

HEART BRAIN INTEGRATION

Is this creating AGAPE?

*Agape means to be wide open and expanded. In *The Pilgrimage*, author Paulo Coelho defines it as "the love that consumes" i.e., the highest and purest form of love, one that surpasses all other types of affection.*

Is it normal to be in pain and suffer? We accept this and we accept it mostly in our physical body. It is NOT normal.

To awaken ourselves we will be activated physically because that is the main way we listen. For many people we may listen and stay engaged in suffering always in some healing of self. For others we ignore it and are quite unwell and think its normal and medicate it. For others we may listen and translate it with a meta - physical explanation and solution.

It is NOT normal to suffer. It is NOT normal to have headaches and experience fatigue. It is NOT normal to suffer and call it a spiritual journey. It is NOT normal to suffer and call it a detox. It is NOT normal to suffer and call it an evolutionary change and planetary energy shifts.

We suffer without even knowing we suffer, mainly because it is what we have known. Whilst we suffer we cannot love really, we love yet we are not of love, it is not what we experience through our being, cells as the essence of who we are. Our love is conceptual and well meaning.

As the world changes we create naturally new solutions. Inspiration comes through people to tackle global shifts. The shifts now that we are experiencing seem to be calling us back into relationship with self. Rather than this being through the mind storing and absorbing more information it is being activated as a physical body sensation inviting us to change from the inside out.

THE SECOND BRAIN

The brain is useful for accessing information. It is also not what controls us. What actually dictates more of our response to life is the second brain. Much has been written about Heart/Brain integration and we have interpreted this to mean the mind/brain and the heart. The brain that is being activated through many people today is known as the second brain of the human being. *The Second Brain: The Scientific Basis of Gut Instinct and a Groundbreaking New Understanding of Nervous Disorders of the Stomach and Intestines* by Michael Gershon explains this in detail. This is located in the stomach, small intestine and colon. This is the ego position of the body. This operates as a separate entity to the mind. This at a physical level is called the Enteric Nervous System and runs through the Vagus nerve.

What we have come to realise is no matter how much the mind is intentional the body has a position of its own. We have a very damaging EGO MATRIX inside of our body that is led by a separate nervous system, hence the reason why we go back to certain positions in self. This is underground, powerful and controls us without conscious awareness.

For the human being to make change, get well, transform and/or move in alignment with today's earth changes this part of the body and the ego lessons it provides will need to be seen, addressed and released before the body and brain become one. Therefore the actual heart/brain integration we have been speaking about does NOT exist between the head through the throat into the heart. It exists at the centre of the human being at the heart and just below this at the enteric nervous system point in the stomach/small intestine and colon along the spine and nervous system. This blockage affect digestion, therefore the ability to process food and metabolise life. The spine is our back bone therefore energy may move down through the brain, then along the nervous system but will get stuck at this ego position. We will act on this unconsciously. We call this our gut instinct and/or intuition and most likely it is all just our ego hence why our instincts do not always pay off.

This is now important for us as human beings for one simple reason – LOVE. For men and women to form new love unions at the highest level – living in AGAPE love we would need to have a heart/brain integration. That translates as living not from your ego positions but from what is really true, aligned with REAL intelligence™.

REAL intelligence™

The intelligence that is permeating through us is awakening us to become REAL. self - honest at levels we have never been. This awareness is not a cognitive challenge. It is all about body awareness. Hence why the intelligence comes through the body into the heart and sits at this ego matrix position. We will be unable to feel this in our bodies if we have a strong controller, we will feel it as physical symptoms maybe but we will not be able to transcend it. We will not be able to feel the deep love we know to be true if this is blocked. There will be oscillating and confusing messages felt in our body and mind conflicting at all times with no synergy between the heart and brain of the body. Therefore our decision - making will be erratic and we will feel confused.

The purpose is for us to create inside of the human being complete joining in self with REAL intelligence™, the physical body with a heart/brain at the centre of the body that is free of its ego positions and aligned to life.

What happens then?

As you identify the ego positions of your nature we release these and the body position you continue to fall back into no matter how much work you do. Once this is no longer what the body memory recalls you have a new reference point in self. This creates space in the body for healing, well - being and full life force. As we become humbled to this and are no longer waging a war inside of our body with ego

positions we naturally become more aligned to our heart. This opens up for us all the agape love position we all know to be true of deep unconditional love. This as it flows through our bodies is an elixir for wellness.

Then we have a body that is aligned as both matter and space.

This creates unification with the heart and brain of the body and less reliance on the mind. Which creates less thought, more expansion, less confusion and greater clarity in our decision – making. Because we make these choices not based on the control mechanism but on our felt body sensation of Agape – heart/brain integration.

JOINING SELF

Through the process we have created REAL self HEAL™ we have come to realise this can be used to create this heart/brain integration plus a nervous system that is aligned with tachyon energy. New potential then exists for the human being. - real alignment and joining with self. Powerful intentional living will unfold. Inspiration then becomes about the way we live life and naturally we can then join authentically with one another.

What we are seeing is the opposite of most of the ways we have gone about connection and understanding. There is no past referencing to be done referring to past wisdom. Every individual has self - honesty and self - connection within self in application. Therefore often what simply blocks us accessing this heart/brain integration are the ego positions we have learnt to take on in life. Plus much of this is not because we are filled with ego. It's more like emotional body responses that the body just knows. What lays below this are actual physical diseases, virus, infection, safety and survival mechanisms that are innate in every human being. When we identify what they are for your unique body and remove them from the body. Then you do not have to settle back into an ego position. Physically and structurally your body starts to work and flow. Naturally then the mind and our emotional body will feel more balanced. We do not need to meditate or eat well the function of the human beings body is set up to work as one synergistic system.

LEAP FORTH

It's a mind leap for sure and you also do not even have to understand this for it to work. Cognitive understanding is also irrelevant. Tachyon energy and REAL intelligence™ is static, still, strong and works within us all. Therefore interpretation of each individual needs to only be specific to you. Your own personal patterns and awareness is enough without any judgment by self or us is needed. Who cares, it is just what your body has learnt to do. We focus more on aligning the body and less analysis and therapeutic understanding. That gets us all nowhere this we have learnt with multiple mistakes in our own lives.

For us to integrate this it is a merger yes of many things yet it can be simple. All we need is enthusiasm and an open mind to say YES to something that we may not understand yet we innately feel maybe worth investigating.