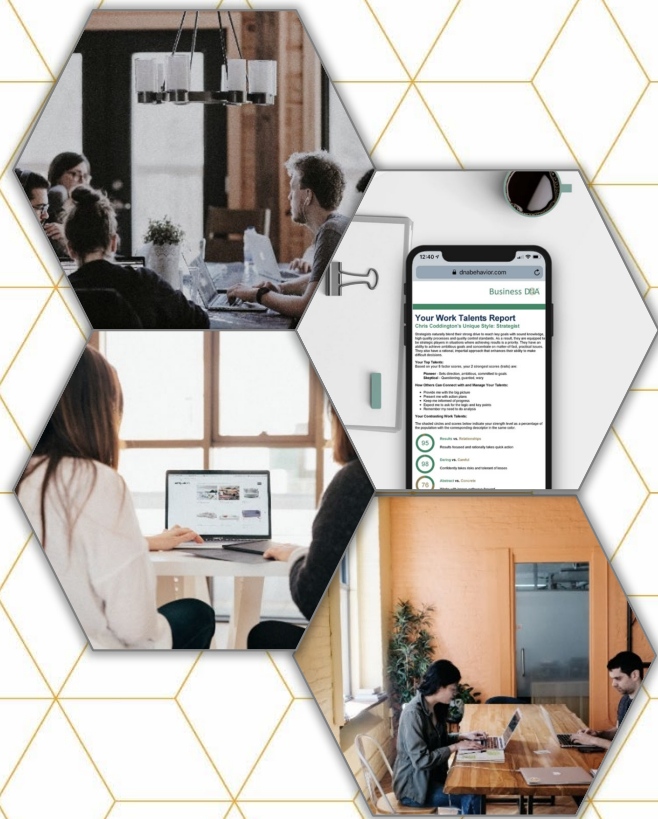


# A Guide to The Heart and the Seven Senses of Money Energy



## The Heart and the Seven Senses of Money Energy

### Introduction

The holistic integration of money to all areas of your life requires the authentic integration of the body, mind, emotions, spirit and, importantly, the heart.

As a human being, your life is powered by four primary personal life energy forces:

1. Money – a currency and your belief in what it is, does and how you react to it. Your relationship with money impacts your nutrition, body and mind
2. Food – your food and drink consumption (including alcohol intake) – powers your body and mind
3. Body – your physical health
4. Mental – behavioral awareness, mindset, mental health, psychological state
  - Emotions – the natural instinctive state of mind derived from ones circumstances, mood, or relationships with others -sensations, feelings, reactions, responses
  - Spirituality – the concern or connection with the human soul rather than physical or material things – deeper belief in something much greater than ourselves – faith in life itself

The Heart is the energetic nucleus which must be aligned to the four primary energy sources for full life and money integration to occur. Therefore, understanding “heart intelligence” is crucial to understanding how you feel about money.

The HeartMath Institute ([www.heartmath.org](http://www.heartmath.org)) have done a lot of scientific research in understanding and measuring the power of the heart. You can download their Heart Brain Communication ebook at: <https://www.heartmath.org/research/science-of-the-heart/heart-brain-communication/>

Further, the Heart Math Institute’s research study provided in the Science of the Heart ebook shows that the brain’s activity is naturally synchronized to that of the heart, and also confirms that intentionally altering one’s emotional state through heart focus modifies afferent neurological input from the heart to the brain. Results indicate that the brain’s electrical activity becomes more synchronized during psycho-physiologically coherent states. Implications are that this increased synchronization may alter information processing by the brain during the experience of positive emotions.

### The Intelligence of the Heart

The heart is the most powerful source of electromagnetic energy in the human body, producing the largest rhythmic electromagnetic field of any of the body's organs. Based on research by the Heart Math Institute ([www.heartmath.org](http://www.heartmath.org)), the heart's electrical field is **about 60 times greater in amplitude than the electrical activity generated by the brain.**

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The heart's magnetic field, which is the strongest rhythmic field produced by the human body, not only envelops every cell of the body, but also extends out in all directions into the space around us. The heart's magnetic field can be measured several feet away from the body by sensitive magnetometers.

The heart's (invisible) energy is said to reach **about three feet outside of the physical body** and can be detected in another person sitting nearby via an electrocardiogram (ECG).

Therefore, you must address the human "heart" element when making decisions as it connects the four primary personal life energy forces, and of itself is the strongest energetic field.

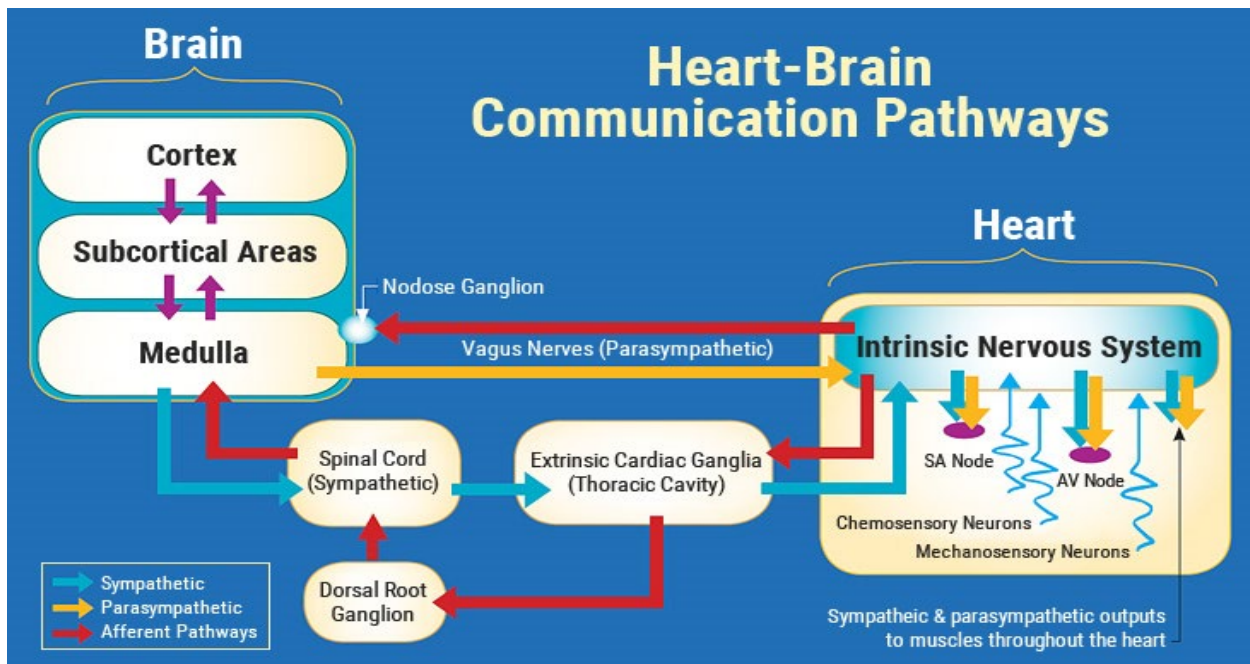
It is interesting how scientists have come to a realization about the importance of the heart, senses and the flow between them and the intricacy of how God designed the human body to be in the right order to be able to function. This is exemplified by the fact that the heart is mentioned 826 times in the Bible and the brain nil times. However, thought and emotions, however, can be said to occur in one's head or mind, and, therefore, the citations of "head" (360 times) and "mind" (96 times).

## Heart-Brain Communication

The communication between the heart and the brain is a dynamic and ongoing two-way dialogue. Each influences the other.

The heart communicates with the brain and body in four ways:

- Neurological communication (**nervous system**)
- Biochemical communication (**hormones**)
- Biophysical communication (**pulse wave**)
- Energetic communication (**electromagnetic fields**)





The research is showing that more signals go from the heart to the brain than the other way around. This is because the vagus nerve which contains most of the neural pathways related to the heart sends most of its signals up to the brain. What is important to understand is that the heart has its own brain which is processed by its intrinsic nervous system.

However, the descending signals from the brain are involved in the regulation of the heart.

## Monitoring Your Heart Rate Variability (HRV)

An early warning signal about your stress levels caused by money may come from regularly monitoring your HRV using a smart device. Generally, a higher HRV is associated with greater heart strength and less stress. Although, the HRV is a highly sensitive biological marker for each individual.

A higher HRV will indicate:

1. Cardiovascular strength
2. Mental health, and in particular resilience to stress
3. Living a healthy life



As outlined in our Guide on Amplifying the Flow of Money Energy, research studies into HRV highlight the variation of heart rate if you have persistent instigators such as stress, poor sleep, unhealthy diet, alcohol, dysfunctional relationships, isolation, or solitude. Conscious and sub-conscious anxious thoughts about money can trigger these HRV instigators.

Ultimately, to live a Quality Life, it is important to have a good heart from a human perspective (mental health, attitude) and also a physical (cardiovascular) perspective.

Given the many instigators of HRV, it is logical for DNA Behavior to conclude that the omnipresence of money in our conscious and subconscious lives is an HRV instigator.

## Identifying the Seven Senses of Money Energy

The sensory feelings from your body can be used as a practical receiver and emitter of energy. Understanding the seven senses of money is foundational as each provides a unique signal through your body as to how money is impacting your heart and brain.



1. First sense: The sight and vision of money - how money is written, expressed and documented in statements and accounts.
2. Second sense: The hearing and auditory sense of money – listening to money in conversation.
3. Third sense: The taste of money - conscious discernment of money to determine the fit and comfort in making decisions.
4. Fourth sense: The smell of money – the fears and exuberance of money caused by the triggering of the subconscious mind.
5. Fifth sense: The touch of money – the sensations in the body caused by emotions (emotions represent clusters of sensations blended with beliefs and perceptions).
6. Sixth sense: The intuition about money – the operation of the “third eye” (pineal gland) giving insight about what decisions to make regarding your finances.
7. Seventh sense: The resonance of money – the subtle energy provided by the crown chakra enables a unifying balance of the mind and body, and therefore the highest level of awareness if you connect to the frequency waves. The crown chakra provides connection to the universe and the exponential growth of the Quantum World.

## Understanding and Releasing Money Congestion

As humans we are energetic beings and emotions are energy.

Emotions are the physical states that arise as a response to external stimuli. Chemicals get released into the brain because of an environmental trigger. They will be aroused before feelings. The emotions can be anger, anticipation, joy, fear, surprise and sadness.

Whereas feelings are mental associations and reactions to emotions. They come from absorbing the emotions. Feelings could be confident, happy, worried, safe, depressed, lonely, upset, sad, hurt, responsible, unwanted, relaxed, jealous, guilty or embarrassed.

When emotions get stuck in our body we cannot evolve. Usually, our reactions to life and financial events trigger emotions which can lead to congestion in the body if not cleared. So, this is where understanding the seven energy centers (chakra's) of our body is important as an individual source of information in the context of money and what issues may get stuck in each.

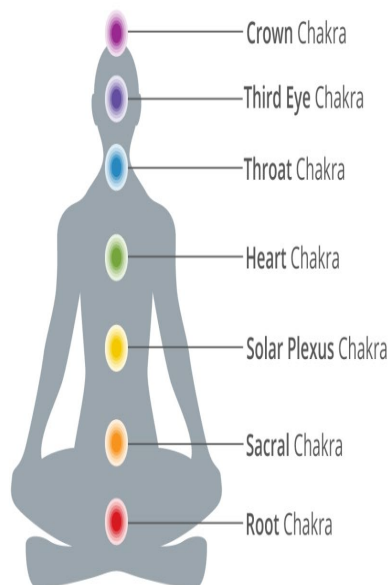
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Each of these energy centers can be thought of as having its own money brain and therefore an individual mind influencing your relationship with money. As you move upwards from the root chakra (at the base of your pelvis) to the crown chakra, you will find the representation of money becoming lighter and more ethereal.

Of course, the seven chakra's address more aspects of your life than the relationship with money. But, given the omnipresence of money in your overall life and its impact on the other three sources of energy being nutrition, mind and body understanding the "money chakra's" is important. You can learn more by reading *Becoming Supernatural* by Joe Dispenza and the *Practical Guide to Money and Your Chakra's* by Leisa Peterson at <https://www.wealthclinic.com/money-chakras/>

Unlike what most people believe, there is not one money chakra. Instead, the energy of money is related to all seven of the primary chakras, with each representing aspects of one's relationship with money. As you move from the root chakra to the crown, you will find the representation of money becoming lighter and more gentle. However, ultimately, you will want to de-congest all blockages from the root chakra to the crown chakra in order to connect with the quantum world.

Given that we know savings and money management is a major cause of stress, you will see that the blockages will mainly be in your lower three chakra's – being the root, sacral and solar plexus chakra's. Therefore, these areas could be where you will have health issues build up. Releasing the negative money energy in chakra's comes from both changing your mindset (inner critic), developing positive manifestation practices (mental rehearsal) and also deploying sound personal management habits, such as saving.



1. The root chakra is related to things like fear of one's safety and security.
2. The sacral chakra is connected to one's sense of creativity and play and how that relates to your ability to save money.
3. The solar plexus is related to power and is connected to your ability to properly manage your money.
4. The heart chakra is oriented to giving and receiving money.
5. The throat chakra is about trusting yourself (and others) when it comes to money.
6. The pineal gland chakra has to do with your intuition and inner critic feeling like you are (or not) enough and you have enough.
7. And finally, the crown chakra is about your ability to feel a sense of abundance (regardless of how much money you have).

Using DNA Behavior Insights to Align Your Heart and Mind

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From the perspective of DNA Behavior, we measure your propensities for the following which are inherently opposite traits:

1. Relationships – where feelings and the heart rule
2. Results – where the mind rules

Enhanced happiness, success and health comes when you recognize both the relationship and results perspectives and align them when making decisions.

To make quantum leaps in your life requires an aligned heart connection with the brain. The ability to achieve alignment between the heart and mind is assisted by being able to recognize the physical sensations and signals coming from your body. Every cell in your body is a being in its own right with intelligence which when combined and organized makes up your overall being.

To learn more about DNA Behavior International and the solutions we offer, please visit the following website:

[www.dnabehavior.com](http://www.dnabehavior.com)

If you have any questions or matters you would like to discuss about Money Energy with an executive on our team, please email us at: [inquiries@dnabehavior.com](mailto:inquiries@dnabehavior.com)

