

# **"The Lost Knowledge and Forgotten Wisdom of The ♥ Heart"**

Proving scientifically, ♥Love never dies & is the most powerful force in the Universe

This Science has been – **Known** – for thousands of years

Hiding in plain sight

See pages #1, ( #3 ) - #20, #24, #25  
#26(a,b), #29, #30, #30(a,b,c)

Gerald Hernesmaa

. [healthwise933@shaw.ca](mailto:healthwise933@shaw.ca) .

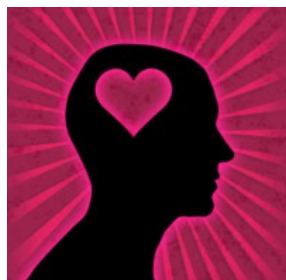
. [http://www.mayanmajix.com/heart\\_summary.pdf](http://www.mayanmajix.com/heart_summary.pdf) .

. [http://www.mayanmajix.com/heart\\_g.pdf](http://www.mayanmajix.com/heart_g.pdf) .

Dec. 25, 2014

↓↓↓

**Extra**



3 Wise Men and Baby Jesus, Mary, Joseph

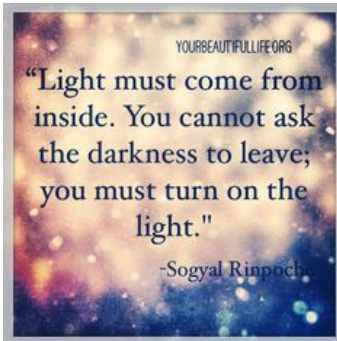
**Freedom**

**"This Is The Stuff That - Beautiful - Dreams Are Made Of"**

Short Summary - The Art, Science and History of How To  
Turn On Your ♥Heart-Light



Pages  
(#3), #13  
#29, #30

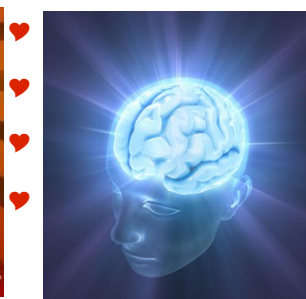


From Caterpillar  
to Butterfly  
Being born again

## **The Little Brain In The ♥ Heart**

Thinking with your ♥Heart ... with ♥Loving thoughts ... with your ♥Heart-brain // Right-brain

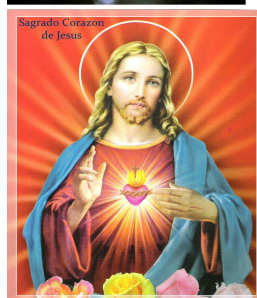
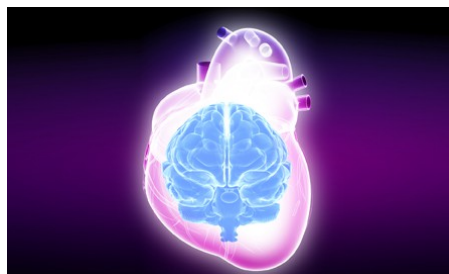
Page #1 - Use your ♥Heart to bring Heaven down to earth ( "creating Heaven on earth" ) ... .. Matthew 6:10 - on earth as it is in heaven.



Pages  
#1, #29 to  
#30(c)  
←  
Emoto's  
Crystal  
Snowflake  
♥Love



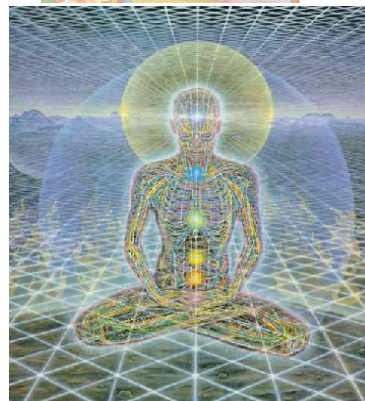
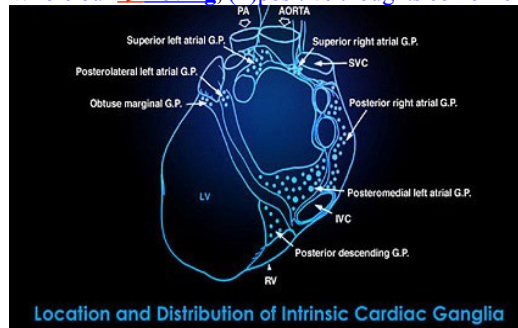
Pages  
#17 to  
#20(b)  
#26(a,b)  
←  
☀  
Gold, Sun  
Yellow  
Light



Follow yellow brick road, ♥Heart to head.



Where our ♥Loving, (+)positive thoughts come from



Brain Cells in your ♥Heart ↑↑↑ your ♥Heart-brain.  
Spiritual, Higher Mind consciousness & functioning.

Quiet !! ... Quiet !! ↑ "The Head Brain is listening - to the ♥Heart-brain - The Wind"  
John 18:37 ... "Everyone on the side of Truth - listens to Me."



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. [http://www.mayanmajix.com/heart\\_g.pdf](http://www.mayanmajix.com/heart_g.pdf) .

**Hi Mike** ... <https://mayanmajix.com/articles.html> . ( 2005 ), Have I emailed you this interesting article before, about Heart-Math ??.

**“The Power of The Heart”** ... <http://www.paulapeterson.com/Earthcode.html#Heart%20Math> ... **Thinking with ♥ Heart Brain**

Health Benefits of listening to the Heart Brain talk to the left brain, brain stem, lower mind. ( . <http://www.heartmath.org/> . )

Scroll down to the diagram of ... Heart centered magnetic energy field lines radiating out from the Heart center of the body.

**The heart is the most powerful generator of electromagnetic energy in human body**, producing largest rhythmic electromagnetic field of any of the body's organs. Heart's electrical field is **about 60 times greater in amplitude than the electrical activity generated by the brain**. This field, measured in the form of an electrocardiogram (ECG), can be detected anywhere on surface of the body. Furthermore, the magnetic field produced by the heart is **more than 5,000 times greater in strength than the field generated by the brain**, and can be detected a number of feet away from the body, in all directions, using SQUID-based magnetometers (Figure 12). Prompted by our findings the cardiac field is modulated by - different emotional states (described in the previous section). We performed several studies to investigate the possibility that **the electromagnetic field generated by the heart** may transmit information that can be received by others.

Lots of mapping of brain frequencies have taken place, but the Heart, he points out, is much more powerfully electrical than the brain. Heart activity must be **screened out** when doing an EEG on brain. **What he found is as significant as it is amazing.** ( When going to war, and chemically poisoning our food and environment, or lack of forgiveness, feelings of hate, etc., etc., etc., you must also **screen out ♥Love** ).

( - ) **Negative Emotions** ... ( Physical, “Lower Mind” consciousness ... **Brain Stem - B.S. – Left Brain** ). Brain Stem – is most primitive part of brain, and is the 1<sup>st</sup> to develop. It deals with survival instincts of, fight or flight, greed, frustration, anger, hatred, Wars, unhappiness, jealousy, fears, negativity of all kinds. They all generate **chaotic and weak, high frequency heart-waves** on the graph, see below. The **Brain Stem** is where your own personal negative **Belief System** develops = your own personal **Bull Shit** = ignorant, faulty thinking, unenlightened thinking, & is where the concept of the Devil comes from in many religious beliefs. See pages # 30, bottom # 4, ( John 3:19-21, 8:41, 8:43-44, 10:10 ).

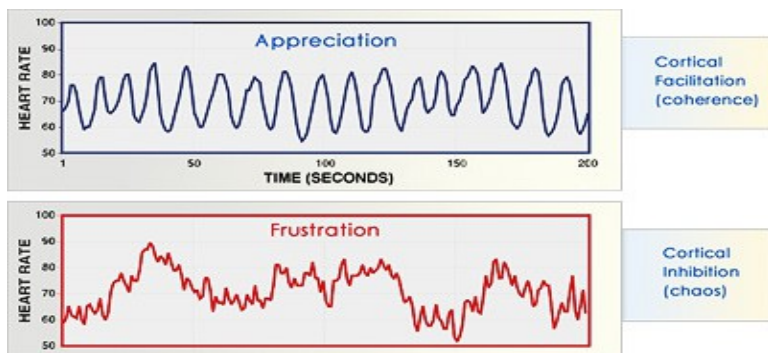
( + ) **Positive Emotions** ... ( Spiritual, Higher Mind consciousness & functioning... ♥Heart Brain - H.B. - Right Brain, Front Brain, Top Brain ). This is where you find ♥Love, appreciation & Gratitude, kindness, Light, happiness, patients, Truth, etc. They all generate very **orderly, low frequency, but very powerful waves** on graph below. Significance of this is **far more than casual scientific curiosity** as we shall come to see. Page # 30. H.B also = “Wind = Holy Spirit = voices of God, Jesus, Angels, Intuition” **Pages #6, 13, 20.** (John 14:6; 3:21; 13:34-35; 8:31-32; 8:51; 6:40 ... **3 John 1:4**)  
\*\*\* **Galatians 5:22-23** \*\*\* **John 12: 25-26**, Anyone who loves their **B.S.** life, will lose it, while anyone who hate their **B.S.** life in this world, will keep it (their **H.B. Life**) - for eternal life. 26 Whoever serves me, H.B., must follow me: where I am, my **H.B.** servants also will be. \*\*\* **John 13:17**, Now you know these things, you will be blessed if you do them.

Young  
at ♥ Heart  
The Fountain  
of Youth  
Eternal Life

\*\*\* **The Ancient Egyptians** regarded the ♥Heart - “as the seat of consciousness & understanding”... See the bottom half of page # 20(a), then pages #4 -- #8 and pages # 26 (a,b). These pages help explain the relationship of light, ♥Love & thought - with ♥Heart-Brain & pineal gland.

Neil Diamond 1982 Song ... **“Turn on your Heart-Light**, let it shine where ever you go, let it make a happy glow for all the world to see” ... **and also ... “Remember the “End” of the 1982 movie ... “E.T. - The Extra-Terrestrial,”** by Steven Spielberg. When ET comes back to life -- ET's ♥Heart lights-up, bringing back to life the dead & dried out flower in the room ... **John 8:12** Jesus, I am light of the world . ... **The Power Of Wonder - Matthew 18.3** ... “Truly I tell you, unless you change and become like little children, you will never enter the Kingdom of heaven.”

### **♥Heart-Brain / Brain-Stem**



. <http://www.heartmath.org/> .

. [http://bensten.files.wordpress.com/2010/11/graph\\_cortical\\_facilitation\\_inhibition.jpg](http://bensten.files.wordpress.com/2010/11/graph_cortical_facilitation_inhibition.jpg) .

**“Measuring Coherence”** -- can accurately show heart, and brain, and nervous-system interactions that are sensitive to changes in emotions, which can be seen in an electrocardiogram (ECG) ... <http://www.heartmath.org/faqs/research/research-faqs.html> ... **FAQ's** ... #4

### **The Electromagnetic Field of The ♥Heart**

→  
Field  
detected by  
SQUID-based magnetometer

←  
Change  
everything  
with a change of ♥Heart.  
Relationship between ♥Brain,  
Brain Stem ... Stress, Emotions  
More explanation, page #6 - #8.



. <http://www.heartmath.org/> .

. <http://www.spiritualgarden.net/images/science/heartfield.png> .

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### **Hidden Worlds**

by Gilbert Williams

1989 Painting

♥Heart-brain // Right-brain ... .. Turn on your - ♥ Heart-Light - let it shine wherever you go let it make a happy glow for all the world to see



Neil Diamond's

1982 Song



Mary - Mother of Jesus

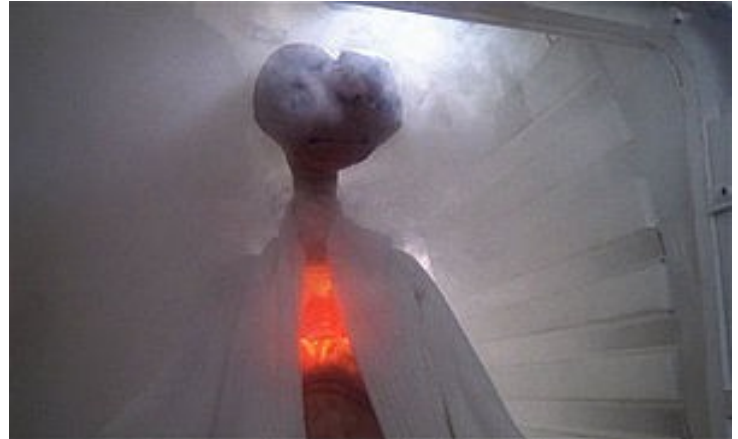
### **E.T. The Extra-Terrestrial**

End of the movie

1982

See pages # 3, #4, #12, #18 (a)

#19, #20, #30, #30 (a, b, c)



[http://tv.akado.ru/images/data/akadotv/picture/imgbig/469364/ETChrist\\_c.jpg](http://tv.akado.ru/images/data/akadotv/picture/imgbig/469364/ETChrist_c.jpg) .

<http://indulgy.net/P9/4D/j3/763414766631623938771114003149n.jpg> .

### **The Power of Light and ♥ Love** **always wins**



**John 11:9-10** ... 9. Jesus answered, “Are there not 12 hours of daylight ?? . Anyone who walks in the daytime will not stumble, for they see by this world's light. 10. It is when a person walks at night that they stumble, for they have no light.”

#### **Anger – Hate – Fear // ♥Love – Joy – Peace**

1 John 1:5

This is the message we have **heard from him** & declare to you: **God is Light; & in Him there is no darkness at all.**

John 14:30

Prince of this world is coming, he has no hold over me - & - **John 11:9-10**

<http://writingnest.files.wordpress.com/2012/07/the-shift.jpg> ... .. <http://images.wisegeek.com/yellow-lit-candle-on-blue-background.jpg> .

**Brain Stem**  
**Separation - Oppression**  
Cruelty - Disease  
Ridicule - Bulling  
Vengeance - Murder  
Jealousy - Resentment  
Greed - Corruption  
Rape - War - Crime



**♥Heart Brain**  
**Oneness - Compassion - Forgive**  
Healing - Harmony  
Wisdom - ♥Heart  
Generosity - Light  
\*Truth – Beauty  
Freedom - Equality  
Honesty - Courage

Matthew 6:33 ( See page # 37 )

John 1:5

The light shines in the darkness, and the darkness has not overcome it.

John 3:20-21

Everyone who does evil hates the light & will not come into the light for fear that their deeds will be exposed.

**Resistance to ♥Love is stupid, it is worse than that, it's futile because “In the absence of - Jesus teachings of ♥Love and Light - darkness rules.!!”**  
Your ♥Heart & your ingenuity gives you the advantage over - **Brain-stem // Left-brain people** - for they can only - rely on - illusions of the physical world

The 2 square boxes above are joined together & separated by a wall - that contains a closed door. No light can get into the 2 boxes from the outside because there are no openings on any of the sides, top or bottom. Now imagine the box on the right is illuminated by a light bulb, or **candle**, & the box on the left is still in complete darkness. Now imagine the door in the wall opens. **What always, always, always, happens ??** . Light from the box on the right **always** goes into the darkness. Darkness doesn't go into the light because 1.) Light is stronger than darkness, 2.) Darkness is the absence of light, **and** 3.) Darkness is an illusion - with no power of its own ... ♥Love represents Light ... ♥Love always wins ... Remember **“... All Truth Passes Through 3 phases - first it is ridiculed; next it is violently opposed; and finally it is accepted as self evident ...”** by the German philosopher Arthur Schopenhauer.

In 1959, I was 11 years old. My science teach told us the electron is a particle that travels around the nucleus of the atom. Latter, we were told the electron is a wave, and now we know the electron is both a particle & a wave - ( Duality ). These 3 views exist all at the same time, and don't contradict each other. Each view helps explain the other. This duality extends to God & all of his creation. Long before I was 11, I was also told in Sunday School **“... God made everything, so He is the greatest scientist, & God is in everything & is everywhere, all at the same time ...”**. This means God made Light **Genesis 1:3**, and God is Light, & God is greater than the Light he made, just like fish swimming in water. God is ♥Love and ♥Love is God ... ♥Love is light and light is ♥Love. This Light and ♥Love radiating from our ♥Hearts is what we call the **Holy Spirit**. Jesus is the Light of the World. We now understand matter is frozen light, and Albert Einsteins equation (  $E=mc^2$  ). God and the Light and ♥Love of God ( **Holy Spirit** ) is in & radiating with the light at the centre of all of Gods creation, all at the same time, from ... the very smallest of God's creations - Light radiating from the center of every atom, & the Light radiating from the center of our ♥Hearts ... to being in the center of the very largest of Gods creations – Light radiating from every Sun of every solar system, to the light radiating from center of every Galaxy in the universe - ( Fractals ). This means God and his ♥Love are the greatest forces in the Universe. ... 14

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## **Interpersonal relationships**

**Kirlian Photography - Page 3 in this link**

. <http://randyhiatt.tripod.com/Kirlianpage3.html> .

Kirlian photos below are of a married couple, by researcher John Hubacher

Image 1

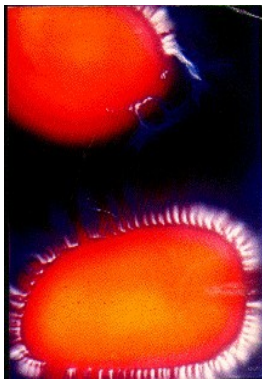


Image 2



Image 3

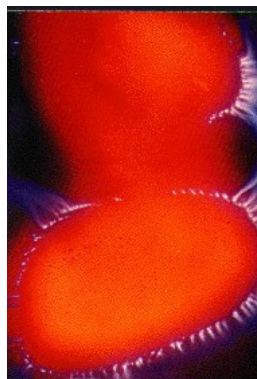
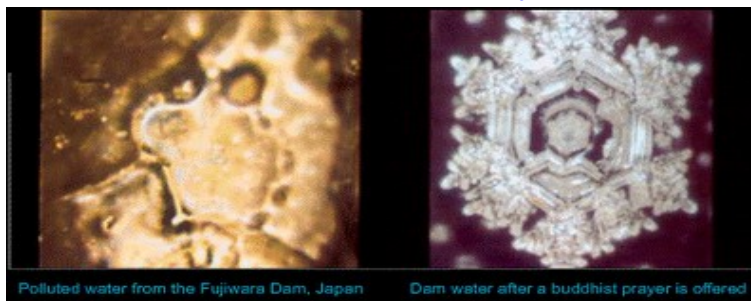


Image 4



Above Left ... **Image 1** -- fingertips of married couple thinking unpleasant thoughts ... **Image 2** -- above right couple thinking unpleasant thought toward each other ( Note: the wall of invisible energy between them ) ... . . . Same couple ... **Image 3** -- thinking pleasant loving thoughts toward each other ... **Image 4** -- the same couple kissing.

## **The Power of Prayer**



### **Japan**

Polluted water from the Fujiwara Dam ... **Same dam water** - after - Buddhist prayer

. <http://2.bp.blogspot.com/-QvngpNGwJnA/TnAL9hsthiI/AAAAAAAENk/mgPxxrax4uE/s400/Water+Crystal+Strip+4.gif> .

. <http://phoenixaquua.blogspot.ca/2008/10/miracle-of-water-dr-masuru-emoto.html> .

**“Why Praying is good medicine” ... Aug. 12, 2013 ...** <http://www.dailymail.co.uk/health/article-195741/Why-praying-good-medicine.html> .

In 1858 - The Blessed Virgin Mary appeared to Bernadette Soubirous ... Healing waters in Lourdes, a small town in France - from 1858 to the present ... <http://en.wikipedia.org/wiki/Lourdes> ... . . . **“Proof That Prayer Works”** ... 1998 ... [http://1stholistic.com/prayer/hol\\_prayer\\_proof.htm](http://1stholistic.com/prayer/hol_prayer_proof.htm) ... . . . “Proof That Group Meditation ( Prayer ) Can Change The World” ... <http://www.spiritscienceandmetaphysics.com/proof-that-group-meditation-can-change-the-world/> .

Your ♥ Heart & your ingenuity gives you the advantage over - [Brain-stem // Left-brain people](#) - for they can only - rely on - illusions of the physical world

## **What The Bleep Do We Know ??.**

\*\*\* 2004 Film \*\*\*

**“Subway Scene - Frozen Snowflake Water Crystals”**

**Snowflake images ... ( see page # 30 )**

The hidden messages in water

“From about 70% - 90 % of our body is water” ( by volume ),

**If thoughts can do that to water - image what our thoughts can do to us.”**

video ... 7 minutes ... 49 seconds

. <http://www.youtube.com/watch?v=zpnICo5APrE> .

Subway, water scene, - Frozen Water Crystal Images ... [http://ssheltonimages.com/img/44/444/What\\_The\\_Bleep\\_Water.jpg](http://ssheltonimages.com/img/44/444/What_The_Bleep_Water.jpg) . ... 6



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. [http://www.mayanmajix.com/heart\\_g.pdf](http://www.mayanmajix.com/heart_g.pdf) .

Also, see pages # 3 -- # 9

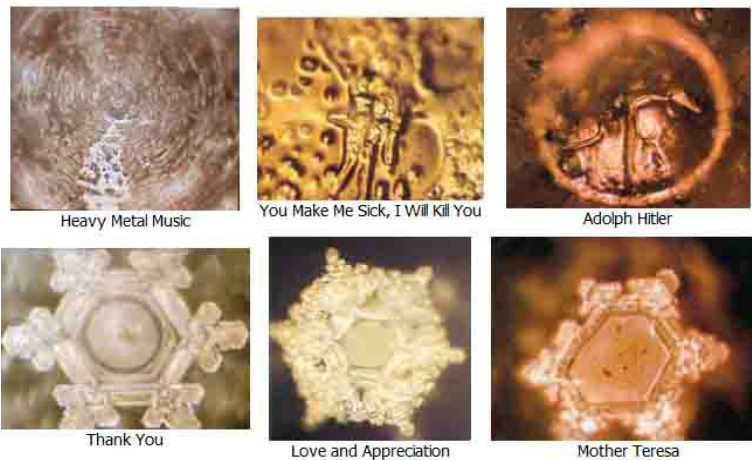
# 21 -- # 27

↓ ↓ ↓ . <http://www.homeopathyheals.me.uk/site/images/stories/pdfs/BeautifulSnowflakesCrystals-ThoughtsFrozenInTime.pdf> . ↓ ↓ ↓

So small ... “You Can Not Always Depend On Seeing What You Are Looking At” ... but some people can ... a--n--d ... without a microscope

### **Beautiful – Music – Thoughts – Pictures -- Words ( Written / Spoken ) Turn Water Into Beautiful Crystal Snowflakes, When Frozen**

When directing words & thoughts at water, [Dr Masaru Emoto](#) discovered that the ones with **(+)positive** energy formed beautiful snowflake shaped crystals and the **(-)negative** words & thoughts formed ugly misshaped blobs, when the water was frozen to ( - 25 C ) below zero, and then magnified 200 – 500 x's, using “**Dark Field Microscope**,” with photographic capabilities ... . . . “Thoughts frozen in time.”



Showing a picture of Dolphins to water,  
creates crystal Snowflake



Also see page # 29 ... “Miracle of Blessing Power”



Small bottles of water have ...

1. words attached to it
2. pictures shown to it
3. music played to it



Because frozen crystal snowflake have a very short life cycle, the best opportunity to see & to photograph one forming, is to take 50 samples of water ( 0.5ml size drops ) from each bottle, & put each drop in its own “petri dish.” The water drops are then frozen for 3 hours at ( - 25 degree C ) in a freezer located within a larger walk-in “**Freezer-Lab-Room**” The room is a precisely controlled environment, kept at ( - 5 C ), making it the perfect place to use “**The Dark-Field Microscope** to photograph the frozen water crystal snowflakes. The crystals are magnified between 200 – 500 times their original size.

Remember, a babies body is over 90 % water ... a young adults body is about 80 % water ... the bodies of most people over 60 is about 70 % water, & even less with age, ( because, one of the hardest things to get a person over 50 to do is drink lots of water, rather than tea or coffee, which dehydrates ). So, if our thought & words can do this to water, just imagine what they are doing to us, **Emoto Frozen Water Crystal Lab** <http://www.hadousa.com/makingof.html> .

Mr. Emoto discovered that water was extremely sensitive to vibrations, & not only physical vibrations such as **music and speech**. He devoted several years to photographing the formation of ice crystals from water which had been “treated” in various ways. He had monks recite prayers over the water, played music for it ( the water ), even taped words on the outside of small vials of water, all with remarkably distinctive effect. Since water constitutes some 70% of both the human body and of the earth, his thesis is that, these experiments demonstrate empirically the direct physical impact our thoughts, speech and emotions have, not only on water, but on these larger, more complex systems which are largely comprised of water.

. <http://www.cymaticsource.com/water.html> ... <http://www.healthshimmer.com/speak-words-of-love/> .

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**Beautiful – Music – Thoughts – Pictures -- Words ( Written / Spoken )**

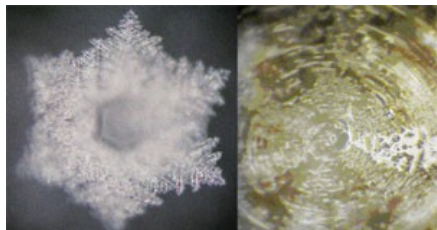
**Turn Water Into Beautiful Crystal Snowflakes,  
When Frozen**

Continued ...

### **“Thoughts – Music – Words – Frozen in Time.”**

**After**

**Before**



**above – Right - Before**

Distilled water - after being exposed to  
“**Heavy Metal music**” & very loud music.

**Left above - after**

The very same “**Heavy Metal**” music water,  
- after - being exposed to “**Classical Music.**”



**Frozen Snowflake Crystal  
Musical note “B”**



**Blessing**



**Beethoven's Pastoral  
Symphony**



**Self Love**



**Beauty**



**Passion**



**“Good Job!”  
“Well Done!”**



**Rescue  
(Protect)**



**Happiness**

\***Negative - words - thoughts - music, etc ...** form ugly misshapen,  
discolored blobs ... the same shape & appearance as polluted water.

**What does the Wind teach us ??.**

The power of the invisible - ♥ Love.

**Musical Note Shapes ... C, D, E, F, G, A, B ...** <http://virtualworld360.blogspot.ca/2009/02/healing-forces-of-harmonic-sounds-and.html> .

Use your ♥ Heart to bring Heaven down to Earth

( **Matthew 6:9-13** ... “on earth as it is in Heaven” )

## **Mr. Emoto's Frozen Snowflake - Water Crystals Gallery**

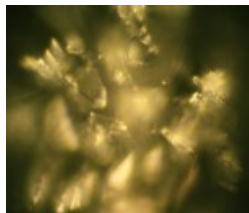
. <http://www.hadousa.com/places.html> .

**Polluted Water - city**

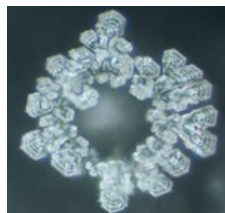


**Los Angeles  
California, USA**

**Healing Waters**



**Venice, Italy**



**Fountain  
Lourdes, France**



**Miracle Spring  
Naju, Korea**

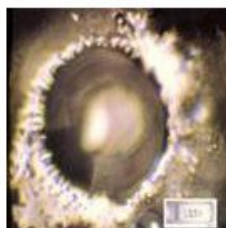
**Beautiful Music**



**Tchaikovsky  
Swan Lake 1**



**Amazing  
Grace**



**Distilled water  
labeled  
“Do It”**



**Distilled water  
labelled  
“Let’s Do It”**

The human body is from about 70 % to over 90 % water. So just imagine  
what our thoughts, music & words are doing to us and to others.

**Albert Einstein ...** “the world is a dangerous place to live in ... **NOT** ... because of the  
people who are - evil - ( very bad, very ( - ) negative, Brain-stem / Left-brain )  
... but Because of ... the ♥ Heart-brain // Right-brain people who don't do  
anything about it.”

**Edmond Burk ...** “All that is required for - evil - ( the very bad ), to prevail – is for  
good men ( ♥ Heart-brain // Right-brain men ) to do nothing.”

. <http://photos1.blogger.com/blogger/2310/2620/320/tap1.1.jpg> .