

# 5 MYTHS & FACTS about your heart

1

## **Myth: The heart is soft.**

Fact: In most areas of our life, especially in business, the heart is thought of being too soft and that it is best to use your head. But this is not the case. The heart is measurably more powerful than the brain, electrically, electromagnetically, and energetically. The heart sends more signals to the brain than the brain sends to the heart. This information from the heart directly impacts brain function, either impairing it, or enhancing it.

2

## **Myth: The heart will make you get trapped in emotions.**

Fact: The heart does play an important role in emotions, but when you go to your heart, you don't get trapped in your negative emotions; instead you are able to transform them to emotions that can better serve you. Learning to harness the power of the heart to transform your emotions is key to your success in all areas of your life.

3

## **Myth: Following your heart is risky.**

Fact: The heart is the intuitive centre of the body. When you learn to harness the power of your heart to regulate your emotions, your brain and heart work in harmony. In this enhanced state, you are able to synthesize information more effectively, see new solutions, and work toward better outcomes.

4

## **Myth: You have to use the power of your thoughts to change your emotions.**

Fact: Yes, your thoughts can affect your emotions, but new research on the brain shows that more often, your emotions are faster than your thoughts, operate independently from your thoughts, and even affect your thoughts. Using thoughts to change emotions is working backwards. Instead, use emotions to change your thoughts. When you harness the power of the heart to regulate your emotions, you affect how emotions affect your brain and thoughts.

5

## **Myth: Your heart is uncommitted and unsustainable.**

Fact: When you tap into the power of the heart, it meets you with reinforcement. As you sincerely feel more renewing emotions, it balances your physiology, which makes it easier to feel renewing emotions. Once you enter into the cycle, it will carry you forward, where a little effort goes a long way.