

THE BLOG [HEALTHY LIVING](#) [DECISION MAKING](#) [STRESS RELIEF](#)

Let Your Heart Talk to Your Brain

Lately, I hear more and more people across different disciplines and walks of life talking about the heart. People seem to be waking up to the wisdom of letting their hearts guide them, finding it leads them to more joy and fulfillment. This is news that does my heart good.

By HeartMath LLC, Contributor

Provides services to improve health and well-being while reducing stress

Feb 11, 2013, 09:28 AM EST | **Updated** Dec 6, 2017

This post was published on the now-closed HuffPost Contributor platform. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, [send us an email](#).





red heart in the hands of men...

By Deborah Rozman

When I was a practicing psychologist, sometimes when I'd be working with a client who was confused about an issue or decision, I'd ask, "What would your heart say?" I often adapted a gestalt technique using two chairs. When the client was


talk to their mind sitting over there in the other chair. Then I'd have them switch chairs and speak from their head, talking to their heart, telling their heart the mind's views and concerns. It was like two different people talking. The heart spoke from genuine feeling and authenticity, in the present. The mind spoke from opinions, fears, shoulds and shouldn'ts. I had them switch chairs several times, until they had an epiphany. Very often the client would realize their heart's voice was their true self, a voice that offered both more intuition and common sense intelligence.

ADVERTISEMENT



This is no coincidence. What's really fascinating is that the [heart contains](#) a little brain in its own right. Yes, the human heart, in addition to its other functions, actually possesses a heart-brain composed of about 40,000 neurons that can sense, feel, learn and remember. The heart brain sends messages to the head brain about how the body feels and more. When I first heard about this scientific research, it intuitively made sense. I had felt for a long time that the heart has its own mysterious way of knowing.

Until the 1990s, scientists assumed and most of us were taught that it was only the brain that sent information and issued commands to the heart, but now we know that it works both ways. In fact, the heart's complex intrinsic nervous system, the heart brain, is an intricate network of several types of neurons, neurotransmitters, proteins and support cells, like those found in the brain proper. [Research has shown](#) that the heart communicates to the brain in several major ways and acts independently of the cranial brain.




brain is when the heart is coherent - generating a stable, sine-wave-like pattern in its rhythms. When the heart rhythm is coherent, the body, including the brain, begins to experience all sorts of benefits, among them greater mental clarity and intuitive ability, including [better decision-making](#).

Although the heart and brain are in constant communication, we can intentionally direct our heart to communicate to our brain and body in beneficial ways. When we experience sincere positive emotions, such as caring, compassion or appreciation, the heart processes these emotions, and the heart's rhythm becomes more coherent and harmonious. This information is sent to the brain and the entire body neurologically, biochemically, biophysically and energetically. You can shift into this coherent state to bring your mind and heart into harmonious alignment and have more access to intuition often in less than a minute. It can take a little practice to do this on demand, but it gets easier and quicker the more you do it.

ADVERTISEMENT

Here is how, using an adaptation of [HeartMath's](#) "Freeze Frame" decision-making technique:

- 
1. When there is an issue causing you stress, write down what you've been thinking and feeling about it.
 2. Shift into heart coherence using the [Quick Coherence Technique](#).
 3. In that state, ask yourself what would be a more effective response to this situation, one that will minimize future stress.
 4. Listen for what your heart has to say. Notice the first feelings and sensations that come to you. Perhaps it's offering a new insight you need, or is saying let go or be patient?
 5. Write down what your heart says, even if it seems too simplistic.
 6. Now compare what you wrote in #1 with what your heart said. Which feels better to you? Which has more ease, flow or common sense?

What often blows people's minds is the head saying what seems to be rational arguments that keep the emotions churning, but the heart's wisdom is so clear and releasing and simply feels right. In comparing what they wrote in #1 and #5, people often find the heart more intelligent; the mind more emotional, irrational.



I have made letting my heart talk to my brain a way of life because it's much more effective, and offers flow, ease and clarity for me. Whenever I need to, I shift my focus to the heart and ask its guidance. Recently, my mind was wanting to rush ahead and call somebody about an issue there was a deadline for. I got into heart coherence to grasp a deeper connection to the issue. My heart intuition was clear -- don't call now, or I will be reacting out of fear. So glad I waited until I was neutral and calm. The results I get from decisions I make in a heart-coherent state keep confirming the effectiveness of Freeze-Framing for me.

Lately, I hear more and more people across different disciplines and walks of life talking about the heart. People seem to be waking up to the wisdom of letting their hearts

THIS IS news that does my heart good.



Deborah Rozman, Ph.D., is president and CEO of HeartMath LLC, located in Boulder Creek, California. HeartMath provides scientifically-validated and market-validated tools and technologies that activate the intelligence and power of the heart to dramatically reduce stress while empowering health, performance and behavioral change in individuals and organizations. HeartMath's award winning emWave® technologies monitor and provide real time feedback on heart rhythm (HRV) coherence levels, an important indicator of mental and emotional state. HeartMath also offers training and certification programs for organizations, health professionals and coaches, and a self-paced online personal development program called HeartMastery for individuals.

Dr. Rozman has been a psychologist in research and practice, entrepreneur and business executive for over 30 years. She was founding executive director of the Institute of HeartMath,

and Global Conference Initiative Steering Committee. She is co-author with HeartMath founder Doc Childre of the Transforming series of books (New Harbinger Publications): Transforming Anger, Transforming Stress, Transforming Anxiety and Transforming Depression. She is a key spokesperson on heart intelligence and the role of the heart in stress management, performance and wellness.

For more by HeartMath, click [here](#).

For more on emotional wellness, click [here](#).

RELATED

[HEALTHY LIVING](#)[DECISION MAKING](#)[STRESS RELIEF](#)[WISDOM](#)[STRESS](#)

[◀ GO TO HOMEPAGE](#)

BEFORE YOU GO

[Suggest a correction](#)

HeartMath LLC, Contributor

Provides services to improve health and well-being while reducing stress

YOU MAY LIKE

Doctors Says Slimming Down After 60 Comes Down To This

This Is How People Over 60 Lose Weight Fast

Burn Belly Fat | Sponsored

Man Who Predicted Lehman Crash Says Get Ready For A 2023 “Cash Frenzy”

Investing Outlook | Sponsored

Moles And Skin Tags Fall Right Off After Doing This

Amarose | Sponsored

This Simple Trick Will Make Your PC Like New (Do It Now)

Don't buy a new computer until you've read this...

SafeLifeTips | Sponsored

These Vegetables Will Kill Your Belly And Arm Fat Overnight!

WeightLoss | Sponsored

Gloucester: Unsold Never-Used Cars Now Almost Being Given Away: See Prices

SUV Deals | **Search Ads** | Sponsored

Canadian seniors discover surprising benefit

Unique life insurance coverage for Canadian seniors

Canadian Financial Matters | Sponsored

Most Affordable Camper Vans



Yellowstone Discontinued - Effective Immediately

investing.com | Sponsored

Casinos Hate When You Do This, But This is Not Cheating

Yukon Gold Casino | Sponsored

CNN Anchor Gives Birth On Bathroom Floor After Sudden 13-Minute Labor

HuffPost

Stephen Colbert Spots Exact Moment Trump Speech Turned 'Real Creepy, Real Fast'

HuffPost

MORE IN WELLNESS



How To Find A Therapist Who Helps With Long COVID



5 Long COVID Myths We Need To Stop Believing



Actually, It's None Of Your Business Why Someone Has Gained Weight

MORE IN LIFE



FOOD & DRINK

How This TikTok Food Influencer Got 3 Million Followers Without Any Cooking Expertise





RELATIONSHIPS

23 Highly Amusing Tweets About Couples Therapy





STYLE & BEAUTY

What Your Massage Therapist Knows About You After 1 Session





SHOPPING

These Are The Comfortable Shoes That Nurses Wear For Standing All Day Long



'Mate Poaching' Is Behind Our Obsession With The 'Vanderpump Rules' Drama



SHOPPING

20 Home Decor Items That Interior Designers Are Shopping On Etsy



You Can't Be Serious If You're Trying To Make Pasta Without This Type Of Pot



SHOPPING

43 Efficient TikTok Products For Anyone Who Hates Wasting Time



SHOPPING

These Cool Organizing Products



SHOPPING

This Stylish Tech Accessories Brand Is Target's Best-Kept Secret



SHOPPING

SAVE ON YOUR SKIN.



SHOPPING

These Under-\$40 Office Supplies Are Ridiculously Good-Looking



SHOPPING

44 Beauty Products Reviewers Over 40 Swear By



SHOPPING

These Actually-Nice Throw Blankets Are Weighted Blankets In Disguise



HOME & LIVING

This 2014 Dramedy Is The Top Movie On Netflix Right Now





SHOPPING

This Highly-Rated Outdoor Survival Tool Is Only \$10 On Amazon





FOOD & DRINK

8 Foods You Should Never Try To Cook In A Cast Iron Skillet





SHOPPING

Meet The Black-Owned Jewelry Brand That Was Born From A Love Of Travel





SHOPPING

Everyone Loves These TikTok-Viral Reusable Water Bottles



Seeing Right Now



PARENTING

These Were The Most Popular Baby Names 50 Years Ago



This TikTok-Famous Travel Bag Has A Way More Affordable Doppelgänger



FOOD & DRINK

TikTok Claims This Common Cooking Oil Is 'Toxic.' Do Experts Agree?



STYLE & BEAUTY

WHO MAKES THE MAGIC HAPPEN



SHOPPING

If You're Bidet-Curious, These Toilet Attachments Are Pooper-Approved



SHOPPING

24 Shoes That Really Were Made For Walking



SHOPPING

8 Reviewer-Approved Jeans You Can Buy At Target



SHOPPING

This Expensive-Looking Swivel Chair Will Almost Certainly Sell Out Again





PARENTING

The Funniest Tweets From Parents This Week





FOOD & DRINK

Pro Bakers Share The Store-Bought Brownie Mixes They Swear By





NEWS

ENTERTAINMENT

VOICES

ELECTIONS

ABOUT US

CONTACT US

FAQ

ARCHIVE

COMMENT POLICY

HUFFPOST PRESS ROOM

PRIVACY POLICY

POLITICS

LIFE

HUFFPOST PERSONAL

NEWSLETTERS

ADVERTISE

RSS

CAREERS

USER AGREEMENT

DMCA POLICY

ACCESSIBILITY STATEMENT

CONSENT PREFERENCES