

**Title: Conversations**

**Subtitle: Gazing Within the Heart Chakra**

**Second Subtitle: Re: Gazing Within the Heart Chakra**

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**Entrainment**

Prevalent throughout all of nature is the phenomenon called entrainment. The body loves to be in this state where you think and feel better. The biological oscillator within the human flesh form and therefore will draw entrainment with its rhythm.

One way to practice this is to contemplate deeply the thoughts of love or beginners may be deep appreciation and gratitude. The feelings will overflow to swell from within. As practice continues one will feel as though their energy flows outward, as well as, swirling within an ideal manifestation. This practice connects the brain with the heart thought. Harmony is the result. When the head and heart are in sync, intuitive clarity is enhanced. Most also sense a greater feeling of unity.

When one witnesses a beautiful red sunset for instance, inspiring music, or a beautiful scene, what actually is happening is they are coming into sync with self. The result is relaxation, and inner peace. Performance increases, and numerous health benefits coalesce into oneness. This is the desired state of being.

Surrender is the hardest obstacle to overcome within this practice. The human mind is the most humans and puts up a good struggle with the heart for the lead role. The heart can get the head/mind to surrender long enough to the heart intelligence to be made and the benefits manifested.

Keep in mind evidence suggests that not only can your mind and heart send information is also passing from one human form to another, one energy to another, even a well spoken kind hearted word placed just so into the heart of another and it stays forever. Think before speaking. Damaging thoughts and words will have to be removed, also stay within the other an entire lifetime, when the deliverer of such words tosses them as only a passing thought. Responsibility and accountability are essential.

Another example: Closeness to another will trigger entrainment for those who begin to open new channels for those who are just beginning to open up. As a healer or touch therapist for over fifteen years, I stand behind these words. Evidence demonstrates the effectiveness in many testable ways. For instance, the thought of compassion as the giver of thought from my heart and then transferred from my heart to increase health within the receiver, as well as, increase the health of both self and the receiver.

When we touch another, the electrical energy from our heart is transmitted to the brain. This can actually scientifically be monitored and demonstrated. The more the exchange within the touch, the more that is transferred in the encounter. And practice a simple touch can accomplish as much. Our very presence is exchanging with each being around us wherever we are. This is huge.

The choice of what to create belongs to the creator, to each of us in every moment. Positive vibes create harmony, while negative vibes create an incoherence. Always progress keep in mind, which is the preferred manifestation for you and your choice.

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