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Tapping the Wisdom and Power of Our  
Heart Energy

# The Heart's Code



The New Findings About  
Cellular Memories and  
Their Role in the Mind/  
Body/Spirit Connection

# The Hearts Code Tapping The Wisdom And Power Of Our Heart Energy

**Dr. Silvia Casabianca, MA, LMHC**



## **The Hearts Code Tapping The Wisdom And Power Of Our Heart Energy:**

The Heart's Code Paul P. Pearsall, 1999-03-10 A fascinating synthesis of ancient wisdom modern medicine scientific research and personal experiences that proves that the human heart not the brain holds the secrets that link body mind and spirit You know that the heart loves and feels but did you know that the heart also thinks remembers communicates with other hearts helps regulate immunity and contains stored information that continually pulses through your body In The Heart's Code Dr Paul Pearsall explains the theory and science behind energy cardiology the emerging field that is uncovering one of the most significant medical social and spiritual discoveries of our time The heart is more than just a pump it conducts the cellular symphony that is the very essence of our being Full of amazing anecdotes and data The Heart's Code presents the latest research on cellular memory and the power of the heart's energy and explores what these breakthroughs mean about how we should live our lives By unlocking the heart's code we can discover new ways of understanding human healing and consciousness and create a new model for living that leads to better health happiness and self knowledge **The Heart's**

**Code** Paul Pearsall, 1999 Fill My Cup, Lord (Revised) Kay Stevick, 2016-11-16 The Bible is a textbook for life It is the most realistic book ever written Filled with every nuance of human emotion and experience it stands as a monument to God's interest in humanity's plight With this in mind we may eagerly read through its pages without disappointment The sweet fragrances of truth love and courage will begin to unfold in our own personal story as they did in the life of Jesus But if we are to be fully like Jesus we need to immerse ourselves in the Word When Jesus was on this earth He communed with His Father through the Scriptures Jesus filled His cup daily with God's Word going forward to set the captives free He spoke as no other man had spoken with the authority of The Almighty God The Lord's prayer was that this would be our experience also Jesus used the Word of God for wisdom to minister to every need and teach the people God's truths Fill My Cup Lord provides readers with information about how the brain functions how we learn and how memorizing scripture may be a devotional experience The main part of the book provides readers with scripture messages These are divided into five categories We Believe Assurances for This Time Teach Me to Pray Heal Beginning with the Heart and The True Witness The author wrote this book as a personal resource to strengthen her walk with Christ to experience the joy of the Lord's company throughout the day Her prayer is that it will also help other thirsting souls **Lead From The Heart** Mark C.

Crowley, 2022-08-23 Leadership and engagement expert Mark C Crowley shows how trading in the old business playbook for heart led leadership strategies will create purpose driven dedicated employees and higher levels of performance Revised and updated to address the needs of those managing Gen Z and millennial employees in addition to the latest global research on employee engagement In this thoroughly revised and updated edition of his now classic book visionary Mark C Crowley provides the roadmap workplace leaders the world over are seeking How to most successfully and sustainably inspire and manage other human beings in the post pandemic era Nearly 50 million workers quit their jobs in the U S alone in 2021 a

record number likely to be exceeded in 2022 While we might imagine that an opportunity to earn greater pay is the key driver of this Great Resignation research shows two thirds of the reasons people leave jobs boil down to issues related to their engagement and overall well being More specifically people quit when they feel they aren't valued respected appreciated coached or cared about personally by their manager and organization Thanks in large part to the COVID pandemic and a global reset of what matters most to people in their lives human beings have profoundly evolved in what they need and want in exchange for their work Consequently a radical change in employee expectations demands that organizations and managers rapidly pivot by embracing leadership practices that match the moment The remedy to the Great Resignation is to adopt more humane ways of managing people knowing they inherently lead to infinitely greater engagement not to mention optimal employee performance In this new and updated version of his seminal and visionary book Mark C Crowley draws upon emerging medical and other scientific discoveries which prove it's the heart not the mind that drives human motivation and achievement While we've long been led to believe that human beings are essentially rational beings new research shows that feelings and emotions far more often motivate human behavior and what people care about most and commit themselves to in their lives In light of this breakthrough understanding it's become incumbent upon workplace managers to pay great attention to their employees emotional experience at work far greater attention than any of us ever believed necessary Ironically most of us were told the heart has no place in workplace management In fact most of us were taught that the heart acts like Kryptonite in leadership it inherently undermines a manager's effectiveness and lowers performance What makes this book so remarkable is that it brilliantly contradicts all those traditional beliefs and proves why people naturally and instinctively respond to managers who care about them personally and support their deep human needs To be absolutely clear there's nothing soft or weak about the Lead From The Heart philosophy Instead it represents the future of workplace management and a roadmap to driving uncommon engagement productivity and profitability when organizations around the world are wanting it most Rich with inspiring stories and illuminating research this book proves that when you lead people with a greater balance of mind and heart people naturally follow And they also excel *Partners in Pleasure* Paul Pearsall, 2001 This sequel to Pearsall's bestselling *The Pleasure Prescription* shows couples the way to true happiness Drawing on 2 000 year old Polynesian wisdom *Partners in Pleasure* shows how to go beyond self fulfillment to selfless shared pleasure The Foreword features rare written wisdom from a well respected kapuna Hawaiian elder

Heartminded: Conscious Evolution from Fear to Solidarity Dr. Silvia Casabianca, MA, LMHC, 2019 **Resilience from the Heart** Gregg Braden, 2015-10-06 In this compelling revised edition of his book *The Turning Point* best selling author and visionary Gregg Braden merges his expertise in leading edge science with present day realities to reveal the strategies for embracing stressful change in our lives This updated edition contains an all new chapter not included in the original release featuring material on the surprising discovery of brain like cells sensory neurites located within the human heart and the role

they play in creating personal resilience The powerful heart brain connection made possible by these cells is now recognized as a portal to the deepest levels of our intuition as well as a gateway to the subconscious mind This book gets to the heart of the fundamental question you have no doubt asked yourself in the face of the complexities and challenges of the modern world How do I make everyday life better for myself and my family Through his skillful synthesis of easy to understand science and real life circumstances Gregg uniquely provides the answer describing State of the art discoveries that are the key to embracing big change in a healthy way The three shifts that will transform the way you think of your career lifestyle and finances The simple strategies of heart based resilience that you can learn and use immediately for optimal health in our stressful world A template of strategies for resilient living for your family and community and much more Gregg is an optimist as well as a realist His lifetime of work with indigenous cultures combined with his scholarship in science and ancient traditions gives him reason to believe in our ability to transform in a healthy way To get to that point however we must be honest with ourselves When the facts are clear our choices become obvious and something beautiful happens And it is the power of this simple truth that is the basis for Resilience from the Heart Join Gregg on this intimate journey as he unlocks the mystery of the world's extremes to reveal the power to thrive in life *The Global Heart Awakens* Anodea

Judith,2013-07-01 Positing that modern society is an adolescent culture driven by greed and power and lying on the cusp of an era of spiritual growth and shifting values this book explores mythic themes in various historical eras to explain the past present and future of the human experience It suggests that the world is facing a rite of passage into adulthood and that a time of cooperation stabilization and sharing is approaching With an original theory of history based on developmental psychology including an analysis of masculine and feminine archetypes this thoughtful guide weaves the narratives of human history and individuals experiences into a path of enlightenment and a way to catalyze social change *Spirit Code* Tom

Steward,2018-09-01 Spirit Code The Healing of Energies in the Body's Subconscious explores the depths of consciousness contained in the body and soul of any human You will be given practical tools to plumb these inward depths so that you can experience comprehensive and lasting change The areas covered include repressed emotions subconscious beliefs harmful images core states the vital heart center the mental field's limiting thoughts the chakras the meridians the many facets of the human body's physiology and so much more This writing is a manual meant to train you in the Spirit Code protocol so that you can be a skilled and certified practitioner of this modality for yourself and or others **What Was Your Mother**

**Thinking** A. Christina Liczbinski,2024-10-11 Human beings are 75 percent water and every water molecule in the human body has a memory Energy carries information everything in the universe has a resonating energy During a lifetime spent as a stylist working with a global network of artists actors and performers Christina Liczbinski heard thousands of intimate personal stories from folks across the racial gender and orientation spectrum inspired by the confidence and trust unique to the stylist's chair She began to notice a fascinating through line in the stories of her esteemed colleagues memory and

mothers These stories of intergenerational trauma growth and transition lead Christina to explore the mechanisms by which the trauma of our past is handed down to the next generation What she discovered is fundamental and revolutionary Water the essence of our human body holds power far greater than previously understood Through an exploration of her own history growing up in Germany during World War 2 the collective insights gained from decades of interviews and novel theories surrounding energy memory and human emotion Christina brings bold new insights to one of history's oldest questions What Was Your Mother Thinking *Walking through the Valley* Emilie M. Townes, Stacey Floyd-Thomas, Alison P. Gise-Johnson, Angela D. Sims, 2022-11-08 The late Katie Geneva Cannon was the founder of womanist ethics Her work continues to generate new explorations of womanist moral thought In this volume leading womanist ethicists and theologians come together to continue Cannon's work in four critical areas justice leadership embodied ethics and sacred texts The goal is to continue Cannon's pursuit of a world of inclusivity and hope while realistically analyzing the discrimination disenfranchisement and systemic hatred that stand as obstacles to the world Contributors include Emilie Townes Shawn Copeland Eboni Marshall Turman Angela Sims Paula Parker Nikia Robert Alison Gise Johnson Vanessa Monroe Faith B Harris Stacey Floyd Thomas Melanie Jones Renita Weems **Finding Our Center** Heather M. Ensworth Ph. D., 2009-11 Integrating astrology mythology and spirituality this book is a reflection on the themes of the astrological ages across the past 13 000 years and is an exploration of what astrology has to tell us about the meaning of the changes happening globally and culturally in this time We are currently on the cusp of the Age of Aquarius at the end of a 26 000 year precessional cycle and according to ancient prophecies at the close of a world era With the recent discovery of the planetoids Sedna and Eris new forms of consciousness are entering our awareness Through listening to the messages of the stars and planets we find guidance for our lives in this intense time of change We live in a sentient universe which is calling us back into relationship with the cosmos and with the Earth In remembering our source the galactic center reconnecting with the spirit in all of life and in becoming centered within ourselves we gain meaning and wisdom for who we are and who we are becoming and find a path for the healing and evolution of ourselves and our Earth *Handbook of Prenatal and Perinatal Psychology* Klaus Evertz, Ludwig Janus, Rupert Linder, 2020-10-27 The handbook synthesizes the comprehensive interdisciplinary research on the psychological and behavioral dimensions of life before during and immediately after birth It examines how experiences during the prenatal period are associated with basic physiological and psychological imprints that last a lifetime and explores the ways in which brain networks reflect these experiences Chapters offer findings on prenatal development fetal programming fetal stress and epigenetics In addition chapters discuss psychotherapy for infants before during and after birth as well as prevention to promote positive health and well being outcomes Topics featured in this handbook include Contemporary environmental stressors and adverse pregnancy outcomes The psychology of newborn intensive care Art therapy and its use in treating prenatal trauma The failures and successes of Cathartic Regression Therapy Prenatal bonding

and its positive effects on postnatal health and well being The role of family midwives and early prevention The cultural meaning of prenatal psychology The Handbook of Prenatal and Perinatal Psychology is an essential resource for researchers clinicians and related professionals as well as graduate students in a wide range of interrelated disciplines including developmental psychology pediatric and obstetrical medicine neuroscience infancy and early child development obstetrics and gynecology nursing social work and early childhood education Saying Goodbye with Love Sheila Martin,1999 Most people don't know what to do and just as unsettling they don't know how to behave in the face of death This is a down to earth guidebook for survivors who are responsible for handling the practical legal and financial decisions that accompany a death in the family Contains straightforward info and reassurance that will relieve many of your fears about such things as planning a funeral choosing a casket or claiming insur benefits The checklists and forms will provide a structure which will help you cope with the details surrounding the death of a close family member The Tool Kit is a set of fill in the blanks forms that you can use to help get things organized The Mystic Heart of Justice Denise Breton,Stephen Lehman,2001 Almost daily we encounter a world that seems unjust while the authorities we depend upon appear powerless or to be working on the wrong side To make matters worse we often feel judged by those same authorities parents teachers employers religious leaders This book attempts to put things right **Кадавр. Как тело после смерти служит науке** Мэри Поуч,2011-11-14 Library Journal ,1998-05 The Library Journal ,1998-04 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately **O Mistério por trás das nossas origens** Gregg Braden,2021-05-05 O renomado Gregg Braden uma referência nos estudos de ciência e espiritualidade cruza as fronteiras tradicionais desses temas desafiando qualquer teoria evolucionária para responder eterna pergunta que está no cerne de nossa existência QUEM SOMOS NÓS Talvez nunca cheguemos a ter uma visão completa de por que nossa existência se tornou possível Gregg se debruça sobre esta questão apresentando técnicas sobre como despertar as extraordinárias habilidades verdadeiramente humanas da intuição e da precognição bem como capacidades ocultas de autocura e muito mais Explica ainda nossa origem e existência revelando que nós somos o que nos foi dito até hoje pelas teorias ainda vigentes mas algo muito mais poderoso do que jamais imaginamos

**Getting Naked** Patrick Williams,2016-07-22 If today you are no longer willing to settle for mediocrity in your work relationships and your life this book is for you Within these pages is the powerful secret to unlocking your fullest potential as a career person a parent a friend a mate a lover a human being How Through getting naked Getting Naked is about living life as the fullest most authentic version of you It's about cutting the crap releasing the baggage that has held you hostage for so long and embracing all of you the good parts the bad parts the public parts and the shadow parts so you can integrate them and become an even stronger force of positivity in the universe through the secrets of honest self disclosure The key is it discover where and with whom to be emotionally naked being vulnerable does not mean being stupid and careless For

example Practice being emotionally naked at the right place and the right time with the right people to release your negative patterns and create a provocative catalyst for reflection Uncover new or hidden parts of yourself that can guide you to create a more fulfilling life Apply the tools of naked self disclosure to all areas of your life so you can enjoy greater meaning and satisfaction This is a book of stories strategies and tips designed to overcome the negative self narratives that obscure personal resilience and wellbeing There comes a time when you have to defy the voices that hold you back Getting Naked teaches you that it is your indisputable birthright to question any limitation anything that gets in the way of your own magnificence This book will provide you the inspiration tools self discovery and support to share your naked truth and in so doing to fulfill your uniqueness every day



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### **The Hearts Code Tapping The Wisdom And Power Of Our Heart Energy Introduction**

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