



## See and communicate with your heart

Stress and negative emotions have been shown in research to increase the severity and course of various diseases - especially diseases of the heart. On the other hand, we know that positive emotions and the ability to self-regulate emotions improve health in general [1-7]. But emotions also allow us to experience the pain and sadness of loss. Without any emotions - positive and negative - life would have no meaning or purpose.

Our language knows many descriptions that depict the heart as the seat of the soul and associate feelings with heart troubles or well-being. For example, "he broke her heart", or "she is heartless" (has no feelings), but also "my heart is warm" and "my heart laughs with joy".

Feelings of fear, irritation, frustration, loss of control and hopelessness that we have been experiencing for almost two years due to circumstances outside create stress. Recurring feelings of panic, fear, anger, blame, resentment, impatience, overwhelm or self-doubt consume a large part of our energy and settle like a grey veil over our minds and mood.

With positive feelings we perceive our lives as rich and are able to see the associated experiences as meaningful life experiences. Such feelings determine what is important to us and what motivates us. They connect us with others and give us the courage to do what needs to be done, to appreciate ourselves and to protect and support the people we love. Science has long known that we are connected to others through the beating of our hearts via electromagnetic waves that weaken with distance but propagate infinitely [8].

A 225-study review showed that positive emotions promote sociability and activity, altruism, a strong body, a strong immune system, the ability to resolve conflicts effectively, success and growth [9]. Part of the purpose of our existence is to extend compassion and kindness to all who need our help. Current circumstances on the outside deplete our inner energy reserves. This also weakens your capacity for self-control. Perhaps you have noticed in yourself that external circumstances rob you of positive feelings and put you in a state that distances you from yourself and leads you to behave inappropriately and unfairly towards others.

If you notice that the external circumstances are pulling you down and that your negative emotional state is also influencing your thinking, your conscious intervention on the emotional level is often the most efficient way to initiate a change in your mental patterns and processes. What can you do?

- At the moment we are deprived of many things that usually enrich our lives sensually or culturally. Be aware that not necessarily the consumption of products or services on the outside give you joy and a sense of well-being. Learn to appreciate the little things in your private life again, a hot cup of fragrant herbal tea, playing with your cat or making a gift for a loved one. Use essential oils as room scents or bath additives to lift your mood. Rose, orange or vanilla are helpful. Soothing music is a boon for

overstimulated nerves, calming you down. My tip: The album "Come away with me" by Norah Jones.

- Without a sense of connection, people can be much more easily controlled by fear. Nurture your connections and network whenever possible. Concentrate on your heart, send love to yourself and others and feel that you are a "receiver" for this vibration due to the law of resonance. All togetherness is healing. It goes without saying that if you have symptoms of illness, you should first cure yourself before entering into personal contact with others.
- Use techniques [10] to self-regulate emotions and harmonizing your heart, mind and feelings. This harmony makes decisions easier, increases your creativity when you need to find solutions to previously unknown challenges, sharpens your senses and enhances your mental clarity [11].
- Daily mindfulness exercises [12] will help you stay aware of your humanity. Turn off the manipulative, negative emotion-producing influences of mainstream media as often as possible. If you remain in heart awareness and maintain communication to the seat of your soul, you'll see that you are connected and you will continue to relate to others in a compassionate, tolerant and humane way. The secret is revealed by the fox in Antoine de Saint-Exupéry's "The Little Prince": "It is only with the heart that one can see rightly. What is essential is invisible to the eye".

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