

heart (härt)

n. | *Anatomy* | The chambered muscular organ in vertebrates that pumps blood received from the veins into the arteries, thereby maintaining the flow of blood through the entire circulatory system.

n. | *Anatomy* | A similarly functioning structure in invertebrates.

n. | The area that is the approximate location of the heart in the body; the breast.

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At the core of our being rests a united space. From that core, we project out our frequency, literally painting the world with vibrations. This has been documented through scientific experiments.

The Author wishes you to explore this space as you can. The Journey is mentally treacherous, but there is always help along the way, accessed through the **Heart/Mind**.

The way there is through the **Forest of Thoughts** within Mind. Beyond the Forest of Thoughts is a vast **Sea of Emotion**. The vast Sea of Emotion can be traversed through unconditional acceptance, allowing **Deeply Fanged Fears** to be faced as the deception they are.

- The human heart's magnetic field can be measured several feet away from the body.
- Negative emotions can create nervous system chaos, but positive emotions do the opposite.
- In fetal development, the heart forms and starts beating before the brain begins to develop.
- Positive emotions can increase the brain's ability to make good decisions.
- Positive emotions create physiological benefits in your body.
- You can boost your immune system by focusing on positive emotions.
- A mother's brainwaves can synchronize to her baby's heartbeats even when they are a few feet apart.

<https://www.heartmath.org/resources/infographic/mysteries-of-the-heart/>