

# Inner Healing Academy

## Courses & Coaching

Newsletter: April 2022: Issue 8



## Your questions answered

**Can I do the nutrition courses in my own time?**

Yes, they are entirely self-paced.

**Can I enrol at any time?**

Yes, enrol whenever you are ready.

**If I have a query during the course, is there someone I can ask?**

Yes, we are always available to assist.

**I'm no good at cooking, will this be a problem?**

If cooking is not your thing, no worries, we provide easy to follow recipes for you to try at home.

**I'd like a personal coach as I've tried to go plant-based before and failed.**

No problem, we provide a personal coaching service which is customized to your specific needs.

**How much are the courses?**

We've made sure they are extremely affordable. Simply click on the links below for more details.

**Go Dairy Free & Thrive**

[CLICK HERE to learn more](#)

**GO DAIRY FREE**

*& Thrive*

Learn how to give up dairy  
and safely replace it on this

★ 5-star course

**Go Vegan Successfully**

[CLICK HERE to learn more](#)



**Go Dairy Free & Thrive ebook**

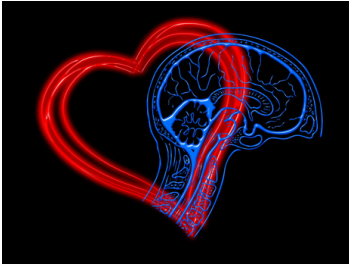
A quick and easy guide explaining how and why to go dairy free. Includes easy recipes, a baking guide, a plant-based shopping guide and much more.

[CLICK HERE to learn more](#)



[www.innerhealingacademy.com](http://www.innerhealingacademy.com)

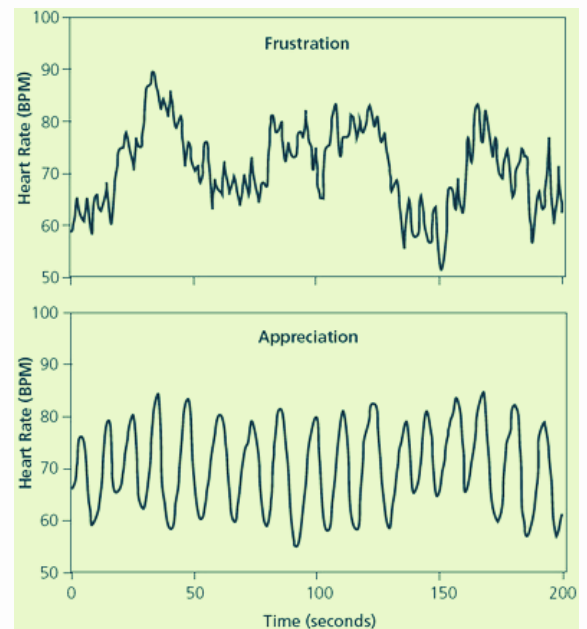
# The Heart-Mind Connection



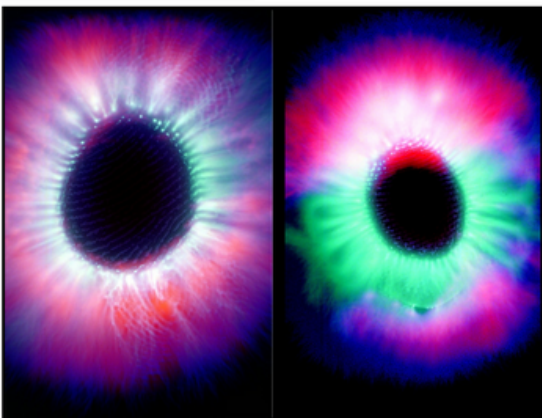
**The heart** is commonly thought of as a pump with the sole function of pumping blood around the body via the circulatory system. However, in more recent times, we have discovered that the heart is much more than this. It is a highly organized, central processing centre which communicates with the brain through the autonomic nervous system in a dynamic and complex relationship.

**The heart-mind** connection is particularly important in dealing with stress as this primarily involves learning to recognize and self-regulate the stream of ongoing thoughts and especially emotional undercurrents (judgment, negative projection, insecurity, worry, etc) that create incoherence and waste your energy. By understanding this connection to your well-being, you can be motivated to replace negative feelings with more positive, regenerative attitudes and perceptions.

**Experiments** have shown that heart rate variability (HRV or heart rhythm) patterns are consistently dynamic and reflective of changes in your emotional state. The top heart rhythm pattern is characterized by its erratic, irregular pattern (incoherence) and is typical of negative emotions such as anger or frustration. The bottom heart rhythm pattern shows an example of coherence that is typically observed when you are experiencing sustained positive emotions - in this case, appreciation. Both recordings are from the same individual only a couple of minutes apart which shows how quickly the effect takes place. Doc Childre, the founder of the Institute of HeartMath, said "Since emotional processes can work faster than the mind, it takes a power stronger than the mind to bend perception, override emotional circuitry and provide us with intuitive feeling instead. It takes the power of the heart."



**Interestingly**, the most common thread uniting religions and cultures is love. Most people regard love as the highest emotion of which people are capable. In all languages it is common to speak of the heart as the source and fount of love, whether it be romantic, family or universal love. The heart is also commonly acknowledged as the source of inner wisdom and intuition, the spring of life. Scientific advances have now enabled us to confirm the heart's central role in our well-being and the crucial role of positive feelings, such as love.



**The visual cue** provided by Kirlian photography indicates how the body is coupled to a field of information that is constantly interacting with the physical body and the layer of the human biofield that is nestled in the heart is ultimately responsible for all physical, biological and chemical functions. This deeper intelligence is coupled to the deeper part of one's self which many term the 'higher self'. The image on the left shows a male fingertip using Kirlian photography and, on the right, a female fingertip. The aura and energy field surrounding the fingertips can clearly be seen. Always remember that the power of your heart is stronger than your mind. Follow and trust your heart always.