

DOES YOUR MEDIUMSHIP HAVE HEART?

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Point to yourself. Yes, point to yourself. Where did you point? Remember where you pointed as you read on.



As we all know, when we pass into spirit, our memories, emotions, and personality live on. How do we communicate with these immortal and immaterial characteristics? We often say it's through telepathy (mind-to-mind) or a soul-to-soul connection. But I suggest it might be more through a heart-to-heart connection.

Some mediumship instructors teach connecting with spirit through the solar plexus, that this is the so-called center of being and therefore the seat of the soul. Yet “almost every spiritual tradition and all the major world religions talk about the heart being the access point to the soul,” says Rollin McCraty, PhD, in *The Power of the Heart*. “And the research is really starting to show that they’ve been right all along.”[1]



OK. Where did you point when you pointed to yourself? Was it to your heart? If so, there's a reason for that.

[1] Baptist De Pape, *The Power of the Heart* (New York: Atria Books, 2014), 10.

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If you examine any illustration of the seven chakras, or energy centers, the heart is at the center. It connects our physical biology (the lower three chakras) with our psychological/spiritual energy (the upper three chakras). Likewise, according to medical intuitive Carolyn Myss, PhD, author of *Anatomy of the Spirit: The Seven Stages of Power and Healing*, all illnesses and diseases typically originate in one of the lower three chakras, of which the solar plexus is part, then the illness or disease manifests there or elsewhere in the body. So if the solar plexus connects us to our physical biology and can be the root of disease, it doesn't make sense to work mediumistically from that energy center. Likewise, according to Myss, the solar plexus is our personal power center, the core of our self-esteem and self-confidence. If we're not feeling confident in our mediumship, it also does not make sense to work from the solar plexus. It makes more sense to work from the heart, the energetic center, the root of emotion, intuition, and clairsentience.

Studies through the HeartMath show that we receive external information through the heart first. Researchers discovered this by hooking up volunteers to a variety of sensors to measure brainwaves, heartbeats, and more, then showed the participants pleasant and unpleasant images on a computer screen. "When we analyzed all the data, the results were astounding. The heart seemed to know the images before the participants ever saw the images with their eyes.... A lot of people say that I don't feel at my heart. I feel it in the gut. But here's what's really happening. The information comes to the heart first." Then the researchers noted there is a brain response, followed by a bodily response, or gut feeling. Take a look at this short video for more information: "[The Intuition of the Heart](#)."

According to the HeartMath researchers, "It is not as commonly known that the *heart actually sends more signals to the brain than the brain sends to the heart!* Moreover, these heart signals have a significant effect on brain function—influencing emotional processing as well as higher cognitive faculties such as attention, perception, memory, and problem-solving. In other words, not only does the heart respond to the brain, but the brain continuously responds to the heart."^[2]

Researchers at the HeartMath also found that "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. The heart's electrical field is about 60 times greater in amplitude than the electrical activity generated by the brain."^[3]

[2] HeartMath, "The Heart-Brain Connection," (2016), para. 1, <https://www.heartmath.org/programs/emwave-self-regulation-technology-theoretical-basis/>.

[3] HeartMath, "Energetic Communication." In *Science of the Heart: Exploring the Role of the Heart in Human Performance*, volume 2, paragraph 2 (2015), <https://www.heartmath.org/research/science-of-the-heart/energetic-communication/>.

This field, which permeates every cell of the body and envelops the entire physical body, can be measured with magnetometers as far away as eight to ten feet from the body.[4] After physical death, this energy field, or aura or spirit body if you like, increases even more in frequency and vibration once freed from the physical body.

Researchers refer to this as the “intuitive heart” or “energetic heart.” Like the mind, which can survive and exist without a physical brain, the intuitive/energetic heart can survive without a physical heart.

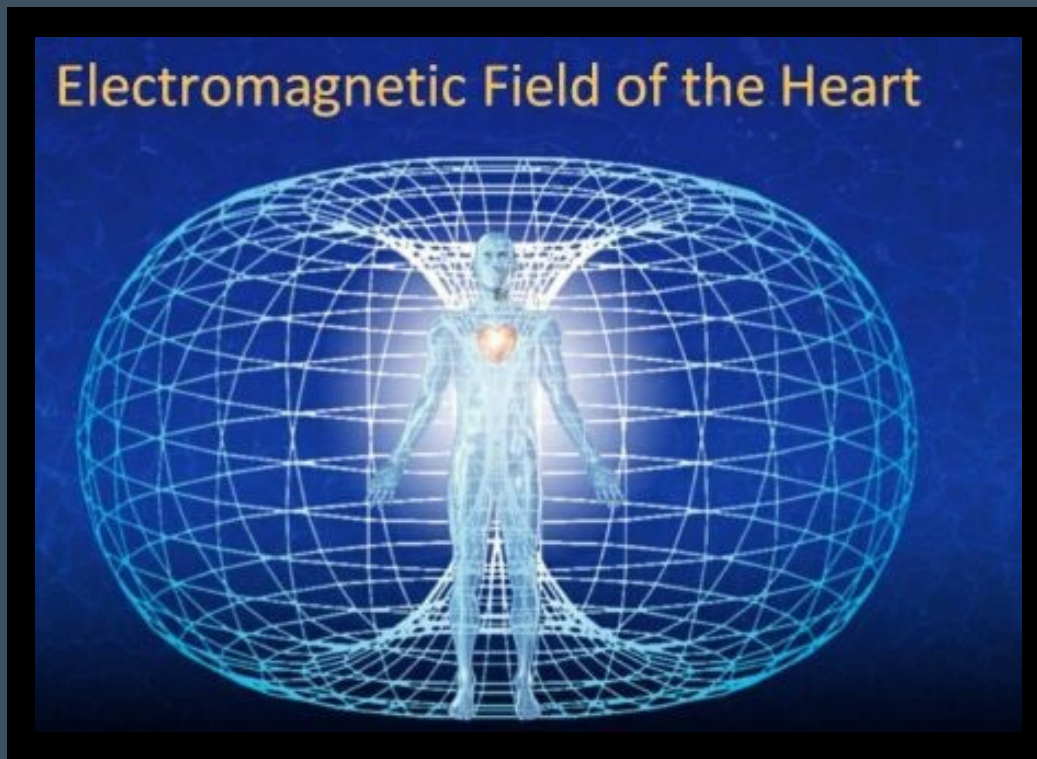


Figure 1. Electromagnetic Field of the Heart. HeartMath. <https://goo.gl/images/kTfLKj>.

The HeartMath’s scientific studies have also found that the intuitive/energetic heart is an access point to our higher self, which can help us communicate at a higher level with the higher self and, it follows, with the spirit world. The energetic heart contains our history, our memories, our personalities. The mind and heart are synergistic, and these energetic sources make up the foundation of our thoughts and emotions. The intuitive/energetic heart is what many people associate with the “inner voice.” This heart intelligence also enables us to communicate with each other on an unseen energetic level, whether in the body or not.[5]

[4] Doc Childre and Howard Martin with Donna Beech. *The HeartMath Solution*. (San Francisco, Calif.: HarperSanFrancisco, 1999), 33.

[5] HeartMath, “The Heart’s Intuitive Intelligence: A Path to Personal, Social and Global Coherence.” (2013)
<https://www.youtube.com/watch?v=QdneZ4fIHE>.

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Thus, the science shows that it makes perfect sense to focus our awareness on our hearts when developing mediumship and communicating with spirit, rather than on the solar plexus. It takes just a couple of moments to make that connection. Close your eyes, take three deep breaths, then shift your awareness to the center of your chest, to your heart. Imagine you are breathing in and out through your heart. Fill your heart with a positive emotion: appreciation or gratitude for someone or something. Then consciously expand that feeling beyond and all around you. As you expand your energy set the intention to connect with a spirit communicator.

As the HeartMath research has shown, information is detected first by the heart, so it follows that we would perceive spirit first through the heart (clairsentience), then we get a picture (clairvoyance) or sounds (clairaudience), then a clairknowing in our gut. Although we might be cognizant of the picture first, or the gut feeling, the emotion or story that goes with that picture or gut reaction has already been communicated through the heart. By returning our awareness to the heart, we can discover the meaning behind the picture or gut reaction that spirit wants to communicate.

When doing a private sitting or demonstration, if you feel like the information has gone dry or you've lost the connection, bring your awareness back to your heart, breath through the heart, expand, and reconnect with the communicator. There is no need to ask spirit to come closer. Spirit knows where they are supposed to be. *You* need to make the additional effort to move your energetic heart into their vibrational field.



Now point to yourself again. Did you point to your heart? If so, give this heart method of communicating with spirit a try. You might find it makes a big difference in your mediumship.