

THE HEART HAS A BRAIN



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- Annie Marquier, mathematician and pianist, with a long research career, discovered that the heart has an independent nervous system and it is very well developed with more than 40.000 neurons and a complex net of neurotransmitters that allow it to take decisions and take actions independently from the brain, this organ can learn, remember and even perceive.
- The heart has a neurological communication, biochemical information, biophysical communication and energetic communication; can process independently of all the organs of the body to the external stimulus and can generate a reaction before the brain.
- This demonstrates that the heart has an intelligent state of consciousness that allow it to connect with the emotions in a faster way, that is why it is said that the heart has a brain.
- Before positive emotions, the heart generates a state of biological coherence, all harmonizes and work properly but when facing emotions like fear, rage or distrust, appear incoherent waves at the heart rythm that brake the balance of body and soul.
- To activate the biological coherence of the heart we must make aware the positive emotions and thoughts; trying to liberate from the primary mechanisms that are the fear, desire, anxiety. This way, we will allow to use the intelligent state of consciousness of our heart, achieving this way a higher state of well being.