

Mending Broken Hearts

Presented by

Lee J Cartwright

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This presentation explores a simple, anatomically based approach for the lasting healing of a broken heart. During intensely painful experiences, even though the heart keeps beating, a person can feel as if his/ her heart is aching, bleeding, sick, turned to stone and even shattered. By leading oneself and/or a client through an easy, step-by-step dialogue with the heart, the heart remembers its wholeness even in the face of loss.

This strategy is effective for heartache from: the breaking off of a love relationship; the loss of a career; serious injury/illness; living a life filled with shame and/or self-hatred; the passing of a loved one.

Effectively mending a broken heart strengthens the connections to our own soul as well as others. Successfully healing the heart reopens ourselves to experiencing a life of meaning.

Lee Cartwright, M.A., a SWC alumnus, developed Shifting Consciousness through Dimensions (SCtD), a neurological system for transforming trauma and personal limitations. He wrote three books on SCtD, *The Qi to Unlocking Trauma and Limiting Behaviors*, *Neurological Approaches to Dream Work*, and *The Body Evolving Spirit*.

Disclaimer:

All of the material in this presentation is provided for information purposes only and should not be construed in any way as medical or psychological advice or instruction. Anyone seeking the diagnosis and/or treatment of a physical and/or emotional condition should seek out an appropriately licensed health care practitioner. Further, we do not guarantee the Mending Broken Hearts process outlined in this presentation will work for you or your clients. Finally, we have not heard of any side effects from the process, but we do not guarantee that you or your clients will not experience any side effects.

Introduction

The Heart and Mind Can Have Very Different Experiences of the World

A transplanted heart beats without any connection to nervous system.

The heart starts beating in utero before the brain has formed.

The heart can actually override instructions from the brain.

Heart transplant recipients sometimes feel the emotions of the donor.

End Result - the heart and mind can have different “reality maps.”

- the heart can feel broken long after the mind
has gotten over a painful experience.

Workshop Outline

- A. Definition – “What is a Broken Heart.”
- B. Mending a heart – theory.
- C. Mending a heart – demonstration.
- D. Mending a heart – practice.

Definition – “What is a Broken Heart?”

1. What is a Broken Heart?

The heart feels that painful events from the past are still happening now.

Examples of heartbreaking events:

Cruel treatment by your “ex.”

Loss of a child.

Wrenching choices to “stay” or “leave.”

Substance abuse.

Societal events such as wars, terrorism, crimes.

Losing a loved one to a protracted illness.

2. Any good news?

Mending heartbreak from each of these events is possible!

3. What are the goals of the Mending Heart process?

- a. Bringing the heart into present time – to help your heart feel both safe and alive.
- b. Helping your heart to “upgrade” from painful experiences – to become stronger, bigger and more compassionate.

Mending A Heart – Theory

1. The heart generates the largest electromagnetic field in the body:

The heart’s electrical field is 60 times greater in amplitude than the field generated by the brain.

The heart's magnetic field is about 100 times stronger than the field generated by the brain and can be scientifically measured up to 10 feet away from the body.

2. A "broken heart" generates a diminished electromagnetic field.

Smaller => a diminished sense of safety.

Porous => to the negative emotions of others.

Dissociated => skipping whole parts of the body.

Fragile => more difficult to feel joy.

3. The Mending Broken Hearts process uses your brain to focus your heart on the field it is creating – reigniting the heart's generation of an electromagnetic field.

4. Just who is the heart?

The heart pumps blood thru the vessels of the circulatory system. It is about the size of a fist and is located just to the left and immediately behind the breastbone.

The heart beats about 100,000 times a day and more than 2.5 billion times in an average lifetime.

The vascular system the heart leads is about 60,000 miles in length (over 2 times the circumference of the earth).

5. There are 10 components of the heart (described on pages 13 and 14 below) that are involved in the generation of the electromagnetic field. You do NOT need to remember their names nor know what their functions are. All you need to do is read their names from a sheet of paper. Each part of the heart recognizes both a) your voice when you speak to it and b) its name when you say it.
6. If you are a bodyworker and your client's heart feels safe, it will respond to your thoughts through your hands. This strategy is also effective for parents helping their prepubescent child's heart to heal.

7. The sentence that you say to each part of your heart is:

“ _____, please ask the Sun about the electromagnetic field we generated after _____.”

Example:

“Heart Muscle Cells, please ask the Sun about the electromagnetic field we generated after my divorce.”

Note: this is a request, not an affirmation. It is about establishing a relationship between your brain and your heart!

8. If you are a) a bodyworker working on a client or b) a parent helping your prepubescent child, the sentence that you express through your hands to each part of the heart is:

“ _____, please ask the Sun about the electromagnetic field **you** are generating.”

Example:

“Heart Conduction System, please ask the Sun about the electromagnetic field you are generating.”

9. Why have the heart talk to the Sun? Because the Sun knows more about generating an electromagnetic field than anyone or anything the body is in relationship with. The Sun’s field in fact extends beyond the edges of the Solar System. You also don’t need to believe your heart can talk to the Sun – just say the sentence, it will work anyway.

10. What goes into the “blank space” at the end of the sentence?

- a. Place a brief, fact-based description of the event - **without** emotions.

- b. The event must be over (my mother died) versus be an ongoing reality (my husband developed dementia).
- c. There should be no evaluations/judgments in the description (my father humiliated me vs. my evil father humiliated me).
- d. The statement should not arouse anger. The process is about resolving hurt rather than fueling hatred.
- e. If the same thing happened over and over again, sometimes all the events can be grouped together. For example – after each time my brother hit me.
- f. Sometimes naming and repeating the event is just too painful. In these situations, it is often helpful to just state the year in which the event happened – “after 2012.”
- g. The process might have limited effectiveness immediately after the loss of a loved one. Many people – based on the circumstances involved, cultural, genetic and other factors - require a grieving period.
- h. Effective examples: after my father died; after the birth of my daughter; after I stopped using cocaine.
- i. Say the sentence out loud 6 - 8 times for each part of the heart and then go on to the next part of the heart. There is no right order to do the parts in. If one part feels especially important, repeat the sentence as often as is helpful.

11. To set up the process with a client, explain:

- a. The heart generates a scientifically measurable electromagnetic field.
- b. The field connects every cell of the body to the heart and extends out/returns from several feet in all directions from the body.
- c. Trauma can limit the size, shape and vitality of the field.
- d. This process updates the heart to the truth of who you are now.
- e. It is not necessary to understand the nature/function of the parts of the heart for the process to work.
- f. If an emotion comes up, the goal is to allow the emotion and stay with the process. The goal is resolution.
- g. The client should feel free to initiate a “break” at any time.
- h. During the process, the client might notice:
 - 1. Immediate relief.

2. Integration signs such as sadness, tears, body temperature changes, tingling, etc.
3. Difficulty saying the words.
4. Forgetting which part of the heart is being focused on.

12. Three unique situations:

- a. The client tends to get headaches or gets a headache during the process. Headaches can result from 1 or more of the 3 circulatory systems of the brain being left out of the heart's electromagnetic field. A history of concussions, birth trauma, whiplash and/or infections such as meningitis or lymes can cause this. Before initiating/continuing the process, try:

“_____, please ask the Sun about the electromagnetic field we are generating to and from the arteries and veins of the brain.”

Repeat this request for each part of the heart. Follow this with:

“_____, please ask the Sun about the electromagnetic field we are generating to and from the glymph vessels of the brain.”

Repeat this request for each part of the heart. Follow this with:

“_____, please ask the Sun about the electromagnetic field we are generating to and from the lymph vessels of the brain.”

- b. The client tends to get queasy or gets queasy during the process. Queasiness can result from either the inferior vena cava and/or portal circulations of the digestive tract being left out of the heart's electromagnetic field. A history of parasites, food poisoning, anesthesia and/or physical trauma to the pelvis can cause this. Before initiating/continuing the process, try:

“_____, please ask the Sun about the electromagnetic field we are generating to and from the inferior vena cava.”

Repeat this request for each part of the heart. Follow this with:

“_____, please ask the Sun about the electromagnetic field we are generating to and from the portal circulation.”

Repeat this request for each part of the heart.

- c. When working with recovered memories, use the following request:

“_____, please ask the Sun about the electromagnetic field we are generating in relation to my recovered memories.”

13. What are your jobs once the process starts:

- a. Be present, compassionate and neutral. Merging isn't helpful.
- b. Help the client switch between various “parts of the heart.”
- c. Help the client stay with the process versus diving into the emotion.
- d. If the client realizes other heartbreaking events during the process, make note of them.
- e. In the rare circumstance where a client goes into a reenactment, bring them out of it by helping them focus on current **sensory** reality.
- f. Help the client track whether a “piece of work” is really done or not – i.e. the client is fully aware the event happened and no longer feels heartache.
- g. At the end of the session, it is often helpful to have the client do the following Brain Gym moves to help his/her brain catch up with the heart.

Cross Crawl – walk in place, extending each hand to the opposite knee.

Self Worth – with the hands clasped behind the back, “draw” a front/back figure eight with the hips. Do it several times in one direction, then repeat the process in the opposite direction.

14. Can you do the process on your own? Yes – if you can stay with the process a) versus get flooded and b) through to completion.

15. Two other strategies that bodyworkers might find helpful:

a. Divergent Channels – 10 of the 12 divergent channels “embrace” the heart. Connecting each of these divergent channels with the heart heals heartbreak.

b. Lymphatic Channels – connecting the right lymphatic and thoracic duct systems to the heart heals heartbreak.

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THE HEART'S ELECTROMAGNETIC FIELD

_____, please ask the Sun about the electromagnetic field we generated after _____.

Pericardium

Collagen Framework

Heart Muscle Cells

Intercalated Discs

Heart Conduction System

Endocardium

Valves of the Heart

Heart Endocrine System

Heart Sensory System

Blood Charging System

SUMMARY SHEET FOR BASIC PROCESS

Setup:

1. The heart generates a scientifically measurable field which interconnects every cell of the body to the heart and extends out (and returns from) several feet in all directions. Trauma can limit the size, shape and vitality of the field. The process updates the heart to the truth of who you are now.
2. The objective of the process is the resolution of heartache. If an emotion comes up, the goal is to allow it and stay with the process. It is not necessary to understand the nature/function of the parts of the heart for the process to work.
3. During the process you might experience a) immediate relief, b) integration signs such as sadness, crying, tingling, changes in body temperature, c) difficulty saying the words and/or d) forgetting where we are in the process. You can initiate a break in the process at any time.
4. In the rare event you get a headache or feel queasy, let me know and we will modify the process. If you happen to get flooded, I will help bring you back to present time.

What Goes at the End of the Sentence:

1. A brief, fact-based description of the event.
2. It should not contain a) emotional content or b) evaluations/judgments. It should not arouse anger.
3. If the same thing happened over and over again, sometimes the events can be grouped – “after each time dad left us.”
4. When naming the event is too painful, just use the calendar year in which it happened – “after 2011.”

Your Job Once the Process Starts:

1. Be present, compassionate and neutral.
2. Have the client repeat the sentence 6 – 8 times for each part of the heart, then go on to the next. If one part of the heart feels particularly important, have them repeat the sentence as often as helpful.
3. Gently help the client stay with the process versus diving into the emotion.
4. Make note of any heartbreaking events the client recalls.
5. If the client becomes flooded, bring them “back to reality” by helping them focus on current sensory experience.
6. Have the client finish with Cross Crawl (walking in place) and Self Worth (drawing a front/back eight with the hips).

Exceptions to the Basic Process:

1. For headaches: _____, please ask the Sun about the electromagnetic field we are generating to and from:

the arteries and veins of the brain.
the glymph vessels of the brain.
the lymph vessels of the brain.

2. For queasiness: _____, please ask the Sun about the electromagnetic field we are generating to and from:

the inferior vena cava.
the portal circulation.

3. For recovered memories: _____, please ask the Sun about the electromagnetic field we are generating in relation to my recovered memories.

THE 10 PARTS OF THE HEART

Pericardium

The membrane that encloses/protects the heart. It is comprised of 3 layers of tissue and 1 fluid layer.

Collagen Framework

The “protein hull” of the heart that is located just inside of the pericardium. It helps the heart maintain its form/shape.

Heart Muscle Cells

The heart has about 2 billion heart muscle cells. The heart muscle cells are located just inside of the collagen framework in the muscular wall (myocardium) of the heart.

Intercalated Discs

Intercalated discs connect heart muscle cells end-to-end. Intercalated discs facilitate the synchronized contraction and relaxation of heart muscle cells through the thousands of interconnecting channels that each disc contains.

Heart Conduction System

The electrical wiring of the heart – comprised of specialized muscle cells. The heart conduction system “propagates” the instructions for contraction and relaxation throughout the heart.

Endocardium

The “inner layer” of the heart. It is in direct contact with the blood as it flows through the chambers.

Valves of the Heart

The heart has 4 valves that a) open to allow blood to flow through and b) close to prevent blood flowing backwards. The closing of the heart valves creates the “heart sounds.”

Heart Sensory System

The sensory innervation of the pericardium includes pain receptors, while the muscle layer contains pressure receptors that sense the “contraction force currently in use.”

Heart Endocrine System

The atria (upper chambers) and ventricles (lower chambers) release specific endocrine hormones. As a result, the heart is also an endocrine gland.

Blood Charging System

According to William E. Gray, the profound healer in the book Born to Heal, the heart electrically charges red blood cells - energizing them to perform their functions.