

Sunday September 27

Listening to our Whispering Heart

With Special Guest Valerie Kobabe, L.U.T.



Listening to our Whispering Heart

Learning Concepts of Heartmath+ ❤️
in Unity

Valerie Kobabe, LUT

Photo Credit: Scott Papenfus

Discovering Unity's History with Heartmath+ ❤️

- From Myrtle Fillmore's healing-→
- Charles Fillmore's 12 Powers→
- Wisdom of the Heart-→
- Heartmath+ ❤️ coherence-→
- Scripture-→
- Our Lived Experience





Heartmath+❤️ Connection

Charles Fillmore's 12 Powers

Pg. 90 in UNDERSTANDING

He wrote about the “brain of the heart”:

“One should give attention to this unusual and usually faint whispering of spirit”





Be you

Charles Fillmore-1930, 12 Powers:

"Listen to the faint whisperings of Spirit,
...the brain of the heart"

- David McArthur/ Unity+Heartmath:
- Spiritual Heart Wisdom brought into conversation with contemporary heart research.
- Gail Boynton/ Unity:

Explicitly connects Fillmore's "brain of the heart" with Heartmath+ practices.

Heart Focused breathing: Heart and Mind Working Together

- *Building personal resilience is created from breathing into the heart.*
- *The heart lives in the present; while the mind often operates as a complicated linear operating system, with built in protection!*



**Mind→Heart→
Awareness→
Choice→
Expression**

HFB unfolds the steps to becoming who we truly are – heart empowered individuals who choose the way of love, demonstrated through compassionate care for the well being of others, ourselves and Earth.





Be Still and Know; A transformational process of discovery

A simple to use technique, HFB is an energy-saving, self regulation strategy designed to reduce the intensity of a stress reaction and to establish a calm, but alert state.

We can benefit from conscious breathing if we use it to help us shift into and sustain a more balanced state: what we call the coherence building process



Resilience: **The energy available to meet any situation:**

- *Like a battery we are charged up when we are resilient and emptied or “drained “ after challenging interactions and situations.*
- *Domains: **Physical, Emotional, Mental and Spiritual.***
- *Self regulation in all four areas is vital as the domains overlap and are interrelated, with each affecting the other.*
- *Hormones produced during stressful interactions stay in your body for many hours and can disrupt your ability to get renewing sleep and to focus and think clearly.*



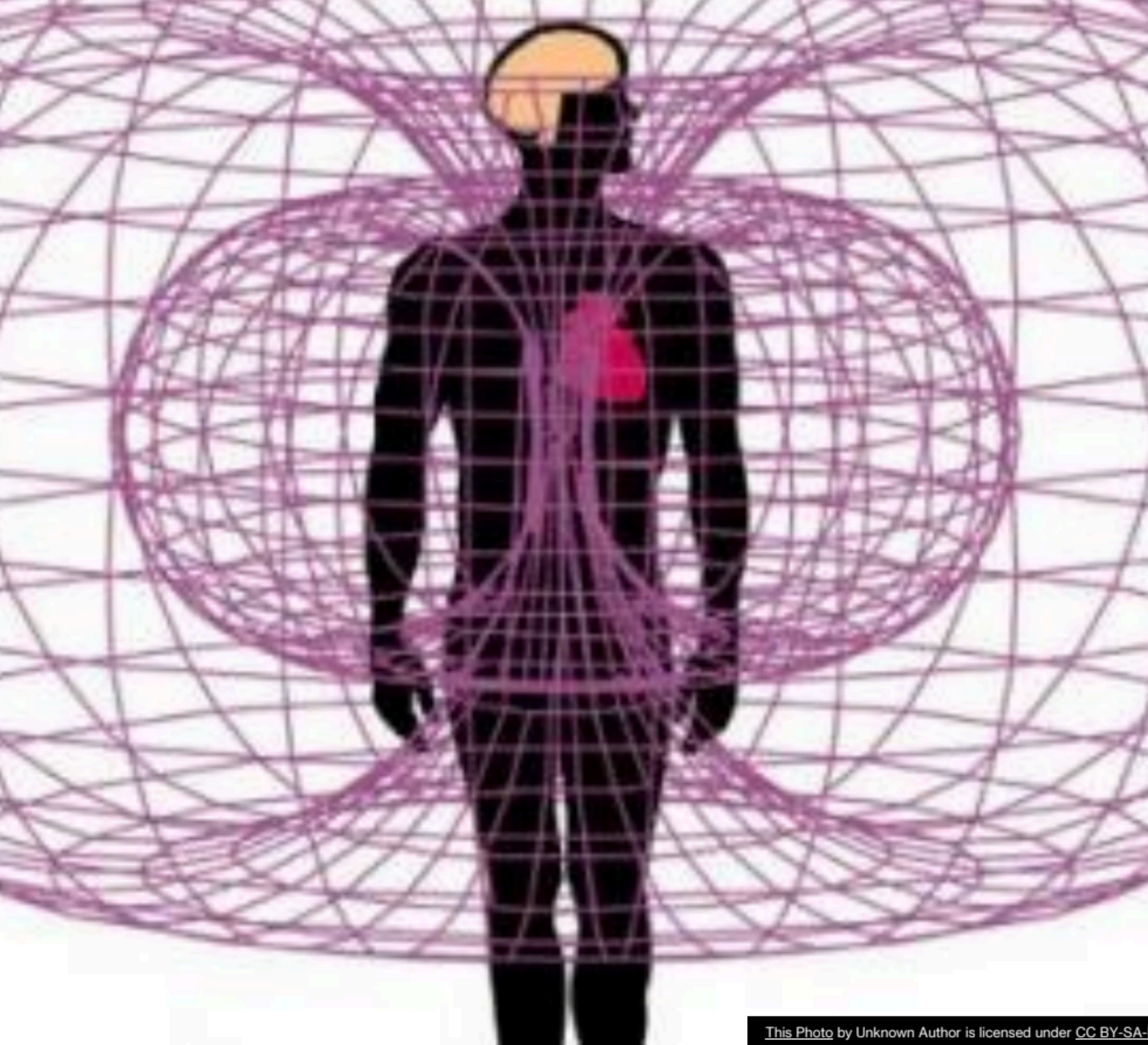
HEART COHERENCE

- *Coherence is the optimal state in which the heart, mind and emotions are aligned and in sync.*
- *Physiologically the immune, hormonal and nervous systems function in a state of energetic coordination..*
- *You can generate coherent or smooth rhythm by activating renewing emotions like appreciation and patience.*

Coherent Baselines

- *Heart Rate Variability: the heart is not like a metronome.*
- *The brain (Amygdala) assists resetting our “baseline” to reduce stress based on patterns.*
- *Positive interactions create DHEA (a hormone related to youth) while negative stressors create cortisol.*





The Hearts Magnetic Field

- *Every time a heart beats, electricity is produced which is measured by the electrocardiogram.*
- *When there is a flow of electrical current, a magnetic field is produced. The magnetic field radiates to the external environment and carries emotional information.*

***“For where your
treasure is, your heart
will be also” Matt 6:21***

What am I feeding the Field?

*Research confirms that
when an individual is heart
coherent, the heart
radiates a measurably
more coherent
electromagnetic signal
into the environment that
can be detected by the
nervous systems of
people and animals.*



***“I am emotionally
and spiritually
regulated. I am
assisting in the
balancing all of
humanity in love!”***





**We see it in nature and
everywhere; reminders to listen
to the whispering of our hearts.**