

Heartline Health Connection

The Heartline Health Connection is health education that matters. We will learn to increase our hearts primary power supply by breathing in a manner that increases oxygen absorption, and thinking in a healthy manner which will create healthy hormones.

Internalizing stress can make us sick. The heart has an emotional intelligence that is capable of healing even the most challenging of situations. When we are at ease in our hearts emotional intelligence we live life with a sense of peace, confidence and better health.

This program is designed to empower people to promote healing, while developing a state of inner peace, confidence and ease. The process is best simplified by practicing “Breathe check 1, 2, 3.”

The Circulatory System

The blood follows two routes, systemic circulation and pulmonary circulation. Pulmonary circulation is the portion of the cardiovascular system which carries oxygen-depleted blood from the heart, to the lungs, and then returns the oxygenated blood back to the heart. Systemic circulation then carries oxygenated blood away from the heart to the body, and returns deoxygenated blood back to the heart.

The circulatory system transports digested food substances to the cells of the body. These nutrients enter the bloodstream by passing through the walls of the small intestine into the capillaries. The blood then carries most of the nutrients to the liver. Blood leaving the liver contains nutrients that the cells use in the production of energy, enzymes, and new building materials for the body.

The circulatory system helps to dispose of waste products and toxins that would harm the body if they accumulated. These substances include carbon dioxide, salts, and ammonia. They are transported for exhalation, excretion through a bowel movement or urination.

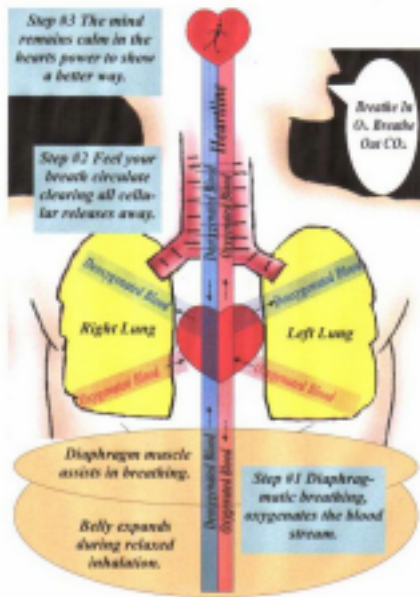
The circulatory system helps protect the body from disease. White blood cells eat and destroy bacteria, viruses, and other harmful invaders.

As the blood circulates, it also helps keep the body temperature stable by absorbing heat from the cells' production of energy. If the temperature of the body begins to rise, the flow of blood into vessels in the skin increases, releasing heat. If the temperature of the body begins to drop, the flow of blood to the skin is restricted, retaining as much heat as possible.

The circulatory system also carries hormones. Hormones are chemical substances that affect or control the activities of various organs and tissues. Hormones are produced by the endocrine glands, including the pineal, pituitary, thyroid, heart, testes or uterus, ovaries or prostate and adrenals. These glands release hormones into the bloodstream.

When we are at ease in our hearts emotional intelligence we live life with a sense of peace, confidence and better health. Stress creates anger, negativity and disease.

The Breathe



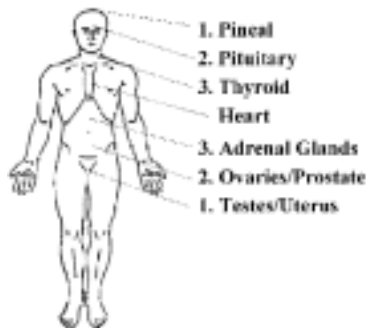
From youth we are told to suck in our guts and stick out our chest. By the 4th grade we have learned to breathe improperly. Chest breathing fills the top of the lungs with oxygen; this is where carbon dioxide is released. Chest breathing causes the blood to be less oxygenated. The heart must pump more blood to get the same amount of oxygen that diaphragmatic breathing delivers. Diaphragmatic (stomach) breathing fills the lower portion of the lungs with oxygen. This increases the oxygen absorption into the bloodstream. Diaphragmatic breathing reduces the work load on the heart; less blood must travel to the cells to get the same amount of oxygen to them. Diaphragmatic breathing empowers your brain to think more clearly and decreases your chances of heart disease. Patients with heart disease breathe 2.5 times more. Slow diaphragmatic breaths improve

Breathe

Breathe in three slow deep diaphragmatic breaths, affirming "My heart creates miracles."

Check 1, 2, 3

Your attitude is either healthy- working with your heart to promote health and healing, or stressed- working against your heart, causing hurt feelings, putting your insides into knots, depleting your energy and may even cause you to get sick. Your thoughts cause your endocrine glands to release hormones into your bloodstream. With the check 1, 2, 3 process you release old stressful thoughts and feelings while supporting a healthy attitude. This healthy attitude creates healthy hormones to fuel your body's immune system and promote health or healing. The seven main endocrine glands we will be looking at are as follows:



During the check 1, 2, 3 we check and process how our body is feeling and affirm a positive mental outlook.



Check 1

Am I feeling peaceful?

If you answered yes, that is great, and you have a great feeling to go with it. But if you answered no, then you are experiencing tension, muscles, including blood vessels, constrict. You maybe experiencing anger, hurt, confusion, jealousy or frustration. This creates a stress hormone that creates tension there by decreasing circulation, putting extra work on each cell as a result of increased cellular waste materials and a lack of resources, such as oxygen and nutrients, carried through the blood.



and open to life.

*Angry cell– Closed to
circulation, feeling*

*frustrated and anxious from
stress.*

*Peaceful cell– Open to
circulation, feeling clear*

The pictures above are fibroblast cells living in a matrix. Fibroblast cells are found in our connective tissue. They live in a matrix, much as we live in a house. Fibroblast cells create fibrosis or scare tissue. Some scare tissue gives the cell structure, but too much scare tissue can create a barrier that is difficult for blood to permeate through. The stressed fibroblast cell is working extra hard to hold the tension, with less fuel resources. Picture living in a house, and never getting rid of anything; never taking out the trash, never getting rid of broken or worn out items. It would feel overwhelming to be in that house.

Affirm: I deeply love and accept myself and my world.

By breathing healing heart energy into tense feelings we facilitate the clearing of tension. Trying to deny stressful feelings, leads to more stressful feeling. What we resist, persist. We must be willing to acknowledge and let go of anger and resentments in order to live a peaceful happy life. Resentments create walls of tension on our insides. It is a burden to carry a grudge. In order to let go of stress on the inside, we must be willing to let go of grudges.



Check 2

Am I feeling confident or worried?



Worry causes your insides to go into knots. Stress effects your DNA. Healthy DNA, B-DNA looks like a spiral staircase. Imagine a healthy person walking up that staircase proud and strong. Stress causes your DNA structure to change as Z or A DNA. Our coding does not change, however stress can switch some codes off. With A-DNA it is difficult for the cell to read the codes. Imagine the same person trying to walk up the stair case of A-DNA, they would be bent over. If they tried to walk strong and proud they would hit there head on the level above them. In Z-DNA the spiral has almost changed directions at the top. This causes

the DNA to loose its structure and it splits early into cell division. Z-DNA is linked to cancer, cysts and psoriasis. B-DNA belongs to someone who is confident in themselves. Z and A-DNA are victim and perpetrator and only coexist together.

What I like about this knowledge is that it helps us to understand how spontaneous healing can happen. This work is not meant to replace conventional medicine, but rather in conjunction with modern medicine. In 1998 Dr. Jon Kabut-Zinn conducted a research on the influence of mindfulness-based stress reduction intervention on rates of skin clearing in patients with moderate to severe psoriasis undergoing phototherapy and photochemotherapy. The results showed that the mind speed up the healing process by four times.

Affirm: I trust in my heart's truth to show me the way.

If your truth does not come from a place of love, it is not your heart's truth. Fear is a False Expectation Appearing Real. Fears feel real, and if you believe in your fears you are likely to create them. If you are afraid your boss is going to lay you off, you may find yourself being defensive and taking things personally. In response to fearing a lay off, you could create one for yourself. Your heart's truth is within, but if your DNA is in knots, you will be totally disconnected from your hearts truth. We must trust in our heart's emotional intelligence to untwist our insides. Only then we can connect to our heart's truth.



Check 3

Am I focused at ease or feeling “fight or flight?”

The “fight or flight” response releases the hormone adrenaline, which stimulates the heart-rate, dilates blood vessels and air passages, and makes you feel exhausted. When your body is physically attacked, adrenaline is good- it raises your energy and allows you to not feel pain. This is good when your body is physically being threatened and you need to get away. But when we are not really threatened, just constantly feeling stressed, you feel fatigued, detached from reality, void of love for friends and family, observing life but not participating and time drags as you constantly worry. It is the heart's work to resist the urge of fight or flight, and to reprogram our bodies to respond with our heart's power at ease. Ease is found in your breath, a steady heart rate and peaceful manner. Calm is a healthy healing attitude attracting healthy positive relationships, a strong connection to those around you and happiness.

Affirm: I listen and speak with ease.

When we are shouting, we are shouting over our hearts. The choice to speak our heart's truth is very powerful, freeing and healing. Emotions can get stuck in the body. In order to heal from painful feelings and emotions we must first feel them. Taking deep breaths can get us in tune with our feelings and heart's desires. An example of speaking from the heart is: “I am feeling unheard and I want to feel heard.”

Breathe Check 1, 2, 3

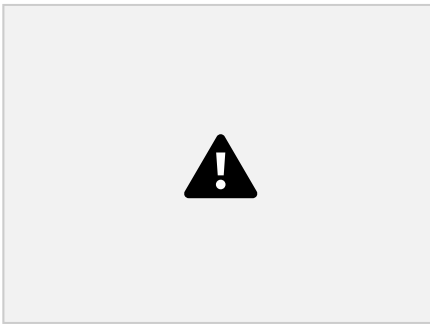
Breathe- Place your left hand on your heart and your right hand on your stomach. Take 3 slow deep breaths. As you inhale have your right hand accentuate the movement of your breath. Your left hand should remain still or close to still. Your left hand should be almost dancing to the rhythm of your breath. Next bring your hands together. Rub them fast. Say to yourself “I like_____.” Challenge yourself to make the list long. Now say to yourself “I am the master of my Heartline connection, my mind and body is in tune with my heart.” Take a deep breath in, slap your hands together in prayer position pressed firmly against your chest and tighten your pelvic floor, press your tongue against the roof of your mouth and concentrate your consciousness on your heart. Feel that energy building up until it explodes out of you. Allow your hands to move away from you on the exhale, representing a clearing of tension.

Check 1- Next place your hands on top of your head. Check 1. Am I feeling peaceful or not? With your left hand remaining on your head, take 3 Heartline breaths accentuating your breaths movement out the top of your head and over you. Next rub your hands

above your head. Say to yourself, “I deeply love and accept myself and my world.” Breathe in the meaning of these words, slap your hands together in prayer position pressed firmly against the top of your head and tighten your pelvic floor, press your tongue against the roof of your mouth and concentrate your consciousness on your pineal gland. Feel that energy building up until it explodes out of you. Allow your hands to move straight up away from your body as you exhale, representing a clearing of tension.

Check 2—Next place your hands to the side of your eyes. Check 2. Am I feeling confident or worried? With your left hand remaining on your head, take 3 Heartline breaths accentuating your breaths movement out and above your head. Next rub your hands in front of your eyes. Say to yourself, “I trust in my heart’s truth to show me the way.” Breathe in the meaning of these words, slap your hands together in prayer position pressed firmly between the eyes and tighten your pelvic floor, press your tongue against the roof of your mouth and concentrate your consciousness on your pituitary gland. Feel that energy building up until it explodes out of you. Allow your hands to move up and out away from your body as you exhale, representing a clearing of fear from your vision.

Check 3— Next place your hands around your neck. Check 3. Am I feeling at ease or fight or flight? With your left hand remaining on your neck, take 3 Heartline breaths accentuating your breaths movement out. Next rub your hands in front of your throat. Say to yourself, “I listen and speak with ease.” Breathe in the meaning of these words, slap your hands together in prayer position pressed firmly against your throat, tighten your pelvic floor, press your tongue against the roof of your mouth and concentrate your consciousness on your thyroid. Feel that energy building up until it explodes out of you. Allow your hands to move out and away from your body as you exhale, representing a clearing of dis-eased energy.



Healing Hands

The human touch has actual healing powers. It stimulates circulation thereby promoting your body’s healing process. Studies indicate that touch has a beneficial effect on our perception of pain, treatment of disease, and emotional and physical development. Place your hands anywhere on your body, on a friend, family member or pet to promote healing.

The healer empowers the body’s circulation through the flow of the breath. The healer facilitates relaxation, alleviates anxieties and promotes a peaceful state and balance.

Everyone has healing hands. The Breathe Check 1, 2, 3 Program strengthens your healing touch. Breathe Check 1, 2, 3 is a tool, however, it is not required for your touch to promote healing. All that is required is an open heart.

Video

[Heartline Foundation](#)

[The Church of the Rising Phoenix](#)