read and understand. We hope you will use this book to change your life in most wonderful ways. We hope you benefit from both the information and the simple exercise(s). If you do so, **YOU WILL FIND AN EASY METHOD TO CREATE HARMONY BETWEEN YOUR HEART AND YOUR BRAIN.**



INTRODUCTION

By Marie-France Louvel

I WAS HEADING for the cash register of a Parisian bookstore, my basket full of books, when my girlfriend and counselor in French literature added yet another book. She told me that it was a “must read.” I, being the stubborn and strong-willed Parisian that I am, looked at the title *Guérir (The Instinct to Heal)* by David Servan-Schreiber, MD, PhD¹. It did not appeal to me at all. She looked me in the eye and said, “Nevertheless, you will read it one day.”

Time passed and I began to have some health problems. When I went to the doctor, all he could say was, “You better do something about that stress. Your blood sugar is dangerously high, your cholesterol is out of control and so are you. What are you going to do?”

As a matter of fact, the doctor wanted me to change my lifestyle completely; to limit what I ate, make me exercise seven days a week and reduce my workload by 50%. *I didn't know how I could do this.*

I am a speech therapist and a French teacher. Many of my students have moderate to severe learning challenges. I have worked with these students for many years and care deeply for them. They depend on me. For some of these students, I am the only way that they can continue to study in a



mainstream school. If they didn't work with me, some would have to enter special schools. Given the state of the economy, many parents could not support either a special school or more intensive treatment. I was not going to let those parents down!

I spent a great deal of time meditating and contemplating this situation. What could I do? While thinking about my personal situation, I became aware that probably most people feel this way about their work, their lives. There isn't time to take care of business, children and also take care of the body, the emotions and the spirit. I thought that most people have a job; they have to pay the mortgage; they take care of their kids or other people in their family and they need to exercise. Like me, all these people are tired most of the time. Even though I love my job, have a caring family and faithful friends, I am sometimes exhausted.



Not long after my visit to the doctor, I was walking by my bookcase, and the book *Guérir* simply fell off the shelf. I looked down, picked it up, and decided to read it.

I read and reread the book and found I had a deeper understanding of what stress was creating in my life. I didn't know if I could give up any of the responsibilities that were causing me anxiety, but with this book, I began to get a sense that I could change my thoughts and my feelings and gain control over the way my body was functioning. I was so excited. Could the information in this book be too good to be true?

I mentioned *Guérir* to my friend, Catherine Athans, and explained to her why I was so enthusiastic about reading it.

Catherine said, “Marie-France, translate it into English and I will read it. It sounds very exciting, and I want to know more. It could help me with many of my patients. It seems that you’ve come upon some very important information that should be made available to everyone.”

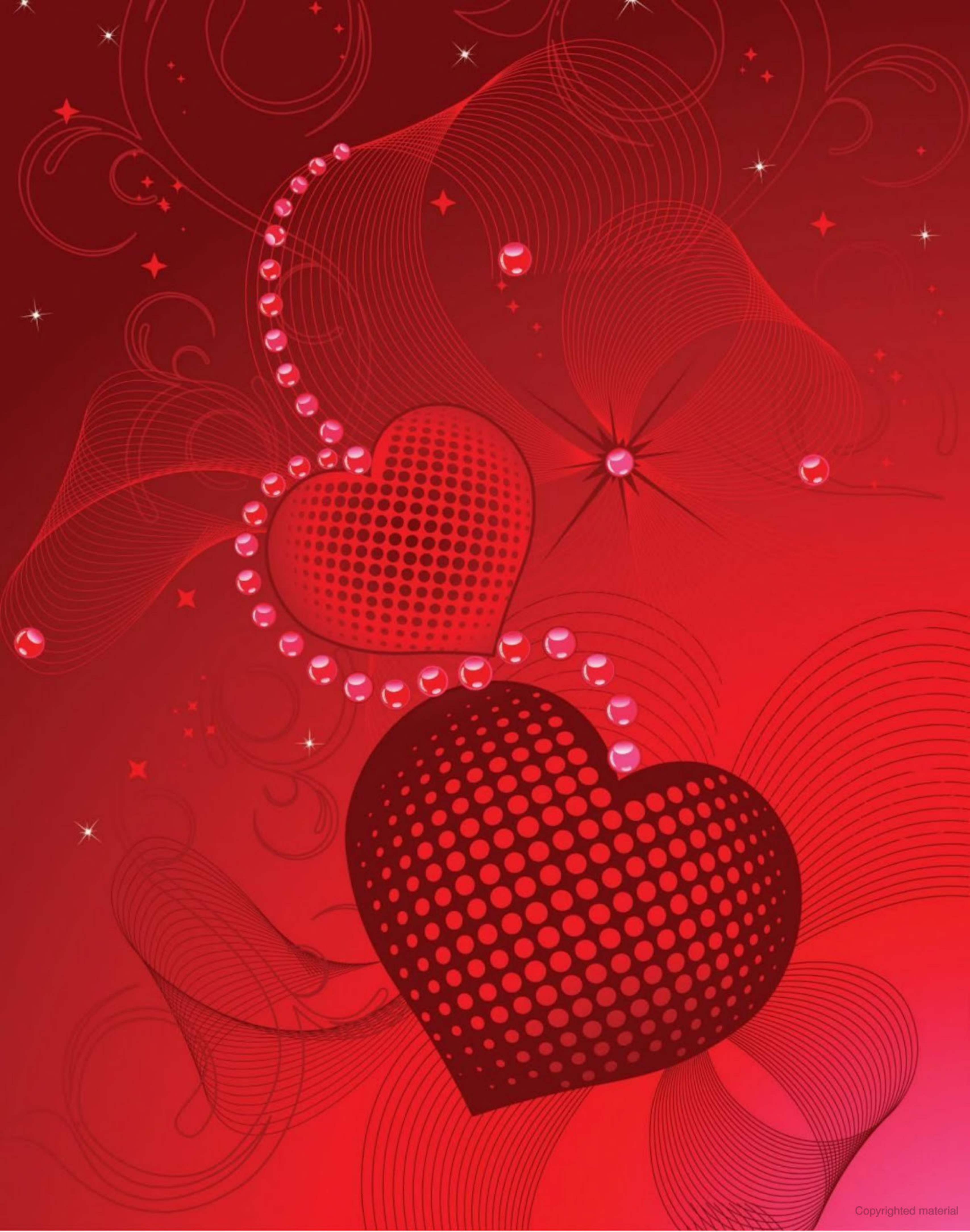
Looking at her, I realized that she was not joking but was challenging me. I said, “Very well, why not?”

After several months of researching the information in *Guérir*, then translating and re-translating it into English, I was finally ready to give it to Catherine. To my surprise, after working so hard, I found that the book had already been translated into English under the title *The Instinct to Heal*.

As I was thinking that I had wasted my time translating the book, Catherine read my mind and explained that this was giving me the opportunity to study it thoroughly and to better understand the author’s ideas.

Catherine and I decided that this revolutionary information needed to be written in a simple, non-academic format that every one could understand.

Thus, *The Heart Brain* was born.



The Heart's Desires

DON'T WE ALL want to be happy? What does it mean to be happy? It's probably a little or a lot different for everybody.

THERE ARE PEOPLE WHO SEEM TO BE HAPPY MOST OF THE TIME. We find them in every country. They are from every social class. They are from every walk of life. Some are gifted, others are ordinary. Some practice a religion, others are agnostic. Some are married, some are not; some have children, some don't; some like money and some don't. Even though they have experienced dark moments, no one escapes from obstacles, distress, privation or mourning. Many have overcome misfortune and achieved real meaning in their lives. They are happy. They have chosen what their hearts desire.



As you will soon learn, happiness does not come from the brain in the head. As a matter of fact, happiness comes from bodily sensations, which tell you that all is well. These sensations are gathered in the heart and sent to the brain so that you can become aware of your happiness.

Fortunate people have an open communication with their hearts. They are able to both listen and give communication back to the heart, so that the heart can send those communications to the brain.

FOR UNHAPPY PEOPLE, THE COMMUNICATION WITH THE HEART IS CUT OFF, AND THE FOCUS IS MOSTLY ON THE HEAD. These people deny the intelligence of the heart. As a result, the body and mind are thrown out of balance and cease to function at top capacity.

These people become stressed, experience sleep problems, heartburn, high blood pressure, high cholesterol, depression, and anxiety; and unfortunately their immune systems become compromised.

There is a way to establish or to re-establish the communication between the heart and the brain. It is about two special exercises with the heart, which we will teach you in this book. It will help you realize what is truly going on inside of you.

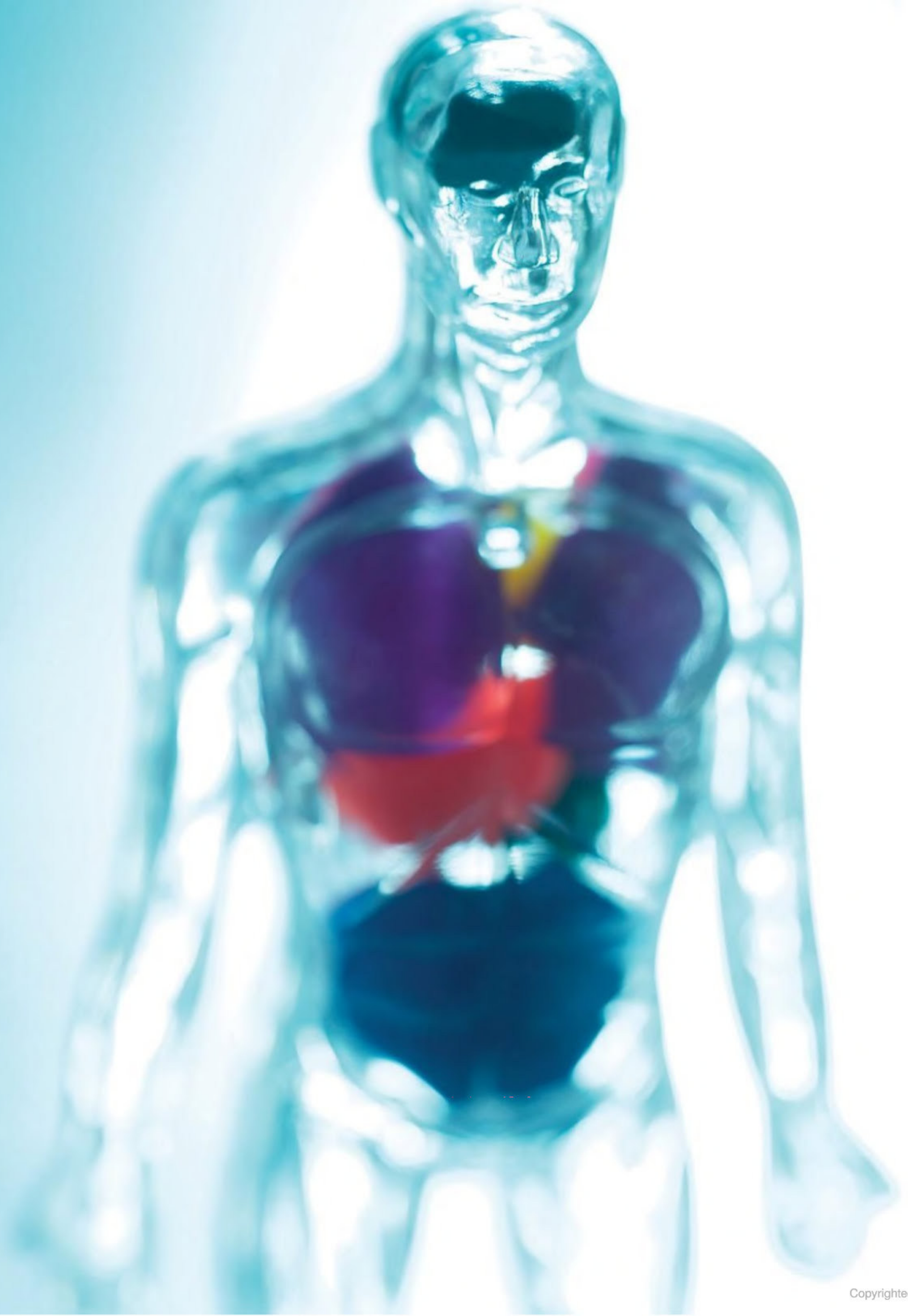
It is your heart that gives the brain information about you and not the brain telling the heart what is real.





DO YOU KNOW?

In *Webster's Encyclopedic Unabridged Dictionary*,¹ one definition of the word “heart” reads, “the human heart considered as the center or source of emotions, personality attributes ... specifically in most thought and feeling; consciousness ... or conscious (to know one’s heart) ... or : “His head told him not to fall in love but his heart had the final say.”



The Two Brains in the Head and the Heart Brain

MOST PEOPLE THINK of the brain as one big mass filling up the head and controlling thoughts, emotions and functions in the body.

IN REALITY, THERE ARE TWO INDIVIDUAL BRAINS IN THE HEAD. They are different from each other. Each one has a different function. Each one can cooperate or compete with the other.

Scientists speak of a brain within a brain. They go on to explain that in the middle of the human brain is another brain. It is the vestige of our past as mammals—gorillas, chimpanzees, and gibbons. They call this the “Old Brain.”

The Old Brain (also named the Emotional Brain) is made of the deepest layers of neurons. In some areas these neurons appear to be thrown together haphazardly. This brain is made up of a rudimentary structure.¹

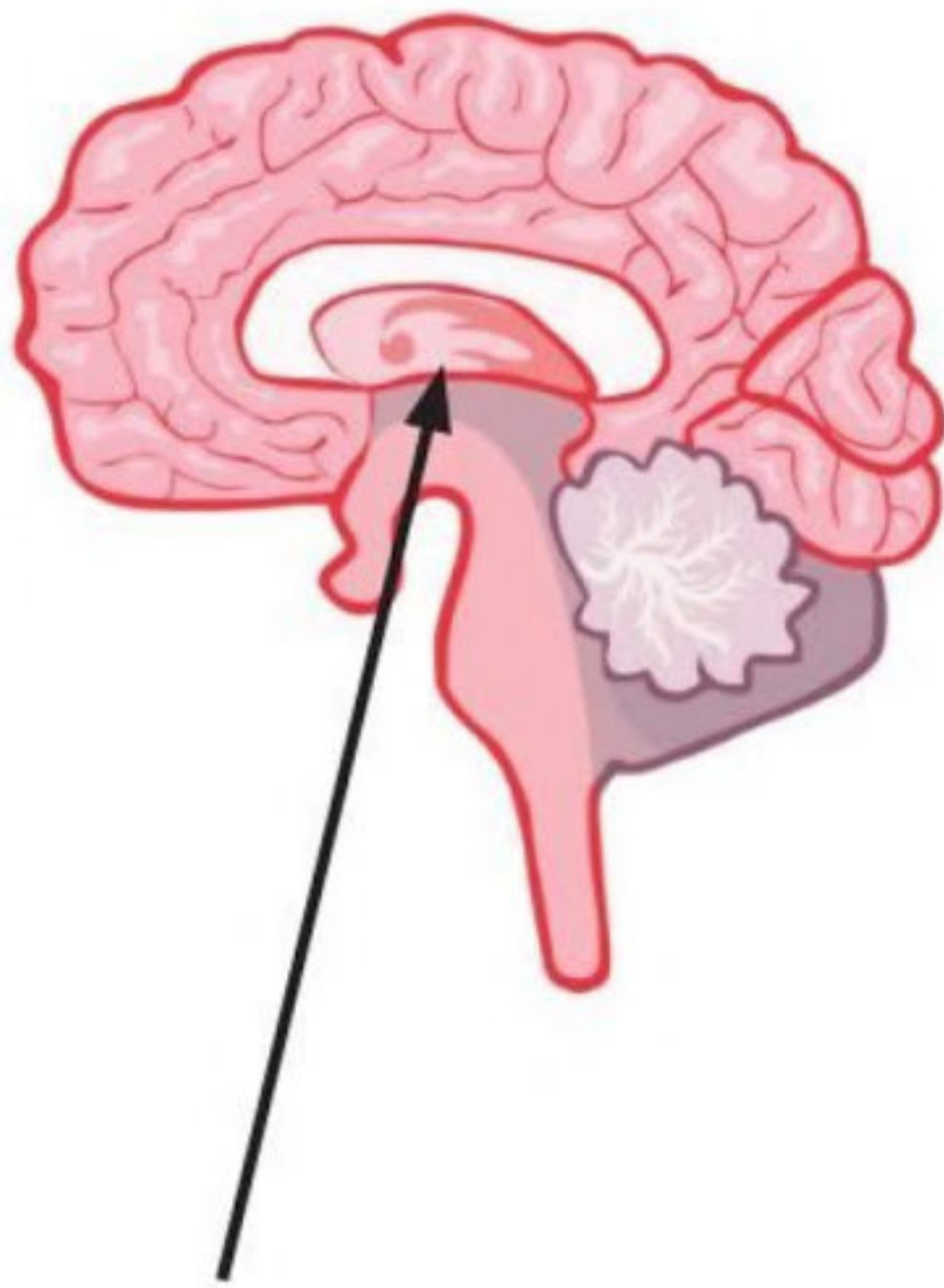
THE “NEW BRAIN,” THE MOST RECENT ONE IN THE EVOLUTIONARY PROCESS, ENVELOPES THE OLD BRAIN IN A VERY ORGANIZED MANNER with six layers of neurons and areas that are specifically engineered for modern human life. For instance, there is an area for sight, for smell, and for sound. It is organized as a super information processing organ.

Although these two brains function almost independently, they can influence each other.

THERE IS YET ANOTHER BRAIN WHICH IS LOCATED IN THE HEART. WE NAME IT THE "HEART BRAIN."

It was recently discovered that this Heart Brain has its own network of forty thousand neurons. It has its own perceptions. Additionally, it has its own processing capacities—a hormone factory—where it is actually able to produce adrenaline and other vital hormones. It works like a conductor: it synchronizes all biological rhythms in the human being.





Old Brain

Old Brain

The Old Brain is a rudimentary structure similar to the ape's brain, which possesses primitive senses and emotions.

It is:

- ♥ Unconscious
- ♥ Emotional
- ♥ Concerned with survival
- ♥ Tied to the body
- ♥ Self-healing
- ♥ A natural repository of emotions

The Old Brain Controls

- ♥ Body's physiology: heart, blood pressure, hormones, digestive system, immune system
- ♥ Behavior
- ♥ Everything governing psychological wellbeing



DO YOU KNOW?

When the virus of rabies attacks the brain, it affects the Old Brain, not the New Brain? This is why the first sign of rabies is abnormal emotional behavior.²

New Brain

The New Brain is a highly developed structure in humans that is organized for information processing. It is:

- ♥ Conscious
- ♥ Rational
- ♥ Geared toward the outside world

The New Brain controls

- ♥ Moral behavior
- ♥ Language
- ♥ Reasoning
- ♥ Elaboration of future plans

