

THE RESONATING OF OUR HEART

Webinar number 3 on “YOUR AMAZING HEART” by Dr Stephen Brooke

Your heart is a resonating powerhouse!

The first two webinars focussed on abiding with God and how we can enlist our heart as an aid to our relationship with God, as described in the first three chapters of the book. In the third webinar we cover the next three chapters. We explore the idea of resonating in our hearts, first in relation to God then in relation to ourselves and then in relation to others.

The structure of the webinar is as follows:

PART ONE: OUR HEART IS DESIGNED TO RESONATE WITH GOD’S

How to develop a rhythm of being with God

Our heart has a rhythm, we can influence our heart’s rhythm and God invites us to resonate with him through our heart. However fast or slowly the heart is beating it has a rhythm and this rhythm can be detected and displayed; these rhythms have an impact on health and their existence endorses what the Bible teaches about the heart and about health.

There is a pattern of heart rate variability (HRV for short) which is very good for our health and we can train our heart to beat in that healthy pattern rather than in less healthy patterns. That healthy pattern of heart rhythm is created by the threefold combination of heart focus, heart breathing and “heart emotion” such as love, appreciation, compassion, care and forgiveness. God has designed hearts, both spiritual and physical, to keep in rhythm with Him in many senses of the word.

PART TWO: OUR HEART CAN SUSTAIN HARMONY WITHIN US

How to live in greater harmony with ourselves

Our heart helps us to be coherent, coherence is very good for us and it co-ordinates many parts of us. When we focus on emotions such as love, appreciation, care and forgiveness the rhythm of our heart changes and this rhythm influences every part of our body. This rhythm brings us into a state known as “coherence” in which all the body systems work more harmoniously and efficiently

By intentionally altering our emotional state through heart-focussed techniques, we modify input from the heart to the brain. This also increases the co-operation between the left (logical, linear, legal, linguistic, literal) and right (relational, responsive, artistic, rhythmic, rhyming, responsive, reach for the stars, risk-taking) sides of the brain.

PART THREE: OUR HEART CAN RESONATE WITH OTHER HEARTS

How to develop harmony with other people

The Bible describes connections between hearts, science demonstrates fields generated by the heart and we can choose to resonate with other people. In 2 Corinthians 7:3 Paul says to his readers, “You are in our hearts”.

This kind of language about the heart makes sense to us at a level beyond the literal words. Science now shows that there really can be connections between the hearts of people at a physical level as well as at an emotional level, which can be demonstrated on ECG and EEG machines. We can choose to strengthen these connections with heart focus, heart breathing and heart emotion.