



You are the salt of the Earth

Ministry of Health and Wholeness

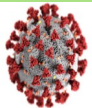
The Heart of Wellbeing: Bless Your Heart

Special points of interest:

- Researchers have discovered a functional nervous system in the heart, with an elaborate circuitry of neurons identical to those found in the cranial brain

• Practice:

- G**– greens & grains
- R**– rest/ relax
- A**– activity/ exercise
- C**³– cease smoking, control drinking, contact socially
- E**– emotional centering



COVID Update

As of 2/8 Mecklenburg is back in the **Green** indicating **LOW** community levels. Folks at risk should mask in crowds. CDC recommends bivalent booster for all.

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Volume III: Issue 2

February 2023

The Heart is More than a Pump

- ◆ Egyptian Papyrus suggests that as far back as 3000 BC the Egyptians considered mind and body to be inseparable with the heart as the center of blood supply for every member of the body.
- ◆ Chinese Medicine dated around 2500 BC states, “The heart is the root of life and causes the versatility of spiritual faculties.”
- ◆ Aristotle (384 BC) and Virgil (70 BC) taught the heart rather than the brain is the seat of the mind and emotions.
- ◆ Ancient Greek physician Claudius Galen (130 AD) taught that vital blood was made by the heart and flowed through the arteries to carry vital spirits. He believed the heart sucked blood from the veins rather than pumping it. He an authority known as the Medical Pope of the Middle Ages.
- ◆ Michael Servetus, a Spanish doctor, published a book in 1553 challenging Galen and was burned at the stake along with a copy of his book for heresy.
- ◆ William Harvey (1578) began to promote the heart pumps blood through the arteries and veins in a closed system. He waited 13 years before publishing his discovery challenging Galen because he feared he could be burned at the stake by the church. His book was widely rejected because he could not explain how the arteries and veins met. This explanation was missing because capillaries which were invisible even with the available microscopes were not discovered until 1642.
- ◆ Renee Descartes (1596) a contemporary of Harvey’s promoted the body as a complex machine. The heart was simply a part of the machinery of the body that had nothing to do with the mind or soul. This approach to understanding the human body has been embraced for several hundred years until recently.
- ◆ Walter Cannon (1871), a neurologist, researched the origins and differences between emotions and feelings. His research led to today’s discoveries that there is a second brain in the gut that contains some 100 million neurons- more than in either the spinal cord or peripheral nerves. The gut’s “nervous system” secretes 30 different neurotransmitters that affect the brain and other structures. 95% of the body’s serotonin is found in the gut.
- ◆ Current understandings in physics have also led to questioning the very possibility the heart could pump blood through the entire circulatory system with our blood vessels becoming increasingly smaller and end in 25,000 miles of capillaries some as small as a single red blood cell.
- ◆ **In the early 1990s researchers discovered a functional nervous system in the heart**, with an elaborate circuitry of neurons identical to those found in the cranial brain. Heart system is now being referred to as the **“little brain”**. **These are the same kinds of neurons that support sensing, learning and remembering**. The heart has its very own nervous system that can function independently of the brain. All four chambers of the heart can make and secrete oxytocin, the “bonding and cuddling” hormone. Literally at the heart of all we do is our heart!!

Heart Intelligence
What it means to you and the world.
How you can participate.

Personal
Stress Relief

Social
Fulfillment

Global
Hope & Optimism

Bless Your Heart: Our overall wellbeing is dependent on caring for our hearts **physically** with nutrition and exercise, **mentally** with the thoughts we think, **emotionally** with our responses to emotional situations, and **spiritually** with meditative practices. (Continue reading)



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More Special Points:

- There is now a substantial and growing body of “bridge literature” linking classic spiritual teachings on the heart with emerging discoveries in the field of neurobiology.

Ministry of Health and Wholeness: Pondering the Sacred

“Above all else, guard your heart, for everything you do flows from it.” *Proverbs 4:23*

The great wisdom traditions of the West (Jewish, Christian, and Islamic) all consider the heart first and foremost an organ of spiritual perception. The heart’s primary function is to look beyond the obvious, in order to see a deeper reality, using the sensing capacities of intuition, wisdom, unity, creativity, images, and symbols.

Israelite prophets began to sense Yahweh was about to do something new by creating the ability to live the covenant from within without a need for external laws and regulations. This capacity to see from within is explicitly linked to the heart. The prophet Ezekiel gets it as he speaks the words directly from the heart of God: “A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you...”

Jesus understood the heart as an organ of spiritual perception when he said, “Blessed are the pure in heart, for they shall see God.” Jesus is seen as the “master cardiologist,” to do that “heart surgery” first announced by Ezekiel. And his powerfully original method of awakening heart perceptivity—is through a radical non clinging or “letting go”. **Ephesians 3:17-19 says “That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, may be able to comprehend with all saints what is the breadth, and length, and depth, and height.**

Orthodox Christianity has teachings on Prayer of the Heart. Eastern Orthodox tradition teaches, “To stand guard over the heart, to stand with the mind in the heart, to descend from the head to the heart—all these are one and the same thing. The core of the work lies in concentrating the attention and the standing before the invisible Lord, not in the head but in the chest, close to the heart and in the heart. When the divine warmth comes, all this will be clear.”

An Islamic Sufi teacher explains that the heart is the antenna that receives the subtle radiation of energetic forces. The heart is described as the “spiritualized mind” and “the organ prepared by God for contemplation. The heart is a three part organ related to the physical, emotional and spiritual.

There is now a substantial and growing body of “bridge literature” linking classic spiritual teachings on the heart with emerging discoveries in the field of neurobiology. Contemporary science has taken us far beyond the notion of the heart as a mechanical pump to revision it as “an electromagnetic generator.”

The heart seems to mediate between our individual self and a larger universal activity (perhaps as the organ of discernment regarding our individual participation in a greater universal plan). In its spiritual capacity, the heart is fundamentally a homing beacon, allowing us to stay attuned with those “energies from higher levels of existence.” (Continued to page 3)

Opportunities to Boost Health and Practice G.R.A.C.E. at Living Saviour

Tuesday: Steps to Wellbeing for ALL 10:30 AM

Thursday: Chair Yoga 11:00 AM

Saturday: Active Workout 10:00 AM

Sunday, February 19 Blood Drive

Sunday February 26 immediately following worship:

Grief Workshop with Holly Gainsboro, Grief Specialist

All are welcome to all activities.

***Assistance from Faith Community Nurses by Appointment



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Additional Resources:

- More about Otto Scharmer's work at MIT:
<https://ottoscharmer.com/>
- More about Theory U
<https://www.youtube.com/watch?v=WvNlfu4263Q>

Silly Kids Game to explain Theory U:
<https://www.youtube.com/watch?v=byGUgoXFppE&t=11s>

From Otto Scharmer
<https://www.youtube.com/watch?v=11jnAHNdnSc>

Ministry of Health and Wholeness: Pondering the Sacred (Cont. from p. 2)

But when the signals get jammed by the interference of lower-level noise (social media), then it is no longer able to do its beaconing work. Father Thomas Keating says, "A heart that is divided, pulled this way and that by competing inner agendas, is like a wind-tossed sea: unable to reflect on its surface the clear image of the moon (or God's will)."

Explosively exciting is the work happening at Massachusetts Institute of Technology to address global problems of environmental destruction, global warming, health care, economics, etc. In a recently released book, Otto Scharmer, *senior lecturer at MIT School of Business*, raised the question, "What if all problems facing humanity at the surface level were symptoms of a split on a deeper level, a split from what we are calling "the Source"? To explore this question further, Scharmer interviewed a famous Buddhist Monk in Hong Kong, Master Nan, who described ancient Buddhist wisdom, "Those who wished to order the world first ordered their States, to order their states they first harmonized their families. Wishing to harmonize their families, they first cultivated their persons. Wishing to cultivate their persons, they first rectified their **hearts**. Wishing to rectify their **hearts**, they first sought to be sincere in their thoughts. This is reflected in all the world sacred texts. (The heart is foundational to wellbeing.)

In rectifying the heart, Master Nan also saw the beginnings of a new spirituality. He explained: "The small self (ego) and the big Self come from the same Source- one origin for both of them. The whole universe is just one big Self. Religious people call it God. Philosophers call it the fundamental nature. Scientists call it energy. Buddhists call it the Atma. Chinese call it the Tao. The Arabs call it Allah. So every culture, in a sense, knows there's something there, an ultimate something. You reach the state of no (ego) [let go of the small self], you reach for the big Self (Source). Compassion, love, generosity, patience (Fruit of the Spirit) et cetera, all of that originates from the big Self (Source). You no longer will be selfish (when acting) from that large Self (Source)."

Master Nan explained the fundamental process of rectifying the heart and becoming aware of the large Self (Source) is a sequence of crossing three thresholds: **suspension, redirection, and letting go**.

1. **Suspension –Open Mind (Think the Road to Emmaus –seeing the risen Christ in unexpected places):** Stopping and suspending old habits of judgment and thought is a precondition for the first phase of the work. It requires breaking habitual patterns and starting to pay attention.
2. **Redirection-Open Heart (Think Road to Damascus– a radical transformation in opening to another's perspective):** After suspending the patterns of the past and the habit of downloading, there is a need to start seeing reality from a different angle. This requires listening to the views and experiences of others, taking them in as part of seeing current reality from a multiplicity of views.
3. **Letting go-Open Will (Listening for the still small voice of God-Not my will but God's Will):** Then, if we are lucky, we will go through a profound moment of "quieting" that allows us to let go of our old self and connect with a Higher being (Source), a practice that helps us to become aware of who we really are and what we are here for. A perception received by an open heart. This requires us to let go of everything that isn't essential and to drop our baggage when facing the **eye of the needle**. Entering this deeper connection to Source allows us to operate from a co-creative flow.

This became the foundation of Scharmer's **Theory U**, the guiding structure for approaching global crisis around the world. Upon close examination it is OH SO biblical!!!

Connecting to Source— All of this from MIT!!!! Christ is at work in mischievous unexpected ways. This is the work of Tuesday's STEPS group.

ABOUT US **HeartMath Institute** (HeartMath taught at Smithfield School)

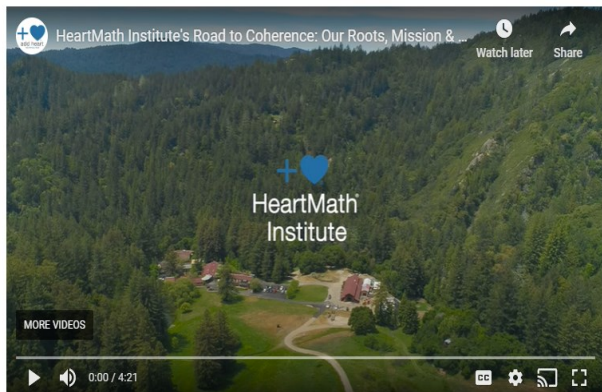
Our mission is to help awaken the heart of humanity.

Since 1991, the HeartMath Institute has developed reliable, scientifically validated tools that help people reduce and avoid stress while experiencing increased peace, satisfaction and self-security. Research at the HeartMath Institute shows that, adding heart to our daily activities and connections produces measurable benefits to our own and others' well-being.

<https://www.heartmath.org/> (Ctrl + click)

An Introduction to HeartMath Institute

Get to know us. This short video gives an overview of our mission, education and training programs, services, research, membership and tools and technology that are transforming people's lives.



Heart Intelligence

What it means to you and the world.
How you can participate.

<p>Personal Stress Relief</p> <p>Practical solutions to help you lower your stress, revitalize energy and resilience and restore your mental, emotional and physical balance.</p> <p>Learn More</p>	<p>Social Fulfillment</p> <p>Heart connections with family, friends, co-workers – even pets – enrich our lives. Deepen your heart connections. Add flow and energy to your field environment.</p> <p>Learn More</p>	<p>Global Hope & Optimism</p> <p>Global Coherence™ Initiative unites people in heart-focused care and intention, facilitating a shift in global consciousness toward balance, cooperation and peace.</p> <p>Learn More</p>
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(These links are very worth exploring!!- Christ is at work)

We are passionate and dedicated people, steadfast in our commitment to provide solutions for activating the heart of humanity. HeartMath Institute empowers individuals, families, groups and organizations to enhance their life experiences using tools that enable them to better recognize and access their intuitive insight and heart intelligence.

<https://www.heartmath.org/about-us/> (Ctrl + click)

Join with others around the world to send love and compassion to energetically support the people of Ukraine and others challenged by the impact of this war. Participate in the [heart focused](#) meditation, *Special Care Focus: Collective Compassion for Ukraine.*
<https://tinyurl.com/22mp8fyp> (Ctrl + click)

And at Massachusetts Institute of Technology

Building upon two decades of action research at **MIT**, **Theory U** shows how **individuals, teams, organizations and large systems** can build

the **essential capacities** needed to address the root causes of today's social, environmental, and spiritual challenges.

At the bottom of the **U** lies an inner gate that requires us to drop everything that isn't essential. This process of letting-go (of our old ego and current self) and letting-come (our highest future possibility, our best future Self) establishes a subtle connection to a deeper **Source** of knowing. The essence of presencing is that these two selves—our current self and our best future Self—meet at the bottom of the **U** and begin to listen and resonate with each other.

Theory U: Our Underlying Frame

