

Creating for ourselves: and About Broken Hearts class
(Our greatest power is the capacity to choose)

Conscious mind – rational level Subconscious mind – irrational level

These are not two minds it is two functions of one mind. (Two spheres of activities within one mind)

“WE think with our conscious mind; whatever we habitually think sinks down into your subconscious mind, which then always creates according to the nature of your thoughts.”

The most important thing to remember is that once the subconscious mind accepts an idea, it begins to execute it.

It is an astonishing and a subtle truth that the law of the subconscious mind works for good and bad ideas alike.

This law, when applied in a negative way, is the cause of failure, frustration, and unhappiness.

Think good and good follows. Think evil and evils follows. You are what you think all day long.

The subconscious mind does not argue with you, it simply accepts what your conscious mind decrees. Our subconscious has a mind of its own, but it accepts our patterns and imagery.

When we look for answers to problems, our subconscious will respond, but it will expect you to come to a decision in your conscious mind and act on it, it will not do that work for you.

We have the power to choose. Choose good not destructive ideals. This is the best way to develop a great personality.

Our conscious mind is the gate keeper; its chief function is to protect our subconscious from false impressions.

Suggestions and statement of other have no power to hurt you. That power comes in the movement of your thoughts. We have the power to choose how we will react.

Our minds are not evil. No force of nature is evil. How we use the power of nature determines if it is an evil force or creative force.

Be mindful of what you say. You have to account for every idle word. Your subconscious can not take a joke. It brings things to pass.

Overcoming fear is so important. Never say ‘I can’t’ or you won’t. Begin to think from the standpoint of truth, and principles of life rather than from the standpoint of fear base.
(Negative)

Do your own thinking! Do not let others think for you. Choose your own thoughts and make your own decisions.

Whatever your conscious mind assumes and believes to be true, your subconscious will accept and bring to pass.

Whatever your claim mentally and feel as true your subconscious mind will accept and bring forth in your experience. All you have to do is get your subconscious mind to accept the idea.

The law of your mind is this:

The reaction or response you get from your subconscious mind will be determined by the nature of the thought or idea you hold in your conscious mind.

A Broken Heart

'SHE BROKE HIS HEART.' Or maybe HE BROKE HERS. Either way, we have all heard of at least one occasion when that really happened. We all know of elderly spouses passing away within months of each other. We all know of heart attacks, which were precipitated by significantly stressful life events.

A few decades ago, if you asked a physician if it was possible to die of a broken heart, you would have received a discussion of narrowed arteries and plaque and various other cardiovascular pathologies. Even though the connection of stress and heart disease had been well described, the notion that a healthy heart could actually succumb to grief, or to any of the other acute manifestations of stress in our lives, would have been met with the raised eyebrow of scientific disbelief.

Lately, scientific observation, coupled with carefully designed prospective research, is revealing what many of us have already noted in the lives of those around us; namely, that a heart can shatter as easily as a window pane.

The condition is actually named Broken Heart Syndrome, and is well recognized in the cardiology literature. Also known as Takotsubo Cardiomyopathy or Stress-Induced Cardiomyopathy, it is currently being investigated by Drs. Gupta and Lundstrom at Kaiser Permanente in San Francisco and Santa Clara.

The effect upon the heart muscle of chronic stress has been recognized for many years. Cardiac medications, called beta-blockers, formerly used with great caution in patients with heart failure, have actually been proved to prevent many of the effects of chronic stress upon the heart muscle, or myocardium. Stressful events often cause the release of adrenaline into your bloodstream.

The pounding in your chest, the shaking hands, the dry mouth and the tremor in your voice that you feel after you almost get run over by a runaway taxicab are all because of the effects of this adrenaline release. Also known as catecholamine, this hormone accelerates your pulse and raises your blood pressure, with a sudden narrowing of the arteries that may restrict blood flow into the myocardium. If the coronary arteries become narrowed enough, a heart attack may result. Acute emotional stress is now becoming identified as an independent risk factor for heart disease, as significant as high cholesterol or tobacco use.

Think of your heart. It starts beating before you are born, before you take your first breath. Think of how it keeps beating, faithfully, through all of your life's events, such as your first kiss, prom night, your wedding, your first surgery and innumerable stressful Christmas holidays with relatives. It's the beating of your heart that defines whether you are alive or not. You may be able to live without a kidney, although you will be hooked to dialysis. But once your faithful heart stops beating, it's all over.

The cardiologist in a recent abstract in the Journal of the American College of Cardiology, describe it as follows: "emotional stress can precipitate severe left ventricular dysfunction in patients without coronary disease. Exaggerated sympathetic stimulation is probably central to the cause of this syndrome."

The rest of us would just say, "He died of a broken heart." *****Valentines' Day, a holiday whose symbol is a heart pierced by Cupid's arrow. How appropriate an image this is, for an organ that symbolizes life itself, and yet is easily vulnerable to the slings and arrows of our emotions. **

A Spiritual View of a Broken Heart

The heart or the spirit is the source of our life. It is the centre of our being. If the heart is damaged, wounded or corrupted in any way, (Holy Scriptures and the Bible scripture says it can be) our ability to relate normally to others, to ourselves and to God is hampered.

"Keep and guard your heart with all vigilance and above all that you guard (your heart), for out of it flows the springs of life." (Proverbs 4:23)

A person with a wounded heart lives in **inner misery**. That person focuses regularly on **his injuries** or **pain**. Usually there is un-forgiveness, self-pity and / or reluctance to let go. That means it's in the wounded heart that holds you to the pain.

Whoever wrote the lyrics to "Breaking up is hard to do" was right on the money. Unfortunately, the odds are not in our favor when it comes to experiencing a breakup or a loss of a loved one. In fact, most of us will experience a heart-breaking experience sometime in our lives. No one can fully prepare for a loss either through death or break in a relationship there are some things that are predictable.

The pain can be so devastating that it can actually level us emotionally, mentally, physically and spiritually. This is the time that we are in great risk and depending of the depth of the lost, we are least likely to fight for our own life, because it's just too much of an effort and we have loss of faith that keeps us going in the tough times.

People immune system is low following devastation. We are more susceptible to life threatening diseases and ailments, more prone to injury, and mental disorders. We are busy nurturing our broken hearts. All our natural healing energy that normally is distributed throughout our body is going to our broken heart. We are at a critical low point in the ebb and flow of our life.

We all to go through the dark shadows, and each of our lives will be put through the test of life. Most of us grieve and eventually accept life on life terms and move on, but a few will answer a calling that you and I will not know anything about until the hand of God extends to us.

YES WE CAN DIE OF A BROKEN HEART! HEALING SOMETIMES COMES IN THE FORM OF TRANSLATING INTO THE SPIRIT.

Addendum: Our pets can die of a broken heart also! Remember Love is the only emotion that lasts forever. Faith, Hope and Love these three, Love is the most important. Love will eventually open the hardest of all hearts. It's God's law not my law.

By the Naked Scientist - Researchers in the US have found that bad or shocking news really can break your heart. They found that after a trauma like this, people can suffer days-long surges in adrenalin and other stress hormones which "stun" the heart. This can even be mistaken for a heart attack.

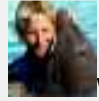
The researchers examined patients who came into hospital complaining of symptoms similar to those of a heart attack - chest pains, fluid in the lungs, shortness of breath and heart failure. But on closer inspection, these people - who were mainly older women - had no other signs of a heart problem.

But all the patients had experienced some kind of severe emotional shock just before they got ill. For example, half had just learned of the death of a partner or relative. One person had been the victim of an armed robbery, while another had been the victim of a surprise party. And when doctors investigated further, they found that the patients had very high levels of stress hormones, particularly adrenalin and noradrenalin, in their blood.

This was even higher than levels of these hormones found in genuine heart attack patients. The researchers also found high levels of another heart hormone, confusingly called brain natriuretic peptide. It's these stress hormones that can be toxic to the heart, say the researchers, effectively stunning it.

Luckily, these broken hearts can be mended – using MRI scanning and other techniques, the doctors found that the damage caused by stress is temporary, usually lasting just weeks. So there's no need to cancel that surprise party just yet.....

Article in an Italian Newspaper Dolphin 'dying of a broken heart' after trainer is killed



When the young dolphin was rescued from the Adriatic Sea, distressed and bruised, she was nurtured back to health by a dedicated trainer who took responsibility for her care.

Now the trainer is dead, the victim of a frenzied attack by her neighbor — and the dolphin, apparently, is dying of a broken heart.

Pain, Social Rejection Have Similar Effect on Brain WebMD Health News By [Jennifer Warner](#)
Reviewed by [Louise Chang, MD](#) **Study Suggests Similarities in Physical Pain and Emotional Pain**

March 28, 2011 -- Rejection really does hurt. That's the message of a new study that suggests physical [pain](#) and the pain of rejection may "hurt" in the same way.

Researchers found that physical pain and intense emotional pain, such as feelings of rejection after a bad breakup of a relationship, activate the same "pain" processing pathways in the [brain](#).

"These results give new meaning to the idea that social rejection 'hurts,'" says researcher Ethan Kross, PhD of the University of Michigan, in a news release.

"On the surface, spilling a hot cup of coffee on yourself and thinking about how rejected you feel when you look at the picture of a person that you recently experienced an unwanted breakup with may seem to elicit very different [types of pain](#)," says Kross. "But this research shows that they may be even more similar than initially thought."

Comparing 'Painful' Situations In the study, published in the *Proceedings of the National Academy of Sciences*, researchers recruited 40 people who experienced an unwanted romantic breakup within the past six months. Each of the participants said thinking about their breakup made them feel intensely rejected.

Using functional [magnetic resonance imaging](#) (fMRI), researchers analyzed the participants' brain activity during two "painful" situations.

In one scenario, the participants looked at a picture of their ex-partner and thought about how they felt rejected during their breakup experience. In a different scenario, the participants experienced mild physical pain similar to holding a very hot coffee cup.

The results showed that in both situations the same regions of the brain were activated, the secondary somatosensory cortex and the dorsal posterior insula. Both of these regions have previously been implicated in physical pain processing.

"We found that powerfully inducing feelings of social rejection activate regions of the brain that are involved in physical pain sensation, which are rarely activated in neuroimaging studies of emotion," says Kross. "These findings are consistent with the idea that the experience of social rejection, or social loss more generally, may represent a distinct emotional experience that is uniquely associated with physical pain."

Researchers say the results suggest that pain and social rejection may have overlapping sensory mechanisms in the brain. If confirmed by further studies, the findings may offer new insight into how social rejection may lead to various physical pain symptoms and disorders.