

---

# THE HUMAN HEART

---

– Monika Muranyi

*Science describes the human heart as a muscular organ that pumps blood through our bodies, but its role is so much more. Recent studies have found that the heart generates the largest electromagnetic field in the body, surpassing the brain. The heart holds the key between connecting our brain, our consciousness, our intuition and our soul through the most powerful force in the universe – the power of love!*

This month I wanted to write about the Human heart – the symbol of love – to coincide with Valentine’s Day. When you fall in love, *everything* changes and you end up doing things that you wouldn’t ever do under “normal” circumstances. You get a little crazy and weird. Your hormones and your body chemistry changes, creating feelings of euphoria. You may even find yourself singing in the shower! You start smiling more often, even when you’re alone. You have a tendency to go to sleep and wake up thinking about someone else. Mundane activities suddenly become fun, and no matter what challenges you face in daily life, you know you’ll be okay. So what makes falling in love and the opening of your heart so powerful? Is there more to the Human heart than what we’ve been told? The answer is yes!

According to Kryon, a loving entity channelled by Lee Carroll, the Human heart is part of the body’s *trilogy of survival*. Kryon tells us there are three parts to the body-brain (consciousness), but we are only aware of two of them. The first part of this triad is the brain itself. The second part is the pineal gland – responsible for creative thinking, intuition and intellectual awareness. The Human heart is the third part of the body-brain, and perhaps the most influential for non-linear things.

Science has discovered that the heart’s magnetic field is larger than any other organ of the body, including the brain. In 1991, the HeartMath Institute (HMI) was founded to help individuals, organizations and the global community incorporate the heart’s *intelligence* into their daily life. The HMI researches the heart-brain



communication and its relationship to managing stress and increasing coherence. Coherence is their word for the harmonious connectedness between the heart and the brain. They have developed various scientifically validated tools and technologies that help people improve their emotional balance, health and performance. The HMI continues to explore the physiological mechanisms that are involved when the heart communicates with the brain.

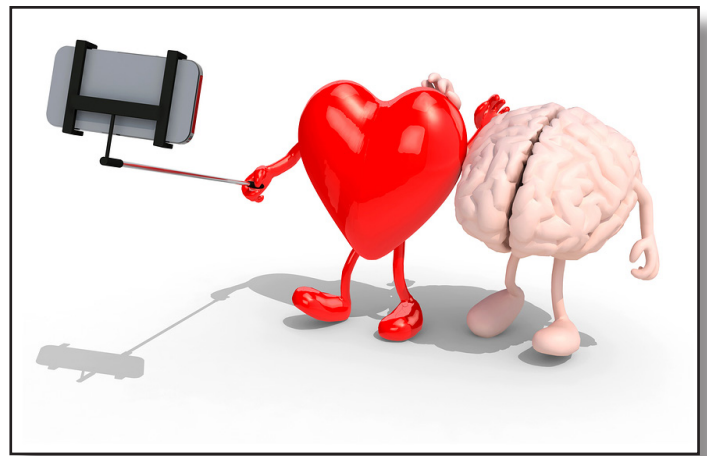
Their research has found that the heart is far more than a simple pump. The HMI says that, *“The heart is, in fact, a highly complex, self-organized information processing center with its own functional “brain” that communicates with and influences the cranial brain via the nervous system, hormonal system and other pathways. These influences profoundly affect brain function and most of the body’s major organs, and ultimately determine the quality of life.”* \*\*

Finally, science is becoming more aware of the heart's multidimensional attributes. Is it possible that the heart has a consciousness? Why is it that the heart does not need the brain, to keep beating if the spinal cord is severed? Where do our emotions and intuitive feelings come from? Below is an extract from a Kryon channel, titled "The Triad," that provides the answers to these questions and more.

"There is a third element of consciousness that is centered within the Human heart. You have identified the heart metaphorically as the symbol of love, and you're right. These three parts to Human consciousness go way beyond the brain as an organ. It's the *trilogy of survival*. It's also represented by the *three energy* [in numerology] that you see everywhere in spiritual history. It's the three horses that pulled the ascension chariot, the Merkabah of Elijah. It's the trilogy Godhead of many churches [Father, Son, Holy Spirit]. In your body, it's the pineal [creator intuition], the brain [survival] and the heart [compassion].

The masters of this planet had all three working well, but in an older energy, you have not. In an older energy, you were only in survival mode. What is happening is that you are evolving, and the innate of the body is getting stronger. DNA is starting to become more efficient, and these parts are starting to finally connect. Dear ones, what separates a Human Being in survival from a master is *intuitive compassion*. Compassion is generated from the heart and it's not a metaphor. It is part of the heart-brain.

There are things going on in this trilogy that you should understand. Connect the dots and start using science to find out and recognize that there are things that are not visible in any spectrum you can yet measure. But simply because you are blind to it at the moment doesn't mean it's not happening. You simply have not discovered everything yet, but the advancement in multidimensional physics will help. Listen, as new physics inventions come to you, you must involve biology, too! Don't separate the two sciences [as they are now]. You will have a far better idea of the truth



of all of this when you can quantum-map emotion, thinking and Human behavior. It will show itself immediately.

The brain is responsible for facilitating [coordinating] all three of these parts, but be aware that the other two are doing a great deal of the work. Intuition and compassion will always seem to come directly from the brain...

### **The triad of Human consciousness is the beginning of the realization of mastery!**

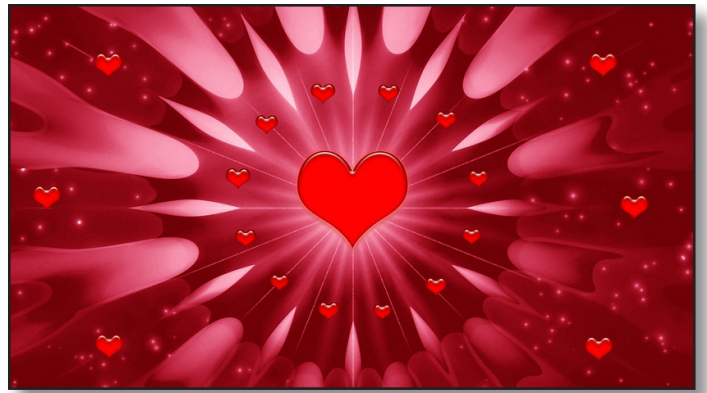
...Think about it and ask your own intuition, "Is it true. Could it be that the Human brain is only a facilitator for something bigger?" This information starts to explain some measurements you never could explain before with conventional biological beliefs. It starts to explain why it is when a Human Being makes certain kinds of decisions, suddenly the brain seems to control the body better. Why is it that corporeal health can suddenly change, heal itself, ask for other kinds of foods, and have biological wisdom? What causes spontaneous remission? Dear ones, unless you were connected, you wouldn't have any of this. Think: It isn't the brain that gave any of that to you. It was the brain that simply facilitated the connection from that little wire – the Creative Source, the white light...

...It's time you knew the grander picture of the triad, the trilogy of creation inside the Human Being. \*\*\*

This Valentine's Day I would like to invite you to do the following exercise. It's about appreciation for your perfect partner in life. Can you guess who that partner might be? It's you with you! I invite you to place your hand on your heart. Focus your attention on your heart area. Slowly breathe in for a count of six, and then slowly exhale. Continue this cycle of slow breathing for a minute or so, and imagine breathing in, and out, through your heart. Think about the moments where you felt appreciated by yourself and others. Silently or aloud, thank the universe for all the wonderful experiences in your life. You may wish to end this experience with the following phrase, *"Thank you Spirit, please bring me more."* When you are ready, you may place your hands by your side. You may even wish to write an *Appreciation List* of all the things you are grateful for. Here is something I would like to add to your list:

*The essence of God is within me. I was born magnificent. I am the miracle I've been waiting for!*

Wishing you a truly magical and enchanting Valentine's Day, where the benevolent energies of joy, happiness,



peace and compassion wrap themselves around you in a perpetual bubble of love.

\*\* Source: From the HeartMath organization <https://www.heartmath.org/resources/downloads/science-of-the-heart/>

\*\*\* Source: Kryon live channelling *"The Triad"* given in Charlottesville, Virginia – given in May 10,2015

[http://www.kryon.com/CHAN2015/k\\_channel15\\_charlottesville-15.html](http://www.kryon.com/CHAN2015/k_channel15_charlottesville-15.html)

