

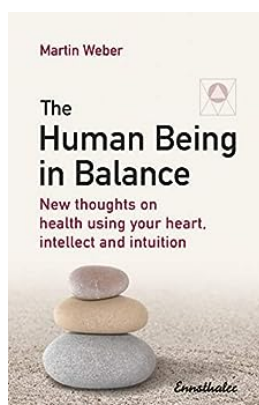
New Thoughts On Health Using Your Heart Intellect And Intuition

In today's fast-paced world, achieving and maintaining good health has become a top priority for many individuals. The constant stress, pressure, and information overload can take a toll on our well-being. While traditional medicine and scientific advancements have played a crucial role in promoting health, a new approach is emerging that emphasizes the power of the heart, intellect, and intuition in maintaining overall well-being.

Understanding the Power of the Heart

For centuries, philosophers and thinkers have recognized the heart as more than just a biological pump. Ancient civilizations believed that the heart was the center of emotions, wisdom, and intuition. Recent scientific studies have also shed light on the heart's incredible capabilities beyond its physical function.

Research conducted by the HeartMath Institute has revealed that the human heart generates an electromagnetic field that surpasses that of the brain. This field, known as the heart's electromagnetic field (EMF), not only affects our own physiological systems but can also influence the people and environment around us.



The Human Being in Balance: New thoughts on health using your heart, intellect and intuition

by Martin Weber (Kindle Edition)

★★★★☆ 4 out of 5

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| Language | : English |
| File size | : 773 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 201 pages



When we are in a state of coherence, where our thoughts, emotions, and actions are in alignment, the heart's EMF becomes highly ordered, coherent, and harmonious. This state has been shown to enhance brain function, improve decision-making, reduce stress, and even boost our immune system. Understanding and harnessing the power of the heart can have a profound impact on our overall health and well-being.

The Role of Intellect in Health

While the heart is crucial in maintaining health and balance, the intellect also plays a significant role. Integrating the intellect and heart allows us to utilize a logical and rational approach in conjunction with our intuition and emotional intelligence.

The intellect enables us to make informed decisions based on scientific evidence, research, and critical thinking. It helps us seek knowledge and understand the world around us. When combined with the wisdom of the heart, the intellect becomes a powerful tool for promoting health and making conscious choices.

By educating ourselves about nutrition, exercise, and the effects of stress on our bodies, we can make informed decisions about our own well-being. The intellect allows us to question existing paradigms and explore alternative treatments that may be beneficial to our health. This integration of heart and intellect can open up new possibilities and approaches to maintaining good health.

Listening to Your Intuition

In the midst of the information overload and external influences, it is essential to tap into our intuition, our inner wisdom. Intuition is often viewed as a gut feeling or knowing without conscious reasoning. It is a guiding force that can help us make decisions in alignment with our true needs and desires.

Our intuition can provide insights into the best course of action for our health and well-being. It can help us discern what feels right for us and what doesn't. By listening to our intuition and trusting our inner voice, we can navigate through the complexities of life and make choices that promote our overall health and happiness.

Practical Application of Heart, Intellect, and Intuition

Integrating the power of the heart, intellect, and intuition can be applied in various aspects of our lives to enhance our health. Here are a few practical tips to help you incorporate these elements into your daily routine:

1. Practice Heart Coherence Techniques

Engage in activities that promote heart coherence, such as deep breathing exercises, meditation, or practicing gratitude. These techniques can help regulate your emotions and create a harmonious state in which the heart's electromagnetic field becomes coherent.

2. Educate Yourself

Take the time to educate yourself about different aspects of health and well-being. Stay informed about the latest research, alternative treatments, and lifestyle choices that can contribute to your overall health. Use your intellect to question and explore new approaches.

3. Trust Your Gut

Pay attention to your gut feelings and intuitive nudges. Trust your instincts when making decisions about your health. Intuition often provides valuable insights that may align with your deepest needs and desires.

4. Seek Balance

Strive for a balance between intellect and intuition. Utilize critical thinking and rational analysis while also acknowledging the wisdom of the heart. Find a middle ground where logic and intuition can work together to guide your health choices.

5. Practice Self-Care

Make self-care a priority in your life. Dedicate time to nourish your body, mind, and soul. Engage in activities that bring you joy, reduce stress, and promote overall well-being. Listen to your heart, intellect, and intuition when choosing self-care practices that resonate with you.

The new thoughts on health using the heart, intellect, and intuition offer a holistic approach to well-being. By understanding and harnessing the power of the heart, integrating the wisdom of the intellect, and listening to our intuitive guidance, we can pave the way for a healthier and more fulfilling life. Embracing this new perspective allows us to tap into our innate healing capacity and make conscious choices that promote our overall health and happiness.

The Human Being in Balance: New thoughts on health using your heart, intellect and intuition

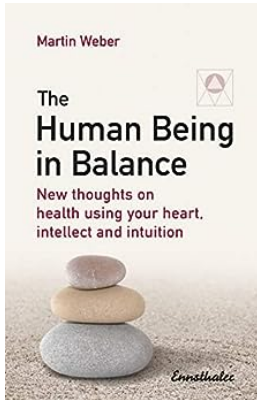
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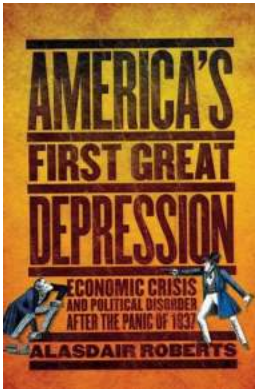
Der Energie-Erfolgstherapeut der ÖSV-Sportler!

Dieses Buch richtet sich an alle, die bereit sind, ihre Gesundheit eigenverantwortlich in die Hand zu nehmen und Neues zuzulassen.

Konkret, mit Kompetenz und vielen praktischen Beispielen aus seiner langjährigen Erfahrung als Energetiker, Querdenker, Visionär und Energietherapeut von Österreichs besten Sportlern wie Felix Gottwald, Michael Walchhofer, Hermann Maier, Rainer Schönfelder, Michael Gruber, Andreas Schifferer, Michi Dorfmeister, Gitti Obermoser und vielen anderen bringt Martin Weber in diesem Buch die Leserinnen und Leser einen Schritt näher zum Verstehen der wahren Mechanismen, die in jedem Menschen wirken.

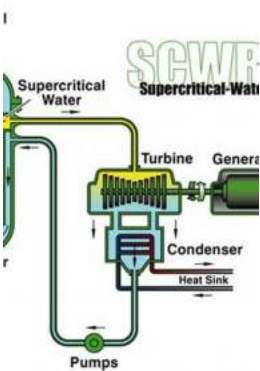
Martin Weber kann im Verlaufe seiner Tätigkeit bereits auf spektakuläre Heilerfolge zurückblicken, die zu einem großen Teil dokumentiert sind und auch in den Medien für große Resonanz gesorgt haben. Die schnelle Heilung von Knochenbrüchen, Sehnenrissen und anderen Verletzungen macht ihn nicht nur bei Spitzensportlern zu einem gefragten Therapeuten. Nun gibt Martin Weber sein Wissen erstmals in Buchform an Menschen weiter, die an wirklicher Heilung - nicht Symptombekämpfung - interessiert sind. Er zeigt auf, dass Medikamente niemals zu wirklicher Heilung führen und dass vor allem nach Verletzungen oder

Operationen der Körper wie ein sensibles Musikinstrument neu gestimmt werden muss.



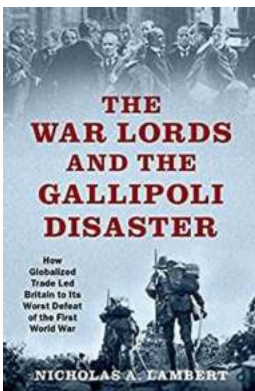
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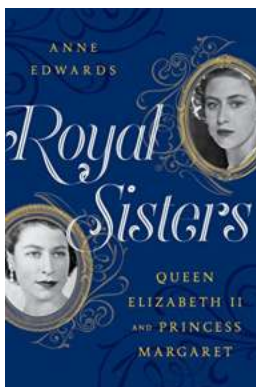
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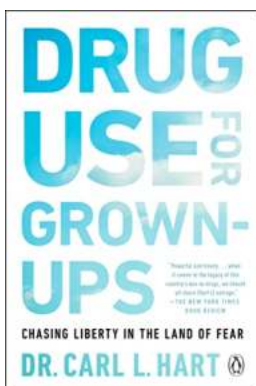
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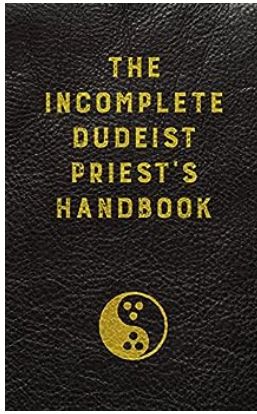
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