

The Heart of the Matter

By Kitty Michele Nelson, Rev.

Go to your bosom;

Knock there, and ask your heart what it doth know...

~William Shakespeare, *Measure for Measure* [II, 2, Isabella]

I am sure you have heard many “heart” related sayings, like *Follow Your Heart* or *Your Heart Holds the Key*. How about like *The Heart Knows* and so many other colloquialisms handed down throughout time?

So what if I told you that the Heart that beats for you every second of the day really does hold a key to unlocking so many mysteries? That by a simple act of *Self Loving*, and no, I do not mean by just being kind to yourself, but a more deeply profound act of *Heart and Soul Connection* whereby reality shifts and a sense of peace and joy is almost guaranteed.

There are many “Gurus” of the Metaphysical community that have written about, talked about, and even wrote stories about the miracles of the heart and what one finds along this deeply intimate and personal journey. Louise Hay comes to mind as one contributor. Dr. Bruce Lipton with his *Biology of Belief* and *Epigenetics* is a modern forerunner whose long history of research and study has changed the face of Science for a great many people. Then we have Dr. Joe Dispenza, whose journey from a thriving practice to a near-fatal injury and then self-healing has created one of the most science-based, research-driven paths to recovery, self-healing and Heart Brain coherence that if you haven’t heard of him, you’re about 20 years behind the pack. Even the Abraham-Hicks tag team speaks of the importance of your heart for amassing change in one’s life.

So here are some interesting scientific facts to share with you. For instance, your heart produces 1,000 times more electromagnetic energy than your brain. This can be measured outside of the body, up to 8 feet and some say 12 feet away. (Check out Heartmath.org)

Also, as science has found, there are brain cells in the heart, as well as the stomach. Giving a little more credence to the notion of gut instincts perhaps?

When you learn new things the Brain creates neural pathways. If you do not revisit what was just learned, the pathways will be reabsorbed. A pretty organized function of creation don’t you think? Another validation for *Use it or Lose it*. There are some 40,000 neurites in the heart. These neurites then allow the heart to retain memory. There are many documented cases but I’ll share one case of an 8-year-old girl who had a heart transplant, the donor being another little girl that was murdered. The little girl with her new heart suddenly begins having horrific nightmares of being killed. The details of this were so detailed the police were successful in finding the killer. While Dr. Lipton attributes this to these sort of antennae (he refers to same-self antennae) on the skin of the cells that make up the heart, the presence of the neurites could be another possibility of why the phenomena happen.

I can see validity in both views. The same-self regulators tell the body that this is mine. Whereas a transplanted organ holds the same-self markers, and the host body sends out chemicals only to discover

this is not Self. And so the need for alteration and drugs to keep the body from rejecting the donated tissue is used.

I am over-simplifying this obviously for context.

For about 20 years now I have been teaching that there is this transference of energetic memory that takes place when a fetus is conceived. The simplest way to explain is this: The two cells that came together to create the ovum possessed all the memories of their hosts (mom and dad) up to that point in their lives. So when you are born there are these energetic memories as part of your matrix resident in every cell of your being. Now extrapolate that back through generations. 2 sets of grandparents, maternal and paternal... 4 sets of great-grandparents and so on and so forth. So at the creation of each 'parent' through the line, there is a transference of memory. It dilutes with each new generation but still can hold sway over feelings, fears, beliefs and even memories.

It is possible to have a memory that is not a *Soul* memory but actually a generational or ancestral memory. In a previous article, I spoke of a study that was done in 2013 with a group of male mice. These mice were conditioned to be afraid of the scent of cherry blossoms. This fear was transferred down 6 generations of pups.

The 'I love You' Exercise

I have been giving this out as *homework* to clients for perhaps 15 years or more. I recently discovered that Louise Hay has something similar, great minds think alike. How I have shared it though is you must look to your own gaze, holding your eyes and speak with complete sincerity, as much as you can fake, "I Love You (Your Name)". You repeat this maybe a dozen times, and several times throughout the day. Any mirror is an opportunity to release!

Through my journey, I discovered that it doesn't make as much of an impact if you do not use your name. There are also pitfalls to be aware of. Your body hangs on to the memories of past wounds, emotions, and fears. Perhaps the ego is also a bit resident in the cells of the body and so this brings up all manner of what I call *Body Signs*. (As a Craniosacral and Massage Therapist, I have learned to pay close attention to the little revolts and releases the body goes through during healing sessions.)

What I experienced was a slew of self-doubt chatter that I know came up because of not feeling worthy, good enough, etc., or the programs that were instilled in me by my parents and the environment I was in. I felt foolish (I blushed), I felt ridiculous, I felt impatient, I felt anxious, I felt stupid, I felt I felt I felt, a myriad of things we could fill a book with. But the day I broke through was the day that still can bring tears to my eyes when I share this.

In a nutshell, I went through all of the above, never letting go of my gaze. The typical session would be 10 seconds maybe, but not this time. Something was shifting. After about 10 times I felt my throat constrict, I began to choke on my words, I breathed.

Normally I might have stopped there. My body wanted me to stop there. I never looked away. I was speaking to *her*, the wounded child, the heartbroken girl left in the dark. Again, another 10 or 20 repeats and a sudden jolt of pain caught me by surprise. My heart felt like it was literally being torn apart, *Heartbroken*. The pain was unlike any pain I had experienced and yet I clung to the words like a life preserver, never abandoning the woman before me.

This then turned into tears, into sobs, into a bright shiny, snotty mess and the tears fell like shards that stung my eyes. I refused to stop and now it must have been a hundred times, perhaps two hundred. Soon enough the choking sobs fell away to giggles, and then the giggles into laughter.

I held on tight, never letting her go, confirmed and convicted in my Love for the person before me. The laughter became so much that I could only smile, hold those eyes in mine and laugh on. When at last I could breathe, I just smiled, looked at her and said, “yeah, I really do love you.” and that was the beginning of a new life.

The synchronicities that followed were many. The first being my husband, who is a musician (more like a vampire) uncharacteristically came inside, in broad daylight about 30 minutes after I cleaned up the shiny mess I was. He stood there with this odd, lopsided sort of grin to which I replied, “whaaaa?” His reply was simply, “Nothing, I just came in to say I love you.”

I just stared back, blinked and said I love you too. I think I admonished him back to his Studio to leave me alone to my work and never thought of it until a few weeks later. Suffice it to say everything changed for me then. My experiences with strangers, my business, my *friends* and those that soon left my friendship because they weren’t meant to be there and all the new friends that took their places. Everything, especially my relationship with Myself.

Manifest a New You

When was the last time you thought of your heart, the one that is beating right now in your chest? When was the last time you said “thank you” to your heart? How could so simple an act be not part of our daily routine? Isn’t it time for dialogue? I mean really, it hears you, it is waiting for you.

In order to make a change in our surroundings, even with those who are around us (they are but mirrors of the energy we carry), we first must make a change ‘within’ us. What is out there began some time ago, in here. It is a reflection of our beliefs, our programs, and our fears. So much of these are really just one point of view. And the beauty of a point of view is that at any time you can decide to change your mind. Or change your heart.

Write your story down in a notebook. Matter of fact grab a few at the dollar store and make one your *Dream Journal*, and then a *Gratitude Journal*, make another *Your Story Journal*, and another your *Daily Goals Journal*.

Obviously, the dream journal is for those profound messages you get when sleeping. (Pick up a little book light while you’re at it.), and the Goals are for your daily goals. Then you can go through at night

and mark off what you successfully fulfilled, mark the ones that got missed and add them to the next day, or write down what seems to have been in the way of success.

Your Gratitude journal is a way to raise your frequency, your vibration. It keeps you up and helps to see what matters even if the day wasn't as stellar as we would have liked. It has so many benefits. It can be your rope that pulls you out of the abyss.

Now, Your Story Journal is a wonderful process to write just what you want your life to be, but in a "Past Tense" format. You put in all the "feels", like feeling awesome, my body moves with joy, etc, etc... The new job is so much fun and the people there appreciate what I add to the company or however you want to work it out. In a simple way it is an uplifting process that brings about change through your sense of self, of keeping your vibrations high and other "feel goods". I recommend reading it in the morning and before bed. Make changes as you feel like it. Keep adding or removing parts as you feel it. The brain has this really interesting feature, the frontal lobe, that when you ask questions of yourself like, "what would it feel like to have a new car" and then as you start to process, pretend, feel, imagine, and build this experience, the brain is attempting to figure out how to make it real.

BUT...

If you don't feel it in your heart, if you don't make that connection and combine the thought with the feeling, it falls upon deaf ears. The Universe is an interesting 'thing'. It doesn't care about the positives and negatives. It is all energy. We, on the other hand, care about the positives and negatives. And if we are looking to create affluence, ease, joy, health, in our lives, we have to hold that frequency, make it real and then as we are in alignment with that, it becomes our current reality.

The Heart leads, the body follows. Feel it, be it. Your body can not distinguish between what is real, and what is imagined. Use that to your advantage.

So armed with this little bit of information, I hope it inspires you to seek out more and apply the techniques shared here.