

The Heart's Code: Tapping the Wisdom and Power of Our Heart Energy

By Paul Pearsall

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A fascinating synthesis of ancient wisdom, modern medicine, scientific research, and personal experiences that proves that the human heart, not the brain, holds the secrets that link body, mind, and spirit.

You know that the heart loves and feels, but did you know that the heart also thinks, remembers, communicates with other hearts, helps regulate immunity, and contains stored information that continually pulses through your body? In **The Heart's Code**, Dr. Paul Pearsall explains the theory and science behind energy cardiology, the emerging field that is uncovering one of the most significant medical, social, and spiritual discoveries of our time: The heart is more than just a pump; it conducts the cellular symphony that is the very essence of our being.

Full of amazing anecdotes and data, **The Heart's Code** presents the latest research on cellular memory and the power of the heart's energy and explores what these breakthroughs mean about how we should live our lives. By unlocking the heart's code we can discover new ways of understanding human healing and consciousness and create a new model for living that leads to better health, happiness, and self-knowledge.

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Editorial Review

From Library Journal
The author of The Pleasure Principle uses the new field of cellular memory to show that the heart thinks and remembers.
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From Booklist
Psychologist Pearsall had a personal experience with "energy cardiology" when he had hip cancer. His logical, directing brain struggled over his disease and what it meant to him with his sensitive, more accepting heart. He began to study the heart and learned about its "L energy" and how to recognize its warnings. He went on to study heart transplants and how the background of a new heart could affect its recipient; for example, one man began to yearn for spicy foods and to study Spanish *before* he knew that his donor had been Hispanic. Documenting the stories he tells with medical and psychological literature, Pearsall states that we have been too brain-focused and have not listened to all the heart has to offer. We should learn to be patient, connected with others, pleasant, humble, and gentle, Pearsall says, and for those who want to find out whether they are cardiosensitive, he presents a personal inventory. Although hardly a work of completely hard science, Pearsall's effort has much to offer thoughtful readers. *William Beatty*

From Kirkus Reviews
Pearsall, the prolific guru of self-help advice combining scientific theories with New Age spiritualism (Sexual Healing, 1994; Ten Laws of Lasting Love, 1993; etc.), finds evidence in the experiences of heart transplant recipients to support his claim that the heart thinks and the cells remember. Energy and information are one and the same, says Pearsall, who sees the heart as a generator of this ``info-energy,'' and the cells as storehouses of info-energetic memories. When a heart is transplanted, some ``cardio-sensitive'' recipientsthe stories of five such people are told herereport recovery of these memories, which to Pearsall indicates they are tapping into the ``L'' (for life) energy of the donor. While the nature of ``L'' energy remains obscure, Pearsall offers some 20 different descriptions of this mysterious force, ranging from its speed (faster than the speed of light) to its visual manifestations (auras, spirals, etheric webs). By learning ``cardio-contemplation,'' he assures the reader, one can tune into one's own heart and the coded information that is the human soul. Further, since hearts exchange information with other hearts, one can also become sensitive to the incoming ``L'' energy of other people's hearts. Connecting to one's own and to others hearts is presented as the key to healing, happiness, and living and loving better. Pearsall provides a Heart Energy Amplitude Recognition Test and a Cardio-Sensitive Inventory for those who want to assess their likelihood of being able to listen to their heart's code and even to tap into the collective unconscious. Lots of scientific jargonthere's even a glossary of technical termsto dress up a familiar New Age message about getting in touch with oneself and becoming one with the cosmos. ($75,000 ad/promo; Literary Guild alternate selection; author tour) -- *Copyright ©1998, Kirkus Associates, LP. All rights reserved.*

Users Review

From reader reviews:

Roger Thomas:

Do you one among people who can't read gratifying if the sentence chained from the straightway, hold on

guys this aren't like that. This The Heart's Code: Tapping the Wisdom and Power of Our Heart Energy book is readable by you who hate those straight word style. You will find the information here are arrange for enjoyable looking at experience without leaving even decrease the knowledge that want to give to you. The writer regarding The Heart's Code: Tapping the Wisdom and Power of Our Heart Energy content conveys objective easily to understand by most people. The printed and e-book are not different in the information but it just different as it. So , do you continue to thinking The Heart's Code: Tapping the Wisdom and Power of Our Heart Energy is not loveable to be your top list reading book?

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