

“If the 20th century has been, so to speak, the Century of the Brain, then the 21st century should be the Century of the Heart.”

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When Gregg Braden says that *The quality of our emotions determines the instructions our hearts send to our brains*, he is coming from a postmodern knowledge that takes us back to the ancient understanding that the heart is the center of emotions, rather than the brain:

The discovery of 40,000 sensory neurites in the human heart opens the door to vast new possibilities that parallel those that have been accurately described in scriptures of some of our most ancient and cherished spiritual traditions.¹

Why is this new finding important when we are talking about therapy? Although therapists promote possibilities of changes in thought processes to make our lives more functional and realistic, it is our feelings that speak the greatest truth to ourselves. In other words, when we honor our feelings, or instincts as many people say, we are closer to what is real than when we rationalize.

The Institute of HeartMath is a pioneering research organization dedicated to exploring and understanding the full potential of the human heart. This is how they state the role of the heart in our decisions:

At the center of this ability (intuition) is the human heart, which encompasses a degree of intelligence whose sophistication and vastness we are continuing to understand and explore. We now know this intelligence may be cultivated to our advantage in many ways.²

Our feelings are the most reliable companion of our authentic selves; so embracing the benefits of our heart’s wisdom may increase our capacity to solve problems and gives us the resilience to embrace big changes in our lives in a healthy way.

¹ Braden, G. (2017). *Human by Design*. Hayhouse Inc.

² McCraty, R., Atkinson, M., Bradley, R.T. “Electrophysiological Evidence of Intuition: Part 1. The surprising Role of the Heart,” *Journal of Alternative and Complementary Medicine*, vo. 10, no. 1 (June 2004), pp. 133-143.