

## Compassion: The Key to Emotional Health (and Healing)

With Steven Horne

## Physical Injuries



## Emotional Injuries



## My Personal Journey

- I have long recognized that there is a mental and emotional aspect to health that is just as important as nutrition, exercise and sleep
- I had an intense desire to understand human suffering and know how to help people heal, which led me to a series of amazing experiences and insights



## Based on My Experiences I Learned

- Empathy is the ability to sense (feel) another person's emotional state (even when they aren't outwardly expressing it)
- Compassion is the ability to literally share in another person's emotional state (not just relate to it)

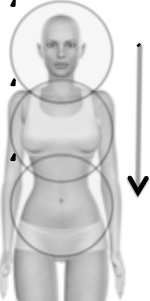


## What Are Emotions?



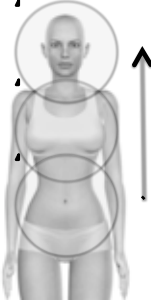
### What I Came to Understand

- Emotion = Energy of Motion
- Emotion is the energy that converts thought into motion (action)
- As the seat of emotion, the heart is the mind-body connection, the bridge between thought and action
- In other words, emotions are the driving force behind everything we do



### Emotions and Feelings

- Feelings (inner sensations) and emotions are closely related, but for clarification purposes I like to think of feelings as how the heart communicates messages to the brain
- In other words, emotions bridge mind to body and feelings bridge body to mind

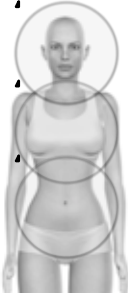


### Dominant Views of Emotions

Physical	Mental
<ul style="list-style-type: none"> <li>• Emotions are the result of chemical messengers like hormones and neurotransmitters</li> <li>• Imbalances are often genetic</li> <li>• Drugs (or herbs and nutritional supplements) which alter these chemicals will "fix" emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Emotions are a creation of the mind</li> <li>• Positive thinking leads to positive feelings</li> <li>• If you are feeling "bad" you need to change your thoughts</li> <li>• People often suggest, just "let go of it," meaning stop thinking about it</li> </ul>

### My View

- Emotions are not a by-product of either mental or physical processes
- As a bridge, they can carry messages from the mind to the body OR they can carry messages from the body to the mind
- BUT, the heart can also initiate messages it sends to both the mind and the body
- In other words, our emotional world is one aspect of our three-fold nature




### Star Trek Thoughts



### Was Descartes Correct?

- *Cogito ergo sum* (I think, therefore I am)
- Is thinking supreme?
- In our society we view thinking (being rational) as being stable and good, and feeling (being emotional) as being unstable and bad



## Is It Really About Thinking?

- To justify the thinking based model, people have misquoted the Old Testament by saying "As a man thinketh, so is he"
- The actual quote is "As he thinketh in his heart, so is he."
- How does one think with the heart?



## The Subjective Experience

- Our subjective experience of our heart is that it is about feelings and connections
- For instance:
  - We talk about "giving our heart" to someone when we fall in love.
  - We feel our "heart breaking" when relationships end.
  - We say "take heart" to encourage someone.
  - We "take things to heart" when we allow them to affect us emotionally.
  - We "have a heart" when we exhibit compassion.
  - We "harden our heart" when we emotionally become cold towards someone because of hurt and betrayal.
  - We "lose heart" when we lose courage and hope.
  - We refer to relationships as "matters of the heart."

## Rethinking the Heart

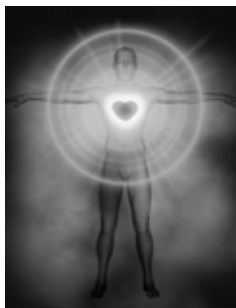
- "Modern analysis of the heart has shown that in spite of the fact that the most powerful ventricle of the heart can shoot water six feet into the air, the amount of pressure actually needed to force the blood through the entire length of the body's blood vessels would have to be able to lift a hundred pound weight one mile high..."
- "The heart is, in reality, not the pump of the circulatory system, but plays a much more subtle and elegant role, for the heart does not pump the blood."
  - Steven Harrod Buhner in *The Secret Teachings of Plants*

## The Heart Brain

- Between 60-65% of the hearts cells are neural cells, like those found in the brain
  - The heart has direct connection to the brain that is unmediated, meaning nothing interferes with the signals the heart sends to the brain
  - The brain is directly wired to the amygdala, thalamus, hippocampus and cortex, the parts of our brain responsible for:
    - Emotional memories and processing
    - Sensory experience
    - Memory, spatial relationship, and extracting meaning from sensory input
    - Problem solve, reasoning and learning
- From *The Secret Teachings of Plants*

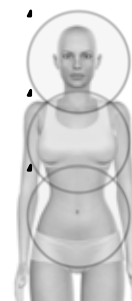
## A Personal Perspective

- The heart broadcasts an electromagnetic wave throughout the entire body
- This not only affects every cell of the body, it also sends an electromagnetic signal into the surrounding environment
- These vibrations are what we call emotions
- In other words, emotions are electromagnetic vibrations in the body that motivate action



## More Personal Observations

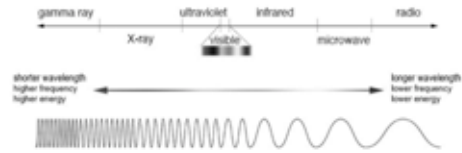
- Unresolved emotional wounds can affect our physical health and our thoughts
- Our physical health affects our emotional state and thoughts
- Our thoughts affect our emotional state and our health
- So, the most powerful healing comes when we address ALL THREE aspects of our nature
- This is real WHOLE-istic healing



### Emotions as Energy



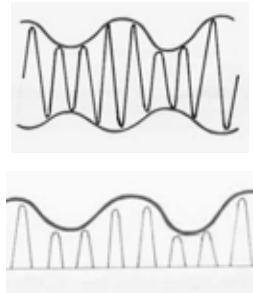
### The Electric Universe



- Different types of energy vibrate at different frequencies
- The frequency of a vibration is how fast or slow it oscillates
- We are immersed in a “sea” of vibrations every moment of our lives

### Carrier Waves

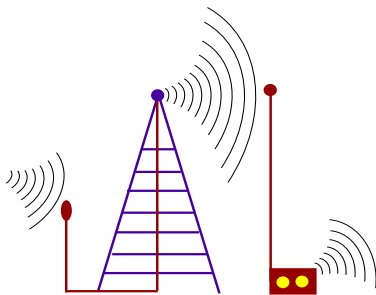
- An electromagnetic wave can be modulated (altered) to carry information
- When you tune into a radio or TV station, you are tuning in to a specific carrier wave frequency
- The radio or TV decodes the signal embedded in the carrier wave



### Modern Communications

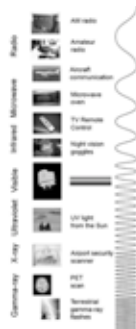
- We are surrounded by invisible wavelengths of electromagnetic radiation
- These include:
  - Hundreds of TV and radio station signals
  - Thousands of cell phone signals
  - 2 way radio communications (police, fire, military, Ham, CB and so forth)
  - Satellite signals (GPS, weather, etc.)
- If we have a device that can tune to the right frequency, we can receive and decode these signals and retrieve information

### Signal Transmission

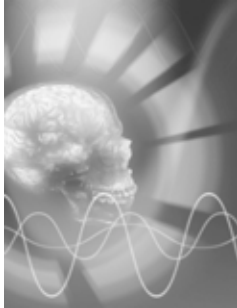


### Detecting Vibrations

- Our physical senses detect some of these frequencies
  - Our eyes detect light waves as sight
  - We feel infrared radiation in the form of heat or cold
  - We hear vibrations made in the air as sound
- Other forms of vibrations are detected by instruments we create
- But can we detect other forms of vibration?



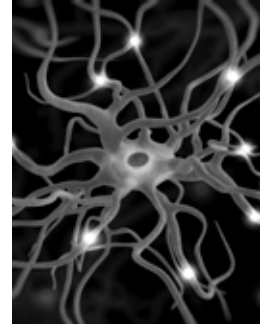
### The Body Electric



- Our body creates electromagnetic vibrations, which we have invented instruments to detect
- These include the electromagnetic oscillations of the heart (heart waves) and nervous system (brain waves)
- People also claim we have meridians, chakras and other subtle energy fields

### Electromagnetic Life

- “Cells and living organisms not only perceive, decode, and respond to extremely weak electrical signals, they perceive, decode and respond to magnetic signals.”
- Steven Harrod Buhner in *The Secret Teachings of Plants*

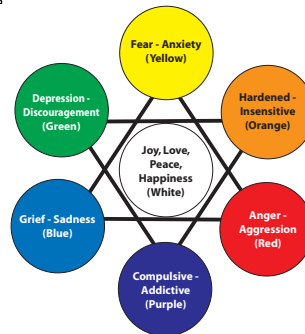


### Our Heart Affects our Thinking

- Information sent from our heart to our brain can profoundly affect our thinking
- Our emotional state is reflected in our heart rhythms, which affect the brain’s ability to process information, make decisions, solve problems and express creativity
- *From The HeartMath Solution* by Doc Childre and Howard Martin



### My Emotional Model



### There Are No Negative Emotions

- Like pain, the so-called “negative” emotions are messages that something is “wrong”
- Don’t confuse the message and the messenger
- The fact that you are feeling a painful emotion doesn’t mean something is wrong with YOU
- It means you need something



### Beliefs NOT Thoughts

- A belief is a way of being and living (be-live)
- It is beliefs, not thoughts, that govern our actions and therefore create our experience of life
- A belief is a thought (idea) that is linked to emotions
- Thoughts alone cannot change our lives, but thoughts connected to strong feelings do




### Physical and Spiritual Feedback

<p><b>Pleasant ("Positive")</b></p> <ul style="list-style-type: none"> <li>• Pleasure</li> <li>• Happiness and Joy</li> <li>• Love and Desire</li> <li>• Peace</li> <li>• Fulfillment and Trust</li> <li>• Excitement and Enthusiasm</li> </ul>	<p><b>Unpleasant ("Negative")</b></p> <ul style="list-style-type: none"> <li>• Pain</li> <li>• Sadness (hurt) and Anguish</li> <li>• Anger and Hatred</li> <li>• Fear and Anxiety</li> <li>• Jealousy and Envy</li> <li>• Depression and Discouragement</li> </ul>
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### Feelings and Needs

- All feelings and emotions are linked to our needs as human beings
- Denying a feeling is denying either our needs or the needs of others
- Suppressing and denying our feelings leads to inner conflict




### Feelings Buried Alive Never Die

- The title of this book by Carol Truman says it clearly – feelings that are buried and not acknowledged do not go away
- Instead, they get bottled up inside, creating “stuck energy” in the body
- Things in life will often “trigger” this stuck energy, causing us to behave in ways that may make us feel ashamed or guilty and try even harder to bury our feelings



### We All Need to Heal

- Most of us carry lingering trauma and unresolved emotional pain
- The biggest obstacle to healing is our aversion to pain. In fact, most of us will do just about anything to avoid it
- But, like the monster in a child’s dream, emotions only heal when we confront them

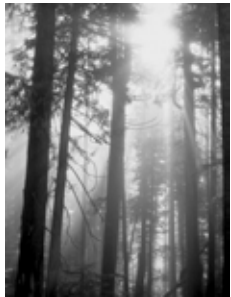


### Emotional Healing

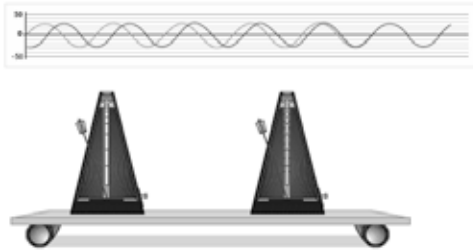
- Emotional healing is about reconnecting a person with their feelings
- It is NOT about getting rid of “negative” feelings (that is, making them “go away”)
- Instead, it’s about becoming aware of negative feelings, understanding what they mean and learning how to utilize this emotional energy in a constructive way
- Emotional healing promotes self-awareness, self-responsibility, increased compassion for and better communication with others

### Beautiful Experiences

- In assisting others with the process of emotional healing I’ve seen:
  - Physical changes in people’s bodies
  - People releasing pain and suffering they’ve carried for years
  - Physical ailments healing
  - People experiencing spiritual insight and connection to Divine love



## Synchronization



## Entrainment

- When the heart and the brain are in sync, acting as one, we have internal coherence
- This internal coherence gives us a feeling of calm, loving flow in our lives
- We feel connected and our love flows without struggle
- [Graphic from heartmath.org](http://heartmath.org)



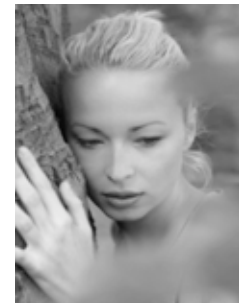
## Heart Oscillation Carrier Wave

- The electromagnetic wave of the heart broadcasts a signal into the surrounding environment
- Extremely complex information is encoded into this carrier wave



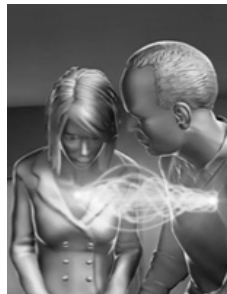
## The Heart Receiving Station

- The heart not only broadcasts electromagnetic signals, it also receives them
- The heart picks up signals from other people, animals, plants and environments, then decodes information and transmits it to the brain



## Empathy or Compassion

- Empathy or compassion is our ability to entrain with another person and share in their emotional experience
- We are empathically tuning into the messages their heart is sending and experiencing "common passion" or common feeling
- [Graphic from heartmath.org](http://heartmath.org)



## Hardening our Heart

- In the mistaken belief that "following our heart" causes us to get hurt, many people "harden their heart"
- They try to make their brain (thoughts) override the information coming from their heart
- This does NOT protect us, it actually increases internal incoherence



## Heart to Heart Communication

- When people entrain heart to heart they feel an emotion we call love
- We also say we are:
  - In sync
  - On the same wavelength
  - Experiencing good “vibes” (vibrations)
  - Communicating “heart to heart”



## How We Create Communion



- When we open our heart and “tune-in” to another person we allow our heart to entrain on the signals from their heart
- This creates a direct communication link that gives us a true understanding of what is going on inside of them
- We can receive extremely complex information through this link, including directly accessing a person’s life experience

## We’ve all Experienced This

- Sharing good “vibes”
- Being “in tune”
- Being on the same “wavelength”
- Getting in the “groove”
- All imply we’re on the same “frequency” as we commune with someone
- This is compassion



## Heart to Heart Diagnosis and Healing



- When we open our heart to someone who is emotionally wounded or sick and allow our heart to entrain with theirs, we can feel what is wrong with them in our own body
- The other person feels this entrainment and feels cared for and understood
- As we move from sensing their wounds or illness, back to our own center of peace, their heart will try to follow ours to hold onto the connection

## Letting the Heart Teach the Mind

- The heart knows things that the head will never understand
- Never let your head override your heart
- Do not let your emotions override your heart either
- Make keeping your heart peaceful, loving and happy a top priority



## Heart Guidance

- Having an emotional response is not the same as listening to your heart guidance
- Our brain also affects our emotions, so that it can hijack our heart into getting its way
- True heart guidance is accompanied by feelings of peace, love and coherence
- When we feel confused, angry, upset or afraid we are not in coherence and are NOT listening to our heart



## The Heart as a Moral Compass

- Through the heart we sense our oneness with everyone and everything
- The brain rationalizes
- An empathetic heart cannot hurt another because it is hurting a part of itself



## Disconnected

- Almost all people living in modern civilization are disconnected from their body and their emotions
- This means they are out of touch with their own needs and usually don't even recognize what those needs are
- If we deny and don't understand our own needs, how can we empathize with the needs of others?



## Will You Come Home by Susie Burke

You know where you live, but you've never been home  
 Everyone in your house has been living alone  
 Something is wrong, and you know it's not fair  
 But it's easier to hide than to show that you care  
 Refrain: Will you come home, will you come home,  
 Will you come home to your heart  
 You've kept away from yourself from the start  
 You can come home now, home to your heart  
 You work hard all day, how you strain to stand tall,  
 Trying to make someone love you, better yet, make them all  
 But the doors have been closed, all your secrets concealed  
 And you're living your life so they're never revealed

## The World Needs Healing



## Certified Emotional Healing Coach

- An Introduction to Emotional Healing (Feb 9-Apr 20)
- Emotional Anatomy (Apr 27-Jun 29)
- Balancing Neurotransmitters and Hormones (Jul 6-Aug 31)
- Flower Essences and Aromatherapy (Sep 14-Nov 2)
- Personality Typing and Therapy (Nov 23-Dec 14)
- Running a Successful Consulting Business

## Fees, Guarantee, Assistance

All courses can be purchased individually  
 First four courses are \$197 each  
 Personality Typing class is only \$97, Business Class is free

Cost if purchased separately	\$885
Cost if purchased together	\$650
Member cost (\$19.95 per month) before Feb 9	\$350
after Feb 9	\$500

First Emotional Healing Intensive (Nov 11-15)	\$750
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30-day Money Back Guarantee (from start of class)

Full or partial scholarships available:

<http://www.modernherbaleducation.com/financial-assistance.html>

**Question and Answer Period**

