



A Heart Centered Life with WELL & WILD Care

by Chris Lucks

You've may have heard the saying, "the longest distance in the world is from your head to your heart." To me this captures the true essence of healing, which ultimately means living more and more from our hearts.

For centuries, the heart has been considered the source of human compassion, courage, love and wisdom. Our 'heart intelligence' is said to be responsible for the flow of intuitive awareness, understanding and inner guidance that we experience when our mind is brought into alignment with our heart.

Traditionally, scientists have thought that it's the brain which sends information and issues commands to the body, including the heart, but they now know that the reverse is also true... the heart sends information to the brain and body. According to researchers at The HeartMath Institute, "The heart is far more than a simple pump. The heart is a highly complex, self-organised information processing centre with its own functional "brain" (sometimes referred to as the 'heart-brain') which communicates with and influences the cranial brain via the nervous system, hormonal system and other pathways. These influences profoundly affect brain function and most of the body's major organs, and ultimately determine our quality of life."

When our heart field is vibrating in a smooth, rhythmic frequency and the firing of nerves from our brain are synchronized to this heart rhythm, there is said to be *heart-brain entrainment*, and greater *heart field coherence*. Dramatic positive changes have been shown to occur when greater heart field coherence is established, including: an increase in positive perceptions, a wider range of emotions, reduced

mental dialogue, and the ability to reduce stress and deal more effectively with difficult situations.

WELL & WILD care produces heart-brain entrainment. Regular WELL & WILD care sessions continue to strengthen your heart-brain connection to help you maintain greater heart field coherence. The more often heart-brain entrainment is established and the longer it's maintained, the more heart centred your life becomes regardless of the situations or external circumstances in your life!

And the benefits don't end with you... When two people are touching or in close proximity to one another, their two heart fields begin to entrain to one another. Therefore, when you develop and maintain greater heart field coherence in the presence of others, they respond naturally to the vibration of your heart field by becoming more open, responsive, animated and affectionate. In this way, your own personal healing extends to the lives of your family, friends, and all of those who you're connected to.