



In Harmony with Your Heart

By Judith Pentz, MD

To live in harmony with your heart —what does this mean in everyday life? An exercise in tuning to the content and contentment of your heart requires a certain willingness to listen to what your heart is sharing with you. Tuning into your inner world is necessary for this to be possible as the demands of this world around us can consume us—caring little, if at all, for the needs of the heart.


Do you know what makes your heart happy? Are you able to hear what your heart is sharing? The knowingness of the heart is often profound and in tune with what resonates with your well being.

Some fun, intriguing facts about the heart—1) it truly has its own heartbeat independent of the brain, 2) it rarely, if ever, deals with cancer itself, 3) it carries the essence of the personality of the person as is evidenced with the peculiar changes in tastes that heart transplant individuals have, 4) we cannot live without its beat for very long. It has a very close relationship to the breath —tuning into the breath can alter your heart rate and your level of emotional equilibrium quickly.

The beauty of your heart can often be hidden. The listening to your heart can start in small, yet life changing ways—consider what would be in your highest good in this moment beyond what others are asking of you in this moment? Is the choice you make letting your heart be happy? Or is there heaviness in your heart you chose to ignore?

Paul Pearsall, PhD is a researcher who speaks of the cardio-sensitive person in his book *The Heart's Code*. This person allows nature to be present, seeks a social network that is mutually supportive, and tunes into life—truly going with the flow. There is less conflict thus more harmony—and improved spiritual, mental, emotional and physical health. Who would not want that!?

HOLISTIC PSYCHIATRY AT ITS BEST!



HOLISTIC HEALTH CARE

Judith E. Pentz, MD

BOARD CERTIFICATION IN CHILDREN, ADOLESCENT & ADULT PSYCHIATRY

3901 GEORGIA ST. NE, #A-4, ABQ • 505.883.9580 • www.drpentz.com

SPIRITUAL INTEGRATION
GUIDED MEDITATION
HEALING ENERGY WORK
NUTRITIONAL SUPPLEMENTS

*Life Path/Life Journey Work
Reconnect with Your Soul Through
True Integrative Healing*

PHARMACEUTICALS PRESCRIBED
WHEN NEEDED

*Available for Speaking
Engagements/Seminars*