



The Heart is Producing Hormones

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Editorial

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Introduction

My 40-year studies of the aura showed that the aura is emotionally sensitive [1]. When we experience positive emotions (or just think positively) and we are in high Spirit, the aura is brighter. When we experience negative emotions (or just think negatively) and we are in Low Spirit, the aura is dimmer. I concluded that what we see as aura must be our Spirit and I found confirmation of this in the ancient Jewish Cabala for high Priests. Thus, we are material body and emotional Spirit, which we see as aura. I found that that the aura is nonlinear electromagnetic field (NEMF) and that it is weak informational field (I had to develop supersensitive equipment to measure it-it is 1,000 times weaker than the field created by the bio-currents of the body). However, this weak field rules and regulates everything in the body-not with its strength, but with the information it carries.

We all believe that we love with our hearts and we all consider the emotional heart to be the seat of the emotional Soul. But what is Soul? Everybody knows that the heart is emotional, but only a few know that the emotional Spirit is the one that makes the heart emotional. Since the Soul is the unity of material body and emotional Spirit, which we see as aura, the emotional Spirit is what makes the Soul and the Heart emotional. What proof I can present that the Soul is a unity of body and Spirit? I said that the Spirit seen as aura is NEMF. If the field is nonlinear (electromagnetic), we expect it to have alternating: vortices spinning clockwise and anti-vortices spinning counterclockwise. In Hindu texts they are called "chakras", which mean "spinning wheels" in Sanskrit. Our Spirit (seen as aura) has 6 alternating vortices and anti-vortices along the backbone called chakras (the seventh chakra on top of the head is sum of the energies of the 6 chakras under it).

Each of these chakras (spinning wheels) rules an endocrinal gland (or gland of internal secretion), which by

producing and secreting hormones directly into the blood stream rules and regulates everything in the body. Chakra #1 is the chakra of survival of the material body – it rules the endocrinal gland on top of the kidneys, which when stressor is present releases the hormone cortisone to mobilize the body for response to the stressor. Chakra #2 is the sexual chakra of the material body producing and releasing sexual hormones. Chakra #3 rules and regulates the digestive system, which is done through the depletion of bile juice, stomach acid, and the hormones of the pancreas, but the quality of our digestion depends strongly on our emotions. Chakra #5 (the Throat Chakra) rules and regulates the function of the thyroid gland through the emotional Spirit. Chakra #6 rules and regulates the pineal gland, which allows connection to the Subconscious, where a Quantum Computer operates with the waves of the Spirit – it is the chakra of intuitive creativity.

Thus, while the Spirit is in the upper half of the body (chakras #5 and #6), the material body is in the lower half of the body (chakras #1 and #2). The middle two chakras #3 and #4 belong to both the material body and the Spirit. Chakra #3 relates to the Solar Plexus (a neuron ganglia with neurons spreading radially from it as the rays of the Sun) rules the digestive system. Chakra #4 rules the heart -it is called the Heart Chakra. It seemed that all chakras are connected to endocrinal glands that produce hormones. The Heart chakra seemed to be the only one not producing hormones or related to a gland producing hormones. However, it was found in 1983 [2] that the heart does produce hormones, but this fact is still not widely known and accepted. One of the produced hormones, called "pericardium hormone", reduces the level of cortisol, which is the stress hormone. This allows us with positive emotions to reduce the level of stress. The other hormone produced by the heart is "the hormone oxytocin", called "the hormone of Love" because it was found that when in Love the heart produces a lot of oxytocin.

For many years oxytocin was used to increase the contraction of the uterus and facilitate delivery. The psychological aspect of oxytocin was not known. Prof. Aaron Belkin, who was the founder and Director of the Institute of Psycho-endocrinology (the only one of this kind on planet Earth), was the first to use the hormone oxytocin for psychic disorders with great success. He describes in his book [3] the following case. One of his patients, who were an engineer, went to him to seek help. She complained that after a divorce she was feeling animal anger toward her son and she was afraid she could kill him. After a treatment with oxytocin she went to his office to thank him. She said that the animal anger has left her and she seems to have regained her emotional balance. What caused the problem was the hatred to her husband, which evolved to hatred to her son. She needed oxytocin (the hormone of Love) to recover. (The same success could be achieved with meditation on Love).

A few more words about the importance of the heart in our body. As soon as the emotional Spirit enters the fertilized cell, the first organ to appear in the embryo is a beating heart. Thus, the heart is a synonym of Life. At the end of life, as soon as the heart stop beating, the Spirit leaves, and the person is pronounced clinically dead. Here it is - we are material body and Spirit and the heart is the organ that unites them. The importance of the heart in the body can be also seen by the fact that the heart is the strongest producer of electrical energy in the body. The electric signal of the heart measured with ECD is 40 to 60 times stronger than the electric signal of the brain measured with EEG. The Heart Math Institute in California found [4] that the electric field of the heart has a torus shape and can be detected up to 3 meters from the body. Since the heart is the most important organ in the body, we should make decisions with our emotional heart, not with our logical brain [5].

Since the heart is the most important organ in the body, measures should be taken to keep the heart healthy. Well-known method for prophylactics and cure of heart disorders is the 7-day program of Satish Gupta in India [2]. It was so successful that in 2008 was accepted as a National Program of India. It includes permanent vegetarian diet, daily 5 minutes exercise followed by 30 minutes walk at sunrise, and daily Radgie-Yoga meditation. When accepted in Russia the 7-day program of Satish Gupta was just as successful. Special attention was paid in the program to learning to control the emotions, which is just as important as the physical exercises and the learning to control the muscles; every heart-saving program should include control of emotions [6] because our heart is emotional.

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