

# A Change in Emotions Changes Everything

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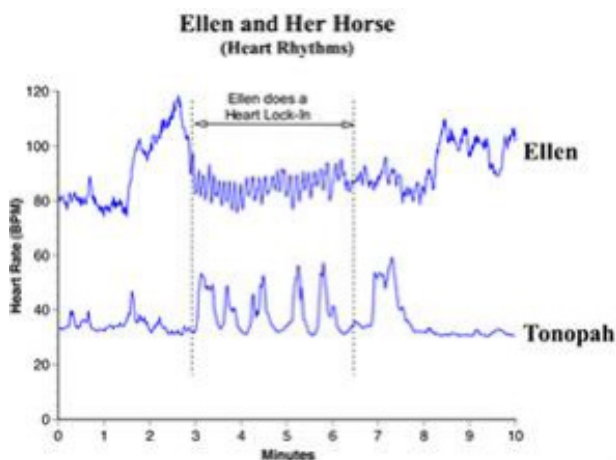
It has become increasingly apparent that changes in magnetic fields can affect virtually every circuit in biological systems to a greater or lesser degree. Those invisible magnetic forces are influencing our subjective perceptions and emotional reactions. We all know the following situation in life, "We arrive late at a meeting and enter the meeting place (board room, living room, etc.) and not knowing what exact topic is currently discussed but instantly feel if the topic is of positive nature or a negative one." It is obvious that our heart feels first what's going on before the brain actually knows.

Our heart creates a strong electromagnetic field, which is 5,000 times stronger than our brain can generate, and radiates it into our immediate neighbourhood. Not only are our own cell structures affected but also any biological systems around us.

The Institute of HeartMath has shown that an animal's heart rhythm pattern shifts in response to a human's shift of emotional state. By using an ambulatory ECG [electrocardiogram] on the rider and the horse, it was obvious that the horse shifted his heart rhythm pattern to a more ordered pattern when the rider shifted consciously into a coherent state (also known as

'the Zone' or described as being in a flow). In this experiment the rider sat on the horse, without touching or petting the horse.

Modern science is also telling us that our heart intelligence profoundly communicates with our brain. The different pathways of communication (bioelectromagnetic, biophysical, biochemical and neurologically) allow our bodies to stimulate certain hormones and neurotransmitters that can help to inhibit the fear centre in the brain (Hurlemann, University Bonn, Nov. 2014) and help to release dopamine from our hearts that can help our body to control body movements. We are always astounded to see athletes performing so effortlessly when being in the zone. It all looks so fluid because of the facilitated interaction between the heart and the brain.



In conclusion, I believe that the electromagnetic energy generated by the heart is the synchronizing force between the rider and the horse. I'd like to describe it as the emotional glue between the rider and his partner. The more coherent the energy field is, the stronger the glue. It lies within the rider

to acknowledge the importance to consciously realize that personal attitude, emotional awareness and a connection to our 'authentic self' creates the desired bonding between humans and their animals. Further exploration will likely provide more insight into the dynamics of the invisible, intangible magnetic forces that can change everything.

