Chapter 1 The Human Heart

1 Corinthians 2:9 "No eye has seen, no ear has heard, no heart has imagined, what God has prepared for those who love Him."

1.1 Introduction

1.1.1 The Scenario of the Embattled and Stressed Human Heart
1.1.2 Causes of Sudden Cardiac Death or Heart Attack and How To Prevent It
1.1.3 The Failing of the Intelligent Human Heart
1.1.4 The Positive Scenario of the Human Heart
1.1.5 The Majesty of the Human Heart

1.2 The Position of the Human Heart in the Arena of Individualized and Holistic Health

1.2.1 The Fundamental Core Directions for Holistic Individualized Heart Health
1.2.2 Personal Awareness of the Human Heart Potentials
1.2.3 Reversing the Negative Scenario of the Embattled Human Heart
1.2.4 Three Fundamental Components for Our Individualized Heart Health

1.3 The Human Heart in Action

1.3.1 The Human Heart’s Morphogenetic Body Field
1.3.2 Heart Rate Variability (HRV) Indicates the Human Heart Perfect Function
1.3.3 The Human Heart Is Created From a Single Cell and It Is Interconnected at Many Levels

1.4 Progress in Human Heart Functioning

1.4.1 Loss of Cardiac Sensibility and Our Ignorance Towards the Heart Knowledge
1.4.2 Cardio Oriented Warning Signs and Symptoms. The Dialogue with Our Heart
1.4.3 High Blood Pressure Is a Strong Risk Factor for Heart Attack, Stroke and Sudden Cardiac Death
1.4.4 Insensitivity to the Blood Pressure Lowering Medication
1.4.5 The Genetic Inherited Junk DNA as a Risk for Cardiovascular Disorders

1.5 Our Cardio Sensitivity Depends on the Correct Function of the 7 Trans Membrane Receptor (7TM Receptor)

1.5.1 The 7TM Receptors Have a Dish/Antenna for the Multilevel Communication
1.5.2 Adaptive Down Regulation of the 7TM Receptors Due To Informational Overload
1.5.3 The Impact of the 7TM Receptor down Regulation on Our Daily Life
1.5.4 The Practical Results of the Acquired Human Heart Knowledge

1.6 Conclusion and the Future Outlook
Chapter 1 The Human Heart

1 Corinthians 2:9 "No eye has seen, no ear has heard, no heart has imagined, what God has prepared for those who love Him."

1.1 Introduction

We live in a most exciting time in the 21st century. We are destined and ordained to create our future, together with the right people, at the right time, at the right place. Science is advancing rapidly, moment by moment, increasing knowledge as never before. Global communication expands at high speed with an enormous flow of data. Humans need to be well equipped in this sci-tech world for the next level of advanced consciousness and awareness in order to facilitate understanding of our holistic and intelligent heart. The human heart communicates spiritually with a hidden reality and is connected to the genuine, truthful and invisible world of very small spaces and unimaginable small fractions of a time as is defined in the modern quantum physics. This invisible hidden reality is known as the fabric of the universe. This is the quantum world of unlimited potentiality.

Simultaneously our heart is an important organ of our body and it is connected to the gravity of the earth. It is placed in our human body, existing in 3D+ time, which is the operational domain of our mind. Our mind maps the 3D Reality and creates a, graphically represented image processing (GRIP), a graphical representation for the operation of the awareness. An average life time of a human in our modern world reaches 80 to 90 years. Our heart and our body are integrated in 3D reality time and into our direct environment and the space above. The space is closer than we think. It starts above the Karman line at an altitude of 100 km above the earth. The Karman line represents the boundary between the earth's atmosphere and outer space.
Then, we are also a part of our planetary system, extending to the stars, Galaxy, and the Milky Way with its billions of stars. We have to cross these intangible lines separating us from the fabric of the universe, from the space above us with exploding supernovas and the numerous galaxies. We have to access the world of incredible potentiality, if we want to mark our tracks in the future.

Never before, in our lifetime have we had such easy access to cutting-edge global knowledge and encompassing wisdom. We can incorporate and apply it directly into our day-to-day actions and the relevant health decisions. The progressing health sciences now make available to us the advanced fields of knowledge, with multi-dimensional, unlimited possibilities for perfect, holistic health. The discovery of the human heart’s intelligence transfers us into the inner and outer space of the future mastery. This new stream of knowledge never takes us into the territory of rebuilding or reinventing the past; it builds the future and aligns our actions with the divine assignment of our destiny. This is our greatest purpose; we all are being called to, in our life at the planet Earth.

The intelligence of the human heart enables us to access the invisible world of quantum physics, the hidden dimension known as the fabric of the universe. It happens via specific cellular structures known as receptors. The cell receptors, acting like a cellular mobile phone translate the incoming electromagnetic messages into the tangible language of the human body. The human heart creates then pulsating waves, blood pressure and mechanical vibrations in our blood vessels. The cells build energy, hormones, bio-chemicals, they send and receive the specific information encoded in electromagnetic messages and bio-chemicals through cellular 7TM receptors (7 blades of the receptor are crossing the cell membrane, colored blue in the picture) in all compartments of our body. The 7TM receptors connect the inside and outside of the body. They build an interface between the visible and invisible world.

The human heart modulates all surrounding and interfering frequencies into one understandable language of human life. It discerns the intelligent direction towards an abundant life with all its
expressions. Every mechanical heartbeat initiates the heartbeat-evoked electrical potentials in the brain. The intelligent heart knows what is right.

It distinguishes between the healthy and the ill-making tendencies in our bodies and our environment. Every divine encounter with the true nature, with the invisible unified field of the bio-photons, subatomic particles, and electromagnetic frequencies fabric of the universe, is made and conducted by the intelligence of the human heart.

The perfect actions of the intelligent human heart link us with our magnetic operating genome, with the encoding letters of life and with acoustic world of speech.

This scientific-based statement backs up our intuitive feelings and shifts our view on heart health to a science based level of intelligence. It determines how we decode the pattern of new awareness and how we implement it into healthy pathways of modern, vibrant lifestyle settings. The new lifestyle encompasses a natural connection to the quantum world to our space above the Karman line and to the living, natural environment, which is given to us at birth. It enables us to discern the benefits for health and the existing risks harming our natural vitality.

Health is implied in every action of our beating hearts. We can be joyfully empowered by the advanced signaling patterns of our cells and we can comprehend the wisdom contained in our personal genetic makeup. It is made for perfect function, individuality and lifelong regeneration.

This book is written in order to condense scientific knowledge and make it accessible to all. It will create a new fundamental building block for life in our coding DNA and will allow a safe navigation in uncharted waters of natural, complementary and mainstream medicine. It offers a clear road map towards holistic medicine and it promotes the full understanding of the knowledgeable observer’s role in our health creation. It encourages us to make a choice for the pathway of quantum health and it us helps to identify the quantum illness.

The knowledge contained in this will activate and unlocks the unlimited potentials of the human heart’s intelligence. It is a key to create increasing wellness, which is everybody’s birthright.

The international team behind this book sensed and recognized the immense proactive potential in creation of a model for holistic and individualized heart health. The team members are inspired to
share with everyone the progress in medical sciences and to communicate the published and the unpublished, the standardized and the non-standardized knowledge. This team had originally developed this new, creative approach to the intelligence of the human heart at the Edith Cowan University, Perth, and Western Australia in 2009. The holistic heart health and the new understanding of the quantum medicine can be applied in all complementary, integrative and practiced mainstream medicine disciplines.

1.1.1 The Scenario of the Embattled and Stressed Human Heart.

The human heart has to beat about 4 billion times in a life of about 80 to 90 years. In too many cases it beats much shorter (only 1.5 or 2 billion times), in a limited life span. It may form coronary artery blockages or coronary spasms and often enters the state of unpredictable hibernation to protect the heart’s cells from immediate death. Sometimes, it scrambles into erratic heart beats which, all of a sudden, can greatly diminish our health and wellness.

The Human Heart can fail in counteracting a heart attack even after 30 or 40 years of biased performance. It falls sometimes into an uncoordinated, chaotic rhythm such as: atrial fibrillation (AF) and heart palpitations. Sometimes the regular heart rhythm is interrupted by premature ventricular beats (PVB).

All these incidents produce a turbulent vortex flow in the left chamber of the heart as the MRI picture displays (Picture is credited to: Gharib, M., E. Rambod, et al., published in 2006, from the Gharib Research Group, California Institute of Technology, USA.) The vortex flow in the heart chambers can cause dizziness in the brain, discomfort in the chest, heart palpitations or even cause a person to faint. In a worst case scenario, the chaotic rhythm can end in serious condition called ventricular tachycardia or fibrillation. It is called the “dance of death” because the heart races with a speed of 300 - 400 hundred insufficient, weak beats per minute around the baseline. It cuts the blood supply to the brain and causing sudden cardiac death (SCD) or sudden unexplained death (SUD). This happens before another regular heartbeat can stop it or before a support from outside can restore the natural heart rhythm. This life threatening sequence of the chaotic cardiac rhythm can be lethal within seconds or a few minutes. Worldwide, 17 million people die from SCD or SUD every year. Sudden Cardiac Death affects not only mature adults in their forties and fifties, but rapidly increasing number of young, physically fit people, who suffer unexpectedly heart attacks or SCD. The sports athletes and people without noticeable cardiac risk are also badly affected.
1.1.2 Causes of Sudden Cardiac Death or Heart Attack and How to Prevent It

A premature, negative outcome for the human heart usually comes from a chronic cardio related stress scenario. It may happen because of our inappropriate and unhealthy life style choices, we have made or a long lasting exposure to work related of family stress prior to the incident. Sometimes, a tragic event in the family or sudden loss of a close person, a financial or social crisis, a car- or work related accident may lead to cardio symptoms. Heart palpitations, threatening chest pain are often manifesting in our body prior to a heart attack or the incident of sudden cardiac death. The common reason is a stressed ineffective lifestyle, medication and toxic influences. They cause a down regulation of the 7TM cellular receptors and a loss of the sensibility of our cells. Then, a trigger, an existing genetic predisposition or a reduced gene expression, can disrupt a precious life.

The lost cells’ sensibility relates to non-recognition or misinterpreting of cardiac warning signs. The modern life style exposes us to many triggers. It could be for example: an adverse side effect of medications or a low physical training level. It can be a chronic poor oxygenation caused by shallow breathing, an inappropriate intake of beverages and an excessive consumption of coffee or alcohol. These risk factors develop a negative loop and deeply disrupt the heart’s performance.

The disruption of the heart rhythm and its normal function comes mostly from uncoordinated and incoherent heart/brain interactions and from a bodily energy imbalance. It could be a hormonal or mental imbalance producing a moment of an uncoordinated heart action. The human heart starts to fail and loses its beautiful, utmost precision and variability. The pursuant/follower of an imbalance life style can develop a heart weakness.

Particularly in the matter of the women’s health, the heart is at high risk due to its inherited anatomy. The constitution of a female may not be strong enough to withstand the negative impacts of a modern life’s traumas and may express itself in exceptional and extraordinary circumstances known as a “broken heart”. The “broken heart syndrome” is a medical condition and was originally discovered in Japan. It was called Takotsubo Cardiomyopathy because of the specific shape of the left chamber. The left ventricle of the heart is in this condition enlarged, not pumping enough blood and when contrasted during a cardio procedure is very similar to the Takotsubo, a Japanese trap used to catch octopus (see image credited to Harvard Health Publications). “Broken heart syndrome” feels like a heart attack with typical chest pain and dizziness. However the hallmark of a heart attack, a blockage or a spasm of the coronary artery, is missing.
Research suggests that up to 5% of women evaluated for a heart attack actually have the “broken heart syndrome”. It has been recently reported that it may go largely unrecognized. [http://www.health.harvard.edu/blog/the-science-behind-broken-heart-syndrome-201202144256](http://www.health.harvard.edu/blog/the-science-behind-broken-heart-syndrome-201202144256)

Contemporary assessment of Heart Rate Variability (HRV) is very useful tool in the evaluation of the individual’s ability to cope with distress and to discover the stress related disorders. The HRV record and its assessment became is a scope in medical sciences to check the Intelligent Heart functions.

The intelligent heart perform day and night, 24/7 its enormous amount of work. It adjusts continuously the volume of the ejected blood in time accordingly to the demands of the body and rapidly occurring changes in our environment. The intelligence of our heart decides the timing of the contraction. It determines the amount of blood to be ejected with a every single heartbeat. It is an extremely fine tuning. It needs a highly developed intelligence, multiple sophisticated on-going calculations and adjustments due to the impact of the unpredictable influences caused by hormones release and changes in the breathing

When we visit our GP, he/she will typically measure the actually values of the systolic blood pressure (the first higher number, usually around 120 mm during contraction) and diastolic blood pressure (during the relaxation of the heart, normally around 80 mm). Sometimes our GP will check for abnormalities in our heart’s rhythm. The pulse rate will be assessed and counted.

This standard examination may not discover our elevated stress levels or hormonal imbalances. It may not indicate a deficit in the oxygenation of our body. We would need a more holistic assessment of our heart and its internal functions in form of an advanced heart check. The holistic examination will include the Heart Rate Variability (HRV). The heart rate variabilityis the most sensitive parameter of the intelligent heart functions. It is based on recordings of the Electrocardiogram (ECG) reflecting the body’s electric and magnetic field. Our heart constantly generates electricity and a strong magnetic field. A program recording the ECG and HRV for 2 minutes will code the reading in colours and generate a colourful pattern - the Heart Portrait Image. It will indicate subtle changes in the heart’s action.
caused by elevated stress level and the changes of the blood supply to the heart. This small portable device creates a dynamic window into the essential cardiovascular functions and it is an evidence based tool to assess also the heart/brain interactions, the dynamism of our breathing and our hormonal activity. The Heart Portrait Image will also indicate in logical way changes of the electric potentials, their exact timing and the blood supply in the heart.

The program will calculate the stress level as a value between 0 and 100% and the distribution of three frequencies of the HRV.

- The first of the measured HRV components is the High Frequency (HF), which is coloured in deep blue. It reflects mainly the function of the lungs and the level of the oxygenation of the body.
- The second HRV component is the Low Frequency (LF) colored as bright blue expresses mostly the heart functions. It also allows the estimation of the brain/heart cohesion and coordination.
- The third HRV component, the Very Low Frequency (VLF) (displayed in green colour) is an extremely sensitive measurement. Imagine, even release of hormones and bio-chemicals is a gentle sound in our Quantum Body and can be recorded.

These three frequencies are literally “gentle sounds” originating from the specific functions of our body. The High Frequency (HF) reflects the lung/breathing mechanism and the oxygenation of our body. The Low Frequency (LF) mirrors the heart functions and its cooperation with our brain. The Very Low Frequency (VLF) relates to the hormonal system including the actions of the immune defence system. The software displays the percentage of their distribution in an individual pie diagram. In ideal situation all three field are equal allowing a comparison the well-known from our roads Mercedes star.

We take an example and analyse now a situation of a women in a stressful situation. She presented during examination a superficial breathing and chest tightness. Furthermore, she complained about a sporadically occurring, burning pain in the middle of the chest, behind the breastbone and a disturbed sleep pattern, accompanied by a high level of anxiety. The cardio stress index (CSI) was measured at 56% level, which was far above the acceptable values which are normally lower than 20%. The increased stress level is displayed as the brown discoloration at the core, the “lead” of the Heart.

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HF</td>
<td>34.2%</td>
<td>Highest frequency, mainly reflects lung/breathing and oxygenation of the body.</td>
</tr>
<tr>
<td>LF</td>
<td>32.1%</td>
<td>Reflects the heart functions and its cooperation with the brain.</td>
</tr>
<tr>
<td>VLF</td>
<td>33.7%</td>
<td>Very sensitive measurement, reflects release of hormones and bio-chemicals.</td>
</tr>
</tbody>
</table>

HF - is the frequency from 0.15 to 0.40 Hz
LF - is the frequency from 0.04 to 0.15 Hz
VLF - is the frequency below <0.04 Hz

The Hertz (symbol Hz) is the unit of frequency in the International System of Units (SI) and is defined as one cycle per second.
Portrait Image. The redness on the left side of the picture indicated an area of the heart muscle with a low local functionality due to diminished blood supply and a lack of oxygen. It may be considered as a state of the heart’s hibernation. The second cardio check from the same patient was recorded in 1 hour and 15 minutes later, after an intense respiratory muscle training and medical acupuncture.

The relevant changes in colours of the Cardio Portrait Image confirm the normalization of the blood supply and a reduction of the Cardio Stress Index (CSI) from 56% to 20%.

In the prevention of sudden cardiac death (SCD), the personal genetic factors need to be assessed.

1.1.3 The Failing of the Intelligent Human Heart

Heart disease remains the number one cause of death around the world. On a global scale, the emerging cardio-centered knowledge and the evidence based insights indicate that the time is right now to apply this cutting-edge research to create a response to these urgent, multifaceted heart health crises. The failing of the human heart has shaken the conventional medical approach right to the core. Our outdated models of health, especially heart health, developed in the past, are not reflecting the complexity, dynamics and pace of our modern world. In the scenario of death-related and illness-centered stereotypes of the contemporary business models there is no place for our intelligent heart. They do not consider the importance of breathing and are not focused on our interconnection with the outer and inner space of man and the magnetic morphogenetic body field. We, the society and as an individual, we have not being treated holistic enough. Our symptoms, the bodily warning signs in 3D reality do not match our live circumstances. They are not mapped enough in our bodily awareness and not included in the development of our consciousness.
Governmental statistics try to spot deadly illness trends, to address with urgency the life-threatening health risks which have an impact on our heart health now, and will be important in the future, individually and globally.

We must consider some statistic data about the global heart health. It is a warning.

- Health data brought together from more than 190 countries show heart disease remains the No. 1 global cause of death with 17.3 million deaths each year, according to “Heart Disease and Stroke Statistics — 2015 Update: A Report From the American Heart Association
- Another 17 million people worldwide are now tragically losing their lives through the sudden cardiac death (SCD) every year. This condition is also striking so-called “healthy people,” who have no previous symptoms of heart disease prior to their sudden cardiac death
- Sixty million Americans suffer from cardiovascular disease and one person dies every 30 seconds from heart disease
- Every single day, 80,000 people worldwide suffer a heart attack; 30 million suffer heart attacks in one year
- Heart disease is the leading cause of death in American and Australian women. It affects one out of every two females in the United States
- Each year, 2.5 million women in United States are hospitalized for cardiac disorders and about 500,000 die because of them
- More women are dying from heart-related disease than from breast, lung, uterine, and ovarian cancer combined
- Heart disease does not just kill the elderly, it is the leading cause of death for all Americans age 35 and older and is the leading cause of death in both men and women and among all racial and ethnic groups
- Deaths in alarming numbers are occurring in young people, including students and well-trained athletes, who are neither overweight nor considered to have risk factors.

These statistics indicate that an increasing number of people are struck down by heart disease. It appears that the intelligent heart had lost the battle, or failed to fulfill the complex and perfect task of beating for a long and healthy life. This loss of life is not only a failure of the heart. Our brain is affected too by the heart in hibernation. It enters hibernation following the heart’s dysfunctional state. It could be just long enough to result in a heart attack or a mini stroke.

The number of an invasive cardiac procedures performed on the human heart is increasing. In 2015, in the USA, an enormously large number (600,000) of angioplasties with a stent implantation were performed. In Asia, more than 400,000 coronary angiographies to open a blocked coronary vessel with a catheter balloon were necessary. In Europe, 450,000 people undergo such interventions with a
stent implantation. All these procedure are invasive. They are carrying a significant risk for adverse reactions including death during the procedure. Studies have demonstrated a risk of 2% for all patients undergoing invasive opening of the coronary artery blockage. The risk of death from cardiac catheterization, a diagnostic procedure has been demonstrated at 0.11%. It means that 1 out of every one thousand patients undergoing this diagnostic procedure, dies. By 1.5 million diagnostic procedures performed in the USA, Europe and Asia together means that 1,500 patients have died in 2015 during their cardiac diagnostics. http://www.surgeryencyclopedia.com/A-Ce/Cardiac-Catheterization.html#ixzz4Z6qa0q9z

These statistic and tragic numbers point to a very strong need for holistic and personalised heart health programs. The rising number of heart incidents leading to death gives rise to the toughest human heart health related questions on a personal and on the global scale.

1.1.4 The Positive Scenario of the Human Heart

The magnitude and intelligence of the human heart is encoded within its structure and functions. The Human Heart begins its first beat in the mother’s womb about 10 days from conception. This tiny baby heart performs on a miraculous scale, beating with utmost perseverance and synchronization during the “distressful” act of birth.

Our heart is located in the upper chest of the body. It performs the most extraordinary tasks in unison with the soul, mind, body and the spirit. It is interconnected with many people in the formation of the interrelated family, social networks and professional connections around the world. The meta-physical heart, our spiritual quantum heart is interconnected with every living being at this planet Earth, with the quantum world and with the fabric of the universe.

The human heart can spontaneously resolve coronary artery blockages or can release the spasms in the coronary arteries. It can happen without any external interventions of angioplasty or other intervention targeting the opening the coronary blockage with a specialized balloon catheter under high pressure.

Our heart counteracts at all times the daily cardio related stress cascade. It happens by the mean of four vital heart hormones released every 24 to 48 minutes independent whether one is healthy or affected by illness.

When our heart is sufficient supplied with oxygen and vital minerals such as Potassium and Magnesium it can correct an erratic or irregular heartbeat spontaneously
The Human Heart can perform its functions fully independently from the brain, despite different states of awareness, whether we are asleep or awake.

1.1.5 The Majesty of the Human Heart

The majesty of the human heart manifests in a grandiose multilevel performance by:

- Beating 41 million times a year in a highly variable rhythm
- Generating a powerful electromagnetic field inside and outside the body
- Supplying our whole body with energy output capable of delivering the electricity for a 100 watt bulb at peak performance
- Producing precise, rhythmic contractions to pump 7000 liters of blood throughout the body, supplying sufficient blood to all organs with every heartbeat, 24/7 against the forces of gravity
- Using a high level of flexibility and at all times adjusting dynamically the heart’s pumping function to the changing demands of the body and surrounding environment according to its most intelligent function, the heart rate variability (HRV)
- Increases enormously the amount of ejected blood in a single heartbeat according to the increasing ejection fraction (EF). Ejection fraction is the percentage of the blood volume leaving the heart chamber with one beat) during physical exercises, EF usually equals about 50% or 50ml for a normal fit person
- Building up to 3 kilograms and more of renewable energy every 24 hours, 7 days a week, in the cellular power stations (mitochondria) of the heart. These specialized cells are equipped with up to 3000 and more of the cell specific organelle containing enzymes responsible for producing energy
- Producing the adult omnipotent stem cells for restoring and healing according to the ongoing regenerative demands of the heart itself and of the entire body
- Continuously reversing the negative scenarios of the embattled human heart

We must take a look at our actual heart health oriented situations and what we need to do to persevere in a good heart health and maintain an intellectual wellness.

1.2 The Position of the Human Heart in the Arena of Individualized and Holistic Health

Most heart disorders are preventable in a unique, individual way. The right approach of the individualized medicine is needed to increase knowledge about the intelligence of the human heart and its specific functions. The utmost important key role has the knowledgeable observer, who is aware of:
• The unlimited potentiality for health of the fabric of the universe according to the laws of quantum medicine
• The deep meaning the curative directed intention in the healing process. A knowledgeable observer can change the 3D reality of illness
• The crucial role of abdominal, diaphragmatic breathing and adequate oxygen supply
• The practical application of bio-feedback and the heart rate variability (HRV)
• The meaning of cellular communication and electromagnetic information processing
• The water functions in our body, especially as a memory carrier
• The value of the individual DNA cardiovascular oriented profiling

are the main areas we must excel in.

We also need to enhance the ability of our heart to produce adult omnipotent stem cells and to acknowledge the intelligence of the human heart in counteracting the cardio related stress cascade. It requires from us a reasonable amount of determination to put all these insights and evidence based knowledge into practice.

1.2.1 The Fundamental Core Directions for Holistic Individualized Heart Health

The intelligent Human Heart has unlimited potential to maintain good health for the entire body and to renew itself for about 120 years. Stunning key factors of heart health and the most recent discoveries about the sophisticated functionality of the human heart confirm the holistic design of our major internal organs and the heart’s functional superiority.

Above all, the medical research produces a new understanding about the different levels of the human heart’s functions. It needs to be a part of our holistic heart health awareness. The translated insights have to be integrated into a personal outlook and our individualized life style. We need to zoom down in to our body’s cellular level. Then we will able to receive a direct insight into the code of life, in the genes and the sequences of DNA. We will be to make an impact on our genetics and to change our unique genetic expression.

The individualized heart health integrates all these different aspects of health and crystallizes them into a cardio centered holistic approach. It takes an advantage of 21st century sciences. It creates personalized solutions for the negative loop of the cardio related stress scenario, which became overactive in our modern life.

1.2.2. Personal Awareness of the Human Heart Potentials

The state of full awareness in the 3D Reality + time (time is the 4th dimension), and the knowledge of the 5th hidden dimension, the domain of the heart and spirit will accelerate the development of our consciousness. We will be able to build a solid graphically represented image processing (GRIP) a graphical representation to map the invisible reality. This is the key to unleash the heart plasticity and
its genomic potential for the constant renewal. The unshakeable perseverance in pursuing the key genetic message of our human heart, which is designed for 120 years of well-functioning, will expand our longevity vision and the real span of our life.

The intelligent human heart has a very subtle, electromagnetic relationship with the human body. It extends the living space about 1 m around us and its impact is far beyond the border of the body. The electromagnetic body field can extend many meters outside of a person.

The intelligence of the human heart can perceive critical information from the quantum world and the fabric of the universe prior to the brain and can even sometimes predict the future events.

Heart/brain interactions are critical in the outcome of this sublime process of the fusion of 3D reality mapped for our awareness with the invisible GRIP of our consciousness operating in the hidden 5th dimension for the right decision making process and our healthy actions. This is the definition of the superior mind acting not only for the own purpose but also for others, for the benefit of mankind.

The positive coherent heart/brain interactions are governed by the CLOCK gene (Circadian Locomotors Outcome Cycles Kaput), which create an energy generating feedback loop. The prolonged cardio related stress cascade will affect the harmonious heart/brain cooperation and will result in an energy suppressing feedback loop. The picture shows the complexity of the CLOCK gene and its sophisticated connection to the other genes in our genome. The displayed picture is accredited to the genetic work of Martin E. Young, Peter Razeghi, Heinrich Taegtmeyer, "CLOCK genes in the Heart” 2001, from the Department of Internal Medicine, Division Cardiology, Medical University of Texas in Houston.

The perfect heart/brain cooperation relies on sufficient oxygen supply due to effective diaphragmatic breathing and the appropriate volume intake from the air. This is a key factor in heart/brain cohesion and harmonious synchronization.

Cutting edge discoveries and contemporary research underline the true potential of the human heart. All the scientific, medical breakthroughs point out to the heart’s supreme position, as the leader of all the internal organs in the human body and place it in a superior position in the arena of life and within our spiritual activities.

The heart’s unimaginable intelligence was recently made evident by modern medical science. The scientific study by Paul Pearsall, Gary E.R Schwartz, Linda G.S. Russek “Changes in Heart Transplant Recipients that Parallel the Personalities of their Donors “ published in 2000 in Integrative Medicine brought the evidence that part of the personality of the donor had been transferred to the heart transplant recipient. The heart transplant patients incorporated and displayed the donor’s life style preferences without prior knowledge the donor and without any contacts in our 3D Reality.
1.2.3 Reversing the Negative Scenario of the Embattled Human Heart

The process of reversing heart’s illness and regaining the heart health requires our utmost attention and a strong individual holistic awareness. We want to have nothing less than the full vitality of our body. We need a structured individualized heart health program, positive cardio experiences, a high degree of applicable cutting-edge cardio insights and ongoing cardio training. Proactive cardio activities are the basis for our success.

Solid evidence that blockages in the coronary arteries can be reversed was first shown by a pioneer American Cardiologist, Dr. Dean Ornish in 1999. He delivered first-time scientific evidence that blockages in the coronary system of the human heart can be reduced by an individualized, holistic treatment approach. Dr. Ornish is an acclaimed international speaker and the author of many medical books. Actually he is the health advisor of former president of the USA, Bill Clinton, who underwent by-pass surgery few years ago.

We need to understand in depth our dynamic body structure. Only by zooming down our knowledge to the microcellular level of genetic and bio-molecular structures of the body including its unlimited quantum potential for health we can make a desired shift from personal negative cardio attitudes to a new individual holistic cardio lifestyle. It will have a positive impact our heart health. This is the only way to master our individual genetic disadvantages, to change our gene expression, to upgrade our down regulated 7 TM (Seven Trans Membrane Receptor). Above all, with a new individualized cardio oriented life style it is possible to “sideline or override” successfully “the black imprints”, of our genetic make-up, the generational, negative load in our inherited junk DNA.

The new knowledge about the 7TM receptor in the cells communication and the discovery of the G proteins (α, β, γ) are essential to understand the way how our intelligent human heart acts and executes its superiority in our body. This important research culminated in a Nobel Prize Award in 2012, to the US researchers, Dr. Brian K. Kobilka and Dr. Robert J. Lefkowitz. The picture illustrates Nobel Laureate Dr Kobilka’s crystalline structure of the activated a 7TM receptor (blue color) and the interaction with a hormone marked yellow (for example Adrenaline). The G proteins are on the inside of cell membrane (red colors). The G proteins are the internal messengers, they are down-streaming
the impulses to the interior of the cell, to the nucleus, the dwelling place of our cellular DNA. The 7TM receptors are at the surface of every cell and the G proteins are attached to every single 7TM receptor. They are the sophisticated instruments of sensing, translating and down-streaming any information approaching our cells. They are regulating many pathways including the cardio related stress cascade, sugar and fat metabolism, emotional responses of our heart. They regulate the efficiency of the circulatory system, energy management and much, much more.

There have been many breathtaking discoveries in the past 100 years. The presented timeline helps to illuminate our minds and may be it will give us continuously more insights in our personal heart health situation.

The Table 1 displays the Major discoveries in quantum physics, quantum medicine, genetics, quantum biology and in the heart sciences.

The timeline is showing the progress of cardiology and the major discoveries in heart sciences. It helps us to understand the development of the modern genetics and molecular biology. The displayed icons of the major break-through discoveries have all been made almost all exclusively in the last century. The scope of discoveries extend from the empirical revelation of the traditional Chinese medicine (TCM), which more than 2000 years ago positioned the human heart as an emperor at the core of our body functions and regulations to the quantum medicine and quantum computer which have been established in the last few years.
1.2.4 Three Fundamental Components for Our Individualized Heart Health

The enormous pace, the new insights, and the breakthrough discoveries of cutting-edge scientific research have been breathtaking. The latest essential advancements refer to and address the three core directions in developing a framework for the personalized medicine and a foundation for the individualized heart health.

The holistic and intelligent human heart builds an interface between the inner space of man, within the intelligent quantum body and the outer space of man consisting of the direct environments (our home, suburb, city), we are live in and distant environment (the earth, the airspace building the layer of 30 kilometers and the Space starting from the Karman line, only 100 kilometers above us, consisting of our planetary system, billions of stars and vast number of galaxies).

The intelligent heart exercises its interface function between the space above and the fabric of the universe far below through many levels: electromagnetic, neuronal, hormonal, biomechanical, genetic and more. These three components have an enormous impact on our life, our experiences, our genes and our body. The holistic integration of the knowledge about these 3 components is needed for the development of our awareness and consciousness. Putting it in practice, we will shape and better know our “experienced body”, the mature carrier and a vehicle for our further spiritual development. The experienced body is good looking, vital and energetic. It is stable and unshakable despite of the strong impact of external weather conditions and worldly influences. The experienced body can overcome any, even strong mental trauma; it can conquer a serious accident or an injury.
These three components form our understanding of the dynamism of human health at the point of its ultimate creativity on the planet Earth:

- The intelligent heart unlimited with its unlimited potential, our heart as the ultimate guidance and
- The Quantum Body well oxygenated, listening to its smart genes, operating precisely in 3D Reality+time
- Our all-inclusiveness related to the local and global environment; earth, space, stars, and the universe, the outer space of humans on this spaceship earth.

In fact we are connected to these three components from our conception and our birth.

We are well equipped when we recognize that our human heart as a highly intelligent organ in action; when we acknowledge the subtle power behind the coding and non-coding genes, when we reject the generational interference of our junk DNA and when we become more aware of our morphogenetic body field.

All these insights of cutting-edge knowledge and insights for health need to be incorporated in our experienced body to catch up with 21st century standards of the holistic heart health and the fullness of the modern life.

The intelligent human heart operates between the outer and inner space of humans and acts as an interface. It translates environmental influences and makes it comprehensible for all cells, tissues and internal organs, in a sophisticated process of a multilevel cellular communication.

1.3 The Human Heart in Action

The intelligent human heart is in constant movement and communication with the body and the external environment, gathering life-giving information from the inner and outer space of man. It links, translates the information from both the outer and inner world and is highly variable in responding and adapting to the most strange and even unpredictable change of our environment. It adjusts continuously the blood supply via an amount of blood accelerated in the aorta and all over the body with every single heart beat known as an ejection fraction (EF). The picture displays two sequenced stages of the heart’s left chamber performance in relaxation (upper part of the picture, diastole and contraction, systole). In this time the heart will be filled with fresh, oxygenated blood and contains about 100 mL blood volume. The remaining residual blood volume of about 45 mL stays in the left ventricle and will in the time of relaxation (diastole) supply the heart itself, via the coronary artery system.

The human heart processes a vast stream of data. It analyzes it and transforms the big data into the intelligent information. It delivers an adjusted amount to the brain, to other vital organs according to their actual demands and to the capacity of the body’s circulation. The volume of blood which is
moved forward with a single heart beat is everybody’s potential to improve the physical fitness and intellectual performance. It can be augmented and maximize from 50 ml to 70 or even 80 ml in aligning with a smart structured respiratory muscle training and the interval training. This is the way of training of many professional athletes. A slower heart rate but increased volume with every heart beat allows the body to achieve extraordinary performances.

The untrained and unconditioned hearts will response to every increase of emotional or bodily work load with an accelerated heart rate. However, this type of regulation will probably shorten our life span according the new theory in Cardiology. The diagram is credited to authors of the scientific work entitled “Heart Rate, Life Expectancy and the Cardiovascular System: by Boudoulas K.D and his team from the Ohio State University (USA) published contemporary in the Journal of Cardiology in 2015.

The intelligent human heart processes electromagnetic and mechanically coded information in a way far more complex and sophisticated than previously thought with our limited perception. The intelligence of our heart not only maintains life but also shapes its future. https://www.karger.com/Article/FullText/435947.

1.3.1 The Human Heart’s Morphogenetic Body Field

The morphogenetic body field is a part of this complex communication. It is an intangible, but it is powerful electromagnetic field of information, an invisible extension, an “extra” important shield for us. This is a newly demonstrated concept in western thinking. Contemporary medical research confirms the holistic concepts of traditional Chinese medicine, in which the heart is main organ and one of great importance. The human heart is like the emperor of the body

The pioneer research of the Institute of HeartMath Research Center in California, USA confirmed the existence of the morphogenetic body field. This is an informational body field based on the electromagnetic function of light and bio-photons spiraling from and towards our bodies. The bio-photons, the smallest quantum of light are emitted from every living system. In the medical research they can be detected as a specific biological electromagnetic radiation. The bio-photons forming the Body Field and the electromagnetic radiation are the signs of activity of the human heart, the DNA, the manifestation of the activation of our brain and other internal organs.

1.3.2 Heart Rate Variability (HRV) Indicates the Human Heart Perfect Function
The research conducted in Heart Math Institute in California, USA had also significantly advanced our understanding of the heart-brain interactions. Their cutting edge research confirmed the meaning of standardized and proven heart rate variability (HRV) knowledge in modern cardiology. The HeartMath Institute found that HRV accurately measures intelligence of the human heart and its interactions with the brain known as coherence. The HRV indeed visualizes heart’s responses to the rapid alterations in the environment and the changes in the internal body demands. The Heart Rate Variability indicates the flexibility of the heart’s rhythm adaptations to stress. A team of researchers led by Dr. Rollin McCraty achieved major breakthroughs into psycho-physiology, neuro-cardiology and biophysics and brought it into the Sciences of the Heart. The team discovered in 1991 heart’s unique nervous system, which governs its energy production, supply and distribution. It is fully independent from the brain.

A record of the 24 hours of the HRV is displayed at the image. The intelligence of the heart can be recognized as a regular long shape comparable to a comet or a torpedo. In this registration are more than 80,000 heart beats recorded. There is a white core in the point care, diagram which represents a normal, coherent heart rate variability. The bright blue coating and “clouds” around it indicate different stages of increased/decreased heart activity connected to exercises, emotional reactions, and responses to different meals and to diverse medication.

### 1.3.3 The Human Heart Is Created from a Single Cell and It Is Interconnected At Many Levels

On a cellular level the human heart is the first organ to develop in an embryo, which then develops to a baby. Its creation in the womb occurs prior to the brain’s development. It occurs in the 10th and 11th day of its life. The precise and accurate heart functions are fundamental to the whole pregnancy and the embryo’s development. The human heart is a holistic organ and it is full of integrity from the very beginning. It is interconnected to the mother and to the intangible territory of inner and outer space of man. The small heart of the developing baby shares with the mother the electromagnetic body field, the blood and the common DNA. The picture is credited to US astronaut Story Musgrave, who had repaired the famous Hubble Space Telescope. [http://www.storymusgrave.com/art.htm](http://www.storymusgrave.com/art.htm)
The developing baby is entangled, interconnected with other human hearts. It links especially to the father’s heart and to the hearts of the other family members. It can be connected to our loved ones and friends even over great distances and different time zones. It never exists alone. It is fundamentally interrelated with all human beings. The human heart is not created to be alone, but it loves to be interconnected and to communicate with other intelligent human hearts.

The heart of a man needs to be connected with a woman’s heart, when they fell in love. The heart of a child is deeply linked with the parents’ hearts and the hearts of all individuals in a family, with friends, and with the global community.

The heart of a leading scientist is connected with his/her collaborative research team and the heart of an employer with his/her employees. It is considered as a loyalty to the prosperous company, but underlying framework of all such connections is the living and beating heart.

The heart is superior to other internal organs because of its multilevel governing functions at the electromagnetic, hormonal and genetic level. Our heart is a sophisticated engine of the blood circulation operating in a strong magnetic field. It has an executive impact on all cells of the human body. The human heart is an interface to the fabric of the universe. It interconnects the 3D reality, the inner and outer Space of a man with the fabric of the universe, the world of unlimited potentiality for health.

The highest expression of the general and heart health manifests in its radiance. An intense light will be coming from inside, the sparking from within, the radiance of the biophotonic language of the cells’ nonverbal communication. Picture is credited to Ana Poirier, who is a certified holistic nutrition coach and a yoga instructor. http://www.yogabodynutrition.com/programs/your-radiant-diva-vip-day/#.WLp6ZG-GOpp

Some evaluations have been made concerning the strength of the magnetic power of the human heart. One of the estimates delivers an interesting comparison. It states that the magnetic field of the heart has 1/1000 of the power of the earth’s magnetic field. It seems to be impossible from our first impression, because the earth is so vast. It becomes more understandable in the light of the geology research. It confirms that only the superficial layer of the earth has a magnetic field. The deeper layers of the earth are rapidly losing magnetic field strength due to extremely high temperatures inside of our planet. Further analysis of the magnetic fields and the human body leads us to our magnetic healing hands. This practical, empirical wisdom was gathered in course of centuries. It considers that the magnetic field of the hands used for purposes of healing is very strong.

Our intentionally applied hands for the purpose of healing can develop a 1000 stronger magnetic field, than the field created by the heart. This is a strong thought that the healing hands may be
able to generate a powerful magnetic field, which is comparable to the magnetic field of the entire Earth.

In comparison, the contemporary operating magnetic resonance imaging (MRI) machines develop a magnetic strength of 1 to 3 or even 7 Tesla. A new MRI machine with the strengths of 2 Tesla produces a magnetic field which is 30,000 stronger than the magnetic field of the earth. A 3 Tesla MRI machine magnetic field is 60,000 times stronger than the magnetic field of our entire earth. Globally, we have, as for year 2016; more than 36,000 of MRI machines operating and alone in the USA in the same year have been performed 39 million MRI scans.

In the matter of the curative magnetic fields we are invited to enter the field of established, evidence based knowledge and to acquire the relevant information from standardized and non-standardized scientific sources.

We can receive the perfect MRI images of our heart, which are very useful for diagnostics. It helps our imagination to zoom down to the organ level. In fact we need to develop a vision for our Intelligent Heart and an unshakable conviction that the human heart is the “emperor” and the foundation of the living, holistic quantum body of each and every one of us.

1.4 Progress in Human Heart Functioning

We need to cross frontiers to reach the progress and advancements in the functioning of the human heart. We are reaching out to the unknown territory of the holistic, intelligent human Heart. It will expand our Awareness and Consciousness. This process needs a strong dedication and an unshakable perseverance. It is a unidirectional process. We need continuously proceed in it and we will arrive at the turning point. The accumulated knowledge amounts to the critical mass. Our insights and our personal development will jump to the next level in such quantum leap, we have experienced never before. This is the point of no return, because we cannot go backwards against our new awareness and consciousness. If we go back this infamous way back, it can bring destruction and eventually a health disaster.

This is a one way ticket and on this exciting pathway we will create an exponential growth. It will produce a positive change. We will step into a new quality in our life style. This will be a moment of a great celebration. We will be united at our all 5 relevant levels: heart, mind, soul, spirit and body. We will experience the incredible power and intelligence of our heart. The intelligent heart has an inherent, immeasurable and never-ending wisdom that works night and day in the inner and outer space of man for the individual health and for the optimum of wellness.

Using our new acquired knowledge and our imagination we can zoom down to the microscopic level. We step down from the surface of our body to the inside of our chest and we will face the heart as an intelligent and a vital organ. Descending deeper we can come to and touch the molecular level. It will
be an amazing picture. It will marvel us. The unfolding, fascinating miniature picture of the distressed cells losing their 7TM receptors (their utmost important sensors) and hiding their antennas hit our perception. Our cells are in distress and have no peace. Due to informational overload, increasing pollution and enormously toxic influences our cells are fighting for survival. We sometimes contribute to it through our dividing, unethical decisions and our non-logic and ignorant actions against our health.

This temporarily loss of the cells’ internal sensibility limits our body’s capabilities and narrows our horizons of our correct perception. Our too limited scope of our 3D reality awareness and our powerlessness in exploration the magnetic hidden dimension by our consciousness make us susceptible to many risks and traps in daily life. Our narrowed perception let us respond with an insensitive behavior to our closest partners, wives and husbands, our precious children, other family members and our friends. These significant limitations of our sensibility and our external sensitivity can cause an accident and even a serious injury.

We pay too little attention to our quantum body and its bodily warning signs and the alarming symptoms. The significant loss of our cells’ sensitivity, can contribute to catastrophic breaks down in our health and even to premature death in the mechanism of the sudden cardiac death (SCD).

Our stable DNA and our trusted Quantum Body are able to enhance the scope of our vision and can open the channels to the future. In the state of quantum health we will take ownership of outer space above the earth. We can extend our reality and augment it even without using GPS systems in our mobile phones. We need to focus on our intelligent heart to be able to operate in the superior mind mode seizing the opportunity of the cooperation between the 3D reality awareness and our Consciousness operating in the electromagnetic hidden dimension.

We can already observe the weather forecast sent to our smart phones from a satellite. We can virtually climb the Mount Everest. We will be soon connected to our personal nano-satellite and will download our integrated bio-sensor with the data of the augmented reality around us for our perfect health and our intellectual wellness. [https://www.youtube.com/watch?v=CJ0WhWLXsIE](https://www.youtube.com/watch?v=CJ0WhWLXsIE)

**1.4.1 Loss of Cardiac Sensibility and Our Ignorance Towards the Heart Knowledge**
Every intelligent heart does everything to bring us closer to our divine, holistic potential for our health. It supports our assignments and it desires to bring the right directions and fulfill our life. It contains an ocean of knowledge which cannot be underestimated. Our ignorance towards the heart’s communication will result in irregular heartbeats, palpitations and even heartaches. No matter, where we are positioned around the globe, we will then experience the increased speed of negative reciprocity which can hit our heart like a boomerang.

Statistically and mathematically more and more cardiac deaths are predicted and the major reason is our loss of cardio sensibility. Billions of dollars has been spent on research to combat heart disorders and tremendous breakthroughs in diagnostic and surgical techniques have been already achieved. However, we need an update of the mechanistic model of the heart and body as a perfect functioning cause-and-effect bio-fuelled machine. The cause/effect mechanistic paradigm in medicine and in the arena of the holistic healing is next to useless in dealing with the heart’s supreme dynamic position and its intelligence.

Heart attack and stroke account for far more fatalities in our modern world than any other cause of death. A freedom from severe heart problems has still not been achieved despite of a rapid expansion of the knowledge in medical sciences and the sky rocketing technological advancement. The situation is very complex and we need an effective, dynamic, proven and individual tailored intelligent model to reach our ultimate potential. We are all predestined to discover the unique life-building force of our intelligent heart and quantum body.

1.4.2 Cardio Oriented Warning Signs and Symptoms. The Dialogue With Our Heart

When our 7TM receptors are not downgraded, sensing perfectly from within, then our DNA creates a stable magnetic communication, then are able to understand the coded language of our intelligent heart. Our Quantum Body is especially designed for both: to sense the joyful impulses and to detect the warning signs of the heart. We want to be good skilled to recognize quickly the instability of heart/brain communication and the missing coherence. We will be doing well by checking our breathing mechanism few times a day and pouting it in our 3D reality awareness. Zooming down our imagination to the heart/brain cellular level, we will identify a very initial state of negative, changed heart functionality.

We need to recognize quickly the external interference, an external invasion of our morphogenetic Body Field and distinguish it from the negative impact of messages originating from our inherited, generational junk DNA. We are smart enough and allocate it and to distinguish from each other within 10 seconds. The interference of the 21st century is external, mostly man-made. The urbanization and the 4th industrial revolution produce numerable and identifiable risks for health including: insensitivity, premature aging, poor physical and intellectual wellness, susceptibility to accidents and
injuries. We are exposed to the rising big data volumes, computational power and 24/7 connectivity. We have to deal with the emergence new forms of human-machine interaction, artificial intelligence, with augmented reality, improvements in transferring digital instructions to the physical world, robotics and 3D printing in household and in medicine, nanotechnology, new biotechnologies and the Internet of Things. All these technological advancement cause increasing chronic exposure to the Electromagnetic Field (EMF), Radiofrequencies (RF) and can produce profound negative changes in our life style of the 21st century causing a down regulation of our 7 Transmembrane (7TM) receptors. We are exposed to the gender specific side effects of self- and prescribed medication; we have to accept changes in our gene expression, increasing exposure to the air pollution, we have to tolerate the industrial fumes, chemicals and preservatives in our food and the smoke of cigarettes. We need to be able to deal with it and to upgrade the 7TM receptors. Our modern life style based on existing urban culture lacks of exercise, insufficient oxygenation of the body and brain induces the increasing not controlled self-medication including caffeine and alcohol. We are forcefully moved to unhealthy choices of diet. Our societal modern life style produces borderline hypertension, diabetes mellitus, obesity, heart attack, strokes and 17 millions of lethal outcomes worldwide in the mechanism of the sudden cardiac death.

The picture displays the down regulation of the 7 TM receptors. The receptors are photographically placed into the cell by a professional photographer Mr. Tony Phillips. Tony has made a very successful transformation after his heart attack and found the way into holistic and individualized heart health. He discovered the intelligence of his heart and he was very successful in putting it into practice. Now, he is heading towards quantum heart knowledge. Tony is continuous applying the acquired knowledge and requesting the comeback of his intelligent heart and once a well-functioning and experienced body. The downgraded receptors can be internalized (pulled in), trans-located into the cells interior and even destroyed with a long lasting cardio related stress cascade as it is displayed at the right side of the cell’s picture. The left, normal sensing cell has at the picture the 5 receptors (to simplify the image the number of 5 receptors was chosen, in fact in every cell are thousands of such
receptors), 4 of the displayed receptors (80%) are correctly placed at the surface and sensing all incoming impulses. In the right side of the picture, the receptors of the cell have been downgraded. 3 of them are pulled in (trans-located) into the cell’s interior, one receptor is already missing, what symbolizes the destroyed receptor.

We have to be knowledgeable observers to prevent the upcoming heart dysfunction, to stop an imminent and threatening heart attack or to conquer the premature cardiac death. We don’t need to die prematurely in the 21st century because of lack of knowledge. We have to observe our heart and its intelligent messages and reactions. We need to be sensitized to its subtle language. It is important to know the feeling of our chest integrity, to recognize regular or disturbed heart rhythm, which sometimes feels as a missing heartbeat. We have to learn to localize correctly tensions, tightness in the middle of chest. It can spread out to our back (the area between the shoulders), to a shoulder itself or to the neck region. Very often it propagates down to the stomach as it is displayed at the picture. More than 90% of these warning signs belong to the symptoms of the heart.

We need to acknowledge is and we have to take action. It is not a heartburn related to hyperacidity of the stomach. The heartburn originated from the stomach causes are gurgitation and dyspepsia. It can lead to an acid indigestion. Heartburn from the digestive system is a burning pain or discomfort that moves up from the stomach to the middle of our abdomen and to the throat.

Our awareness concerning the heart ache and its locations has to be mapped new, in the 3D reality of our mind, and in our awareness. We also need to be more sensible to the occasional numbness of the small fingers, to the electrifying pain in the jaw or to a burning feeling above our stomach. All of these symptoms are the warning signs of the functional heart’s dysfunction.

Our obligation is to avoid risks and to prevent life threatening situations. Understanding more and more the coded language of our intelligent heart we will deliberate us. We would not follow confused “half-dead” teachers and do not want to ingest, even unconsciously, a deadly anti-life program of our generational junk DNA. We will not more listen to whispers of suicidal, lethal, digital codes of artificial intelligence. We will not follow the reactive impulses coming from our flesh, from our own junk DNA. In fact these algorithms originate from our dead ancestors.

This distinguishing wisdom is the key, the game-changer in the heart-killing mind-set based on mechanistic view of the heart. To be successful in our health creation we have to leave the generational junk DNA behind.

We need someone on our side with knowledge, somebody who is friendly and really alive. We need someone who knows, who has made the development of the consciousness and mapped new his/her
Awareness and someone who is already acquainted with the intelligence of his/her heart. We need somebody who knows how to listen and how to decode the language of the intelligent heart. However, correct decoding of the communication with our smart heart is a complex task. The bodily warning is usually a short event, lasting only a few seconds. It is very significant experience but we have no lasting memory of it. An occasional heaviness in the upper limbs, pale face or deep blue coloured face with stagnated blood, tiredness, confusion, short lasting disorientation, low or high blood pressure, shortness of breath (SOB), agitation, excessive sweating or light-headedness with a tendency to faint; all these are early symptoms and warning signs sent to us by our troubled heart indicating an approaching risky Cardio incident.

In this moment, we are called to do something and to make a right decision. Usually, we would not have more than 10 seconds for a healthy DEAL with our intelligent heart and our quantum body, to use advanced and cumulative benefits of:

**DIAPHRAGMATIC BREATHING, EXERCISES for RESPIRATORY SYSTEM, ADVANCED CARDIO KNOWLEDGE, LISTENING TO THE HEART.**

After the warning symptoms stopped we can apply gentle breathing technique, yoga exercises, qigong - a traditional training and an individualized approach to our heart health. Later we need to consider individual genetic profile, genetically oriented balanced diet, use of proven therapeutic techniques such as: medical acupuncture, professional remedial massage, ear, foot, hand, and face reflexology. Also the cardio high intensity interval training (HIIT), symptoms oriented, can serve us to build a healthier life style.

Our unique, holistic heart is placed at the centre of unlimited potentiality, the exciting territory of the holistic health for the body, soul, mind and spirit. As the advanced humans of the 21stcentury, we need to walk, to run, to dive, and to fly high, to go an extra mile in all of those areas, and to have joy with our intelligent heart, to encounter the majesty of life and the forces of health creation.

As knowledgeable observers we have a genius potential at our disposal. We can learn how to deal successfully with the surrounding magnetic fields of our inner and outer space of man. We can be enthusiastic and can progress day by day to the bright future supported by the genuine power of our human heart.
We have to say NO to out-dated simplistic, mechanistic illness-oriented schemes. We must say YES to all individualized, holistic heart health intelligent directions. We need to head into the right direction of our divine assignment and to complete it with joy, while we are alive on this planet earth. Our visions, missions, and plans will definitely work out well when we take seriously the intelligence of our heart and our Quantum Body. We can incorporate it in our awareness of the 3D reality.

We build our relationships to be considered “successful”. We provide to our children exciting opportunities, we strive to get a better house and car, build wealth, manage demanding jobs, and we become involved in our communities. We stare at screens, keeping up with media and with our 24/7 worldwide communication. We facebook, twitt, and skype and bring this attitude of the digital championship into every known and still undiscovered aspect of our lives.

We reverse our biological age day by day. We are not trapped by the time frame of the best man-made clock.

We are totally oriented into our future and not caught in the time zone of the past, pondering the good old stuff they experienced in the 20th century. We do not spend time wandering through memories. It would be a backward-oriented trip. This kind of the mind based journey in the past is contrary to our future oriented and vibrating quantum holistic living matrix governed by our intelligent heart.

1.4.3 High Blood Pressure Is a Strong Risk Factor for Heart Attack, Stroke and Sudden Cardiac Death

Usually a high blood pressure (BP) causes no pain. In the initial stage of its development we do not have symptoms. In opposite, an activated stress reaction feels sometimes good. We are nicely energized, but the energy comes from the wrong source. So, many people assume that high BP is relatively harmless but contrary to this belief, an elevated BP is a serious symptom of low oxygenation related to chronic shallow breathing and too many other factors inducing a long lasting cardio related stress scenario.

However, BP is also at a protective and compensating mechanism of our intelligent heart. Our heart needs to adequately supply the whole body with oxygen, but O2 is lacking. This is a challenge for our heart. It accelerates initially the blood circulation by increasing the number of heart beats per minute (heart rate) to overcome the lacking oxygenation of the body. When, the insufficient oxygenation lasts longer, when, the impact of the low oxygenation hits heart itself and affects the brain, the intelligent cardiovascular regulation increases blood supply and elevates the blood pressure. Temporarily rise of the blood pressure to support our daily activities is something natural.
The ups and downs in the BP day and night regulation occurs many times during our day, but the average values are within the normal or optimal range (the grey band) as the diagram displays. At the diagram there are two yellow lines. The first, upper line represents the systolic BP. The numeric values of the systolic BP are higher than the diastolic BP, the second yellow line below. In the night (the deep blue zone) the BP is going down because we are in a deep sleep and only the basic, involuntarily functions of the body are alerted. The diagram is credited to DABL Health.  

A longer lasting, elevated BP is the process of the adaptation towards ill making factors: shallow breathing, physical inactivity, downgrading of the 7TM receptors and the lacking oxygen for the cellular breathing. The BP values are not only sporadically elevated and then return to the normal baseline. The permanent BP values are continuously too high, even when we are resting. The first upper yellow line for systolic value is out of the normal band and never returns to it. The second yellow line representing the diastolic BP is displaced. It took the place of the systolic line.

The permanent elevated BP showed at the next diagram will be followed by the structural changes in the blood vessels and in the heart itself known of remodeling. It means a chronic constriction of the blood vessels and eventually in the course of time their hardening.

Furthermore it can cause an overgrowth of the heart muscle, which has now to overcome a much higher resistance and to perform more work. Permanent elevated BP damages the internal organs but at the end it enables us to survive for a while. The diagram is credited to Medscape. http://www.medscape.com/viewarticle/571657_4

Crucial for the permanent and elevated BP development is the imperfection in synchronization between heart/brain. The missing cohesion makes poor concentration, irritability and even poor memory. We will better understand the intended heart/brain networking, their complex
interdependence, when we zoom down our imagination to the cellular level. The closer look at the anatomy of nerves and blood vessels in brain reveals their close relationship in our brain. The neurons and the blood vessels of the brain’s microcirculation build one inseparable cerebrovascular unit. It is almost impossible to distinguish the nerves and blood vessels from each other. Although neuronal activity and blood flow are closely coupled. When, we perform an intense mental work, the specific activity based area of our brain receives immediate more blood supply with fresh oxygen and energy. The blood vessels quick response in the region of the increased brain activity is known as the neurovascular coupling.

The picture, an artist impression, displays the closeness and oneness of cerebrovascular unit is credited to: Dr. Arthur W. Toga, Laboratory of Neuro Imaging at University of California, Los Angeles, UCLA, USA

The neurovascular coupling can be depleted by a longer lasting high BP. The neurovascular coupling starts to be dysfunctional. At this stage we can already notice the first signs of lower energy and decreasing bodily and intellectual performance. We are no longer feeling whole and we are not fully connected to our environment, to our inner and outer space of man. Sometimes we can perceive that we are separated from our blue print of health. Our dynamic behavior and our correct perception is not more 100%. It could be only 60% or 70% or even less of our usual perception baseline in the 3D reality.

Ongoing, permanent elevated blood pressure is called hypertension. It is already an advanced stage of the low oxygenation of our body and a massive loss the cells’ sensibility. It causes acceleration in downgrading of the 7TM receptors in the heart and brain. This condition affects about a billion people worldwide.

1.4.4 Insensitivity and Hypersensitivity to the Blood Pressure Lowering Medication

Hypertension, the permanent elevated blood pressure, is usually treated with prescribed medication. The alarming reality is that only about one-third of people, who take medication for high, permanent BP are able to bring their blood pressure back into a safe zone. The remaining two-third is classified as the non-responders. This category includes the non-compliant patients, who take their medication irregular, or in an inadequate dosage and also the patients having interactions with other drugs altering the sufficient blood lowering effect. The non-responders have downgraded 7TM receptors. Not enough 7TM receptors make the drug ineffective. Non-responders also are the people taking the prescribed medication to long. It can cause a maladaptation to the drug and its failure to lower the
elevated BP. According to this statistics two-third of patients with hypertension is taking the medication without effective control of their elevated blood pressure but they are exposed to and they experience the negative side effects of the commenced drug.

The personal genetic profile can reveal insensitivity to a specific drug. The personal genetic make-up can be associated with either hyper- or hyposensitivity to a specific drug or its metabolites. The hypersensitivity can cause massive adverse effects by using a normal dosage of medication. An adverse effect can be a massive drop in blood pressure with light headedness or even a tendency to fainting, a massive allergic reaction or a life threatening shock reaction. An example of hypersensitivity can be a loud and strong Tinnitus in course of the medication with a small dosage of Aspirin (ASA - Acetylsalicylic Acid). Already a small dosage of 50 mg Aspirin taken to prevent building of blood clots can cause the brain to produce, a virtual non-existing sounds as the response to the salicylate hypersensitivity and their toxicity.

Insensitivity to a specific drug will result in an ineffective medication of the BP by existing exposure to the side- or adverse effects.

The accelerated plaques building in the coronary arteries, the constriction of the brain vessels sometimes, in course of time hardening of the vessels of microcirculation, the hypertrophic heart muscle, the long QT syndrome (prolonged relaxation of the heart muscle) are only a few negative results of long lasting, permanent elevated blood pressure. All these abnormalities put us at high risk for heart attack, stroke or even the sudden cardiac death.

1.4.5 The Genetic Inherited Junk DNA as a Risk for Cardiovascular Disorders

If my grandfather and my father had suffered a heart attack, then I living in the 21st century have to stop it. I have to step up and come out of this negative deadly spiral. I have to conquer the stigma of being cursed by genealogy and the generational genetic, negative load. We can then rejoice our unlimited potential for health when we have conquered the inherited shortcomings of our parents, their insufficient health education, their poor exercise level and their unhealthy lifestyle reaching us now from beyond the grave.

The unhealthy lifestyle causes the vital genes to be covered, darkened in the process of methylation of the DNA. Methylation is a bio-chemical process that silences the DNA. In the picture is displayed a sequence of the DNA. The entire coding of our genes is made from 4 letters only. Two places, representing by the letters T and the C letter of the DNA code have been affected. They have been covered with chemical groups in the methylation process. They are silenced now the important information concerning our health cannot be copied put in action.
We are designed to grow, to be holistic, to be skilled and to be the knowledgeable observers. If we do not step out of this negative family legacy, then we hand down the same struggle to the next generation and we will plant the same old negative seeds into our children, our future, the new DNA, and into their sweet, new intelligent hearts.

Seek wisdom; persevere in the will to find a new knowledge in all areas of life. We need to check out and to seize all opportunity for our good health. Our intelligent heart and our quantum body contain the real treasures. We all are able to overcome the triggers of our junk DNA, we are well equipped to rewrite and to build ramp off our ancestor’s ill-making DNA code, which become the part of our inherited genes.

In doing so, all these actions for our health we overcome it. We do know what we are doing. It is a difference to what our ancestors had done. We are aware of all these factors they did not recognized, and we are successful now in what they never did for their health.

Many of us never have been working consciously to create changes in our genetic code and its expression. We have to be mindful of inherited junk DNA. We have great potential to keep still the faulty genes encrypted and dormant. If we trigger it, it can cause an instant annihilation. If we let awake these dynamite like genes, then their activation can cause a serious heart incident.

**1.5 Our Cardio Sensitivity Depends On the Correct Function of the 7 Trans Membrane Receptor (7TM Receptor)**

Our quantum body is well equipped to sense and to respond to all cardio related symptoms. The 7Trans Membrane receptors, short the 7TM receptors inform our DNA about the impacts and actions at the cellular surface. The G proteins coupled to the 7TM receptors translate the impulses into intelligent information and downstream the messages to the DNA. The genomic intelligence manifests our bodies in our 3D Reality and uses the communication with our mind to inform us about the bodily threats and the symptoms/warning signs related to our internal organs, especially the heart and brain. The warning signs and symptoms will be then mapped by mind in our brain and became part of our 3-D reality awareness. We need to be sensibl enough to receive it, smart to decipher it and determined to take an appropriate, preventative action.

**1.5.1 The 7TM Receptors Have a Dish/Antenna for the Multilevel Communication**

The sensor of the cell, the 7TM Trans Membrane receptor at the cell surface, is a something special, like a bio-miniature of our mobile phone. The Intelligent Heart communication targets the 7TM in many ways. The 7TM receptor has seven loops (blades) going through the cell membrane. It looks like a dish or antenna. The 7TM receptor is marked at the picture in blue color. Inside of the receptor
is placed a crystal. It is build up from 8 molecules of cholesterol (gold color at the picture). The crystal is responding to frequencies such as: vibrations, sounds and electromagnetic waves. The cholesterol molecules in the receptor can be exchanged. The cholesterol molecules will be taken from blood to become a part of the 7TM receptors. The G proteins, also known as the 7TM receptors coupled proteins act as sophisticated, molecular switches inside cells. The G-Proteins are colored with red, orange and brown at the picture. They translate the impulses from the 7TM receptor from outside and downstream it to cells’ interior, to the DNA placed in the cell’s structure called nucleus.

The seven loops (blades) of the 7TM receptors are flexible and can change the shape building a special form (the process is called as conformation) depending on what kind of impulse is approaching (hormonal, electromagnetic, acoustic). The spatial change of the shape of the 7TM receptor is a signal for the receptor G coupled proteins to change their form and/or their position. This movement of the G proteins supports for a while the action of the 7TM receptor change and its stabilization for the necessary time to activate a specific related bio-chemical pathway. The created message reaches our DNA. Our genes know, they are continuously supplied with the news from our internal world, from our environment and from the outer and inner space of man. The 7 TM receptor is a multiple bio-tasker. It can:

- enact in our heart the stimulation initiated by the heart own hormones
- react to the electromagnetic impulses and commands coming from our intelligent heart
- regulate the water metabolism and energy production
- transform the light into chemical reactions in our eyes to create our vision
- sense and monitor the blood for sugar levels in the liver and pancreas to produce adequate amount of insulin
- answer to the dopamine, serotonin in our brain to create either pleasant feelings or anxiety

Contemporary medical research discovered more than one thousand and two hundred (1,200) specific signaling pathways of the 7TM receptors and the coupled G proteins. The multi-functionality of the 7TM receptor ranges from transforming of light into bio-chemicals in the process of our vision to the specific responses to the stress cascade and to the fine regulation of the blood cholesterol level. The 7TM receptors respond to hormones such as: estrogen, progesterone, testosterone, to the bio-chemicals like dopamine, adrenaline or histamine. 7 TM receptors respond also the stimulation caused by the small, but relevant molecules like oxygen (O2) or nitric oxide (NO). These small molecules have the
function to open the constricted blood vessels and release the vascular spasms in the coronary system. Oxygen is the major stimulating factor for our metabolism.

Cutting edge research in the receptors research had been done by Bruce Lipton in 2005. During his scientific work on the topic of the Parkinson’s disease, he was inspired by the incredible magnification of the electron microscope and he saw a special structure on the surface of the cell. It looked like an antenna. He described it and compared it to a satellite dish. In his bestselling book he stated that his discovery opens the way to a new understanding of the human biology. Doing further research Bruce Lipton understood that the receptor is not only dealing with hormones and bio-chemicals but it has the ability to receive and react to invisible electromagnetic impulses like the TV antenna. This discovery had initiated a paradigm change and had revolutionized our medical concept of the cell communication.

1.5.2 Adaptive down Regulation of the 7TM receptors Due to Informational Overload

The perfect function of the 7TM receptors fosters our vitality and the intellectual wellness. The G proteins are perfectly designed for precise communication with the heart, with our body and to transform the messages from the external environment. The capacity and capability of the 7TM receptors to intake the information and to send it into the cell interior is constantly challenged by the informational overload defining the life style of our modern digital society.

High and intense electromagnetic traffic at the membranes of the cells originate from our digital personal computers, mobiles, computer screens, internet, routers and GPS devices. This electromagnetic impact can change the receptor status, can cause its translocation or even damage its function.

The human body is not genuinely designed to deal with digital coded information. The digital coding of frequencies with numbers (010101…) is the domain of the modern, computerized technology. For example the global application of the cloud computing generate a new category of risks for our health. The cloud is a highly compromised, condensed informational field surrounding us. The cloud contains a great amount data and the electromagnetic energy in its fire wall. This energy is produced by the International Business Machines (IBM) virtual machines. The high energy wall is built in the cloud to defend the access to information through the cyber warriors and hackers. This energy can influence our heart rhythm and the energy production of the cells. Our DNA can be corrupted this by unhealthy interference It can interrupt the messaging cascade inside and outside of the cells can deplete the 7TM receptors.
Our human body works analogue, in cycles and waves. It is not build by an artificial intelligence. It is not coded by numbers, not digitalized and not made virtual by man-made techniques. Even our brain produces nice waves. Our heart creates analogue frequency. It can be recorded as an ECG (Electrocardiogram) and displayed as the registration above. It shows the electrical wave’s origination from the heart.

The picture below displays the waves of the brain. They can be measured as an Electroencephalogram (EEG). The picture displays four forms of brain waves known as beta, alfa, theta and delta, which are different ranges of frequencies.

Heart, brain, gut, spine fluid generate a frequency. The healthy movement of the spinal fluid has a dolphin like movement. We build hormones, bio-chemical and release them in waves for our daily life. We have hormonal cycles. We regenerate and renew our bodies in a cycle of 21 days. Our DNA needs about 1000 times to repeat the cycle of action, for example a sequence of a bodily training, to change the underlying code of our genetic expression.

The internal competitions, the fight analogue versus digital frequencies, the virtual realities contradicting the real life, make our cells overloaded with information. The massive overload initiates cells’ protective but in long term these are the maladaptive actions.

When the 7TM receptors, the analogue antennas of the cell have to deal longer with a great amount of mixed digital and virtual frequencies, it produces confusion. When our cells have to deal for a time to higher levels of circulating stress hormones or to survive with a low level of oxygen, the result is a protective response reducing the sensibility of the cells known as down regulation of the 7TM
receptors. The 7TM receptors usually change their location (from outside, from the surface to the inside of the cell) and therefore the process is called translocation. Otherwise the overstimulated heart cells can produce a strong excitation or develop a long QT-syndrome and cause heart rhythm disturbances, which can end in a dangerous cardiac incident or even with the sudden cardiac death.

This maladaptive process of downgrading the 7TM receptors is reversible.

There is only one way to upgrade the 7TM receptors. We have to reduce the amount of circulating level of adrenaline and noradrenaline. We have to slow down the speed of our lifestyle. All relaxation techniques, including medical acupuncture, professional massage, yoga stretching, and traditional Chinese gymnastics for health -qigong can help to recover the trans-located receptors. Our long term task is to reduce the 7 TM receptors exposure to the hormonal overstimulation.

In short term the application of a medication called β-Blockers can bring a temporarily relief. Beta-blockers are the drugs that bind to the part of the 7TM receptors connected to the stress cascade and therefore they block the binding of adrenaline and noradrenaline to these receptors. Our quantum body experiencing the blockage of the receptors will assume that there is a complete stillness at the cell’s surface and will relocate the receptors back to the surface. It is a drug, it has some relevant side effects, but it works for short term in the practice.

The β-Blocker medication applied for a short time, days or weeks can help to reduce the big disadvantage of the maladaptive downgrading the 7TM receptors and restore the cells’ sensitivity. The insensitive cells with downgraded 7TM receptors made us less sensible in our perception and less responsive to changes in our inner and outer Space of man. The reduced sensibility is a reason why we are sometimes not sensitive enough, to response correctly to the early signs and warning symptoms originating from the heart and the cardiovascular system.

These are some examples of beta blockers:
acebutolol hydrochloride (Sectral), atenolol (Tenormin), betaxolol hydrochloride (Kerlene), bisoprolol fumarate (Zebeta), carteolol hydrochloride (Cartrol), esmolol hydrochloride (Brevibloc), metoprolol (Lopressor, Toprol XL), penbutolol sulfate (Levatol), nadolol (Corgard), nebivolol (Bystolic), pindolol (Visken), propranolol (Inderal, InnoPran), timolol maleate (Blocadren), sotalol hydrochloride (Betapace), carvedilol (Coreg), labetalol hydrochloride (Trandate, Normodyne)

Our insensibility to gentle symptoms and our inaction, an absence of appropriate preventative measures will put our heart and cardiovascular system at an extra risk and allow making the ill-making process an expansion. A massive loss of cell sensibility can even cause a silent heart attack (without any symptoms and warning signs) and can disrupt the precious life.
The early self-detection of heart rhythm disturbances and identification of the heart as the origin of the chest pains is of great importance in the prevention of sudden cardiac death or sudden unexplained death.

1.5.3 The Impact of the 7TM Receptor down Regulation on Our Daily Life

The down regulation of 7TM receptors, resulting in a loss of sensors, affects the functions and the intelligence of our heart. It disturbs the blood supply to the brain. We can feel disconnected from our breathing and separated from our outer and inner space of man. Our breathing slows down and becomes shallow. Due to down regulated 7TM receptors the uptake of cholesterol is sluggish. The receptors do not intake enough molecules of cholesterol and the blood becomes thicker. The rising level of cholesterol in circulating blood leads to aggregation of molecules and to a buildup of cholesterol crystals outside the cells. These sharp crystals precipitate according to the law of gravity and cause injuries to the lining of blood vessels in the brain and coronary system of our heart.

![A plaque in a coronary vessel](image)

This is the description of the development of a plaque. The plaque is called sometimes "hardening" or "clogging" of the coronary arteries. It is the buildup of cholesterol and fatty deposits on the inner walls of the coronary arteries.

The plaque can restrict blood flow to the heart muscle by physically clogging the artery or by causing abnormal artery tone (functional spasm on the right side of the picture). The plaque can produce a small blood clot. It is displayed at the left side of the picture in red and purple. The growing clot makes further restriction of the function and can more narrow or completely close the vessel. It will result in heart attack or stroke depending on location (heart/brain. The plaque can become “hot” through the invading of the bacteria and the inflammation produces higher temperature of the plaque. The inflammatory process can lead to a separation of the part of the “hot” plaque, which transported further with the blood stream can cause a stroke.

Our intelligent heart and our quantum body can counteract the narrowing tendency in the coronary vessel by increasing the blood pressure. The heart pumps the blood with more force to push it through the obstruction.

A loss of sensitivity in life is not only a failure of the heart. Prior to the loss of our intelligent heart functions we are losing our wonderful breath. The breath gives life and sustains sufficient oxygen levels to all tissues and internal organs. A shallow and a distressed breathing cause a low oxygen level.
in the body, especially in the heart tissue. The cellular intelligence can apply in this case a protective mechanism to avoid a disaster and protect the cells from an immediate death. In cardiology, there is a well-researched phenomenon known as the hibernating myocardium.

Hibernating myocardium means that under hypoxic conditions (diminished blood supply and low oxygen level) a part of the heart enters into a “sleeping mode” and the heart’s wall can become rigid or stiff. It was discovered by a distinguished Professor of Cardiology, S.H. Rahimtoola in the USA. He published his scientific work in 1989, under the title: The Hibernating Myocardium in the prestigious American Heart Journal. The brain, affected by the hibernation of the heart muscle can also enter the neuronal energy crisis resulting in brain’s tissue hibernation; otherwise the neuronal cells in brain are going to die.

When it happens, that we are affected by a hibernating myocardium or by the brain hibernation we lose our active and vigilant life style and we start to hibernate literally. We are not focused, not sharp, our perception and our short term memory declines.

This is a further step of maladaptation to the shortage of oxygen. The hibernation in the brain is more serious, it is far beyond the down regulated 7TM cell receptors and the loss of the cells’ sensibility. Now the cells are at the edge to die or to survive.

If we don’t act preventatively, if we do not change our breathing habits, if we do not counteract the informational overload, if we not acknowledge our lack of physical activity, then a deadly spiral develops and it can culminates in a heart attack or stroke.

This is a life threatening situation. We need to address it with urgency. Otherwise the impact of cardio illness will have a serious influence on us, on our future and on the future of the generations to come. We have to address it individually and globally. We have to win life back. We need in every moment the fullness of life, especially in these life threatening situations, where the correct perception and the right action count most.

1.5.4 The Practical Results of the Acquired Human Heart Knowledge
The pathways mapped in this book are created for all. We are mature people who have been already catapulted out of our mother's wombs, consciously and successfully. It is written for those who are searching for a holistic and individualized Heart Health and intellectual wellness. We do not need a rebirth in any symbiotic area of life and cannot enter the mother’s womb again, literally speaking. This book is written for those who are determined to head consciously for a new source of 21st century knowledge, to apply the knowledge of the holistic Human Heart embedded in the mainstream and holistic medicine as the core directions.

This book is written for everybody who aspires to reach for a new art of a health book with its chapters of life-imparting words. It offers cutting-edge discoveries, profound health strategies and building blocks for life. The authors intend to ignite and inspire others in a faithful way searching for holistic, intelligent health directions and for those who want to make a transition from quantum illness to quantum health. This book is written for all who desire to progress in building a new, healthy pathway. It is designed for anybody who would like to deactivate the dormant DNA junk and to activate the life coding genes. This book is dedicated to all those, who want to awake their hibernating myocardium and their up to now undetected brain’s hibernation.

The knowledge of this book and the practical strategies help to gain momentum in our search for holistic health care providers and to bring the mastery in the challenges of positive life change.

Our holistic, intelligent human heart is interconnected with other people’s hearts on this planet earth, from the first cellular appearance in mother’s womb to the last breath and the final heartbeat.

The immense intelligence of the human heart builds multidimensional links to powerful domains of the quantum body and superior mind. It connects us to our soul and our new mapped 3D reality awareness and our consciousness. It challenges a limited, illness oriented and the mechanistic cause and effect mind-set.

1.6 Conclusion and Future Outlook

The 21st century is the most exciting time to encounter the amazing potential and benefits of quantum holistic and highly intelligent human heart. Never before in our lifetime have we had such easy access to cutting-edge knowledge and world-class wisdom, which allows us to gain momentum in preventing, reversing and healing heart-related conditions.

The knowledge of intelligent human heart is the first step in the most progressive, evidence-based approach to reach the next levels in the holistic heart health. It builds a high-tech bridge to progress to the stages of the intelligent heart and the quantum heart.

The insight in the inner cellular dimension of the body, in our genetic make-up, comprehending the outer dimensions, the Space of man and considering our environment bring us closer to our planet earth and more connected to the unlimited potentiality of the fabric of the universe.
The holistic intelligent human heart is a leader in interconnecting to our brain/mind. It creates at all times a specific “cross-talk” “in its complex actions and interactions, in receiving, analyzing and decoding the big data. Heart is not only stronger energetically, magnetically, and electrically than the brain. It is entirely intelligent receiving the vital information first. Then it sends it to the brain. It launches with every single mechanical beat the electrical heartbeat-evoked potentials in the brain. Sometimes, it feels like an informational “rocket”. The energy of this “rocket” is necessary to overcome a rigid threshold of the old, engraved patterns.

This book contains scientific hard-core facts, profound experience of professional excellence, and a scientific research helping to be guided by the intelligence of the human heart. It describes the failures and the magnitude of the intelligent heart.

The message in this book is an initiation for those who would like to explore the new territory of holistic health, for all those, who aspire a full integration of their intelligent hearts with their quantum bodies for the perfect performance. It structures our connections to outer space of man and our environment at the very new level. It pictures a new exciting path of healthy, vibrant living for those who place holistically their heart health, general health and wellbeing into the main focus of their awareness and consciousness.

The topics of the book are design to:

- Ignite a new level of intelligent human heart related knowhow and good understanding of heart’s basic cellular mechanisms and the cell communication
- Empower everybody to quickly decode the life-threatening signals of the intelligent heart and to prevent premature death
- Make everybody more sensitized to the life threatening signs and to the symptomatic language of our intelligent heart and the quantum body
- Enable and encourage everyone to make instant and intelligent and informed 10 seconds decisions about healthy or unhealthy directions in our lives
- Introduce the power of heart/brain coherence, a natural state of balance, wholeness, and heart centered vitality
- Make us familiar with the new strategies and solutions of individualized heart health counteracting the cardio related stress cascade for an increase in individual wellness and intellectual wellbeing
- Stop the early stages of heart/brain hibernation and following incoherence as the result of loss of our cellular sensibility
- Introduce the traditional, well established, highly effective therapeutic techniques of the diaphragmatic breathing, respiratory muscle training and the modern cardio training
- Stop and avoid the risky, chaotic sequence of ill cardiac incidents, often with lethal outcomes
- Reinforce our individual independence in evidence based decision making regarding one’s own health, especially holistic and individualized heart health
- Initiate a movement of holistic and individualized heart oriented lifestyle