

What does the Heart actually do in our Body?

It may be that the Heart is even more special than we have been taught to believe



To some degree, everyone knows that **the heart is very special**. Long before we were presented with any anatomical or functional details, the heart was central to our notions of **love, connection, excitement** and even **heart ache**. Clench your fist and that's about the size of your heart. A healthy adult heart only weighs about 10 ounces, which is just over ½ a pound. Ask almost any professor of Human Anatomy & Physiology (like myself) what the heart does and they'll tell you "**The Heart is a Pump**". Meaning the heart contracts to generate a **pressure propulsive force** and thereby pumps blood down its pressure gradient. Have pity on them, it's all they've ever heard. Besides, clearly there's a pounding going on in our chest so a pump seems totally feasible. Add to that all sorts of teaching analogies of garden hoses and it seems obvious that there needs to be a central pump if blood is going to be able to flow all around the body. So maybe we should just accept this like everyone else does.

Science Changes every day but this is seldom Shared with all of Us

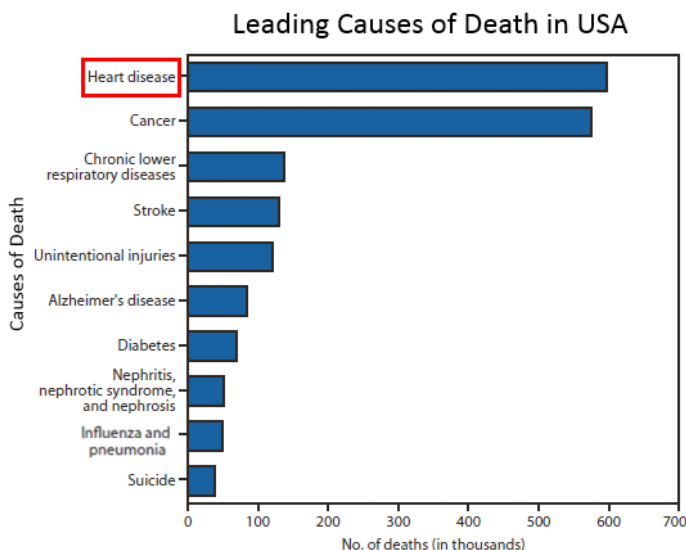
William Harvey is cited as 'discovering' the circulation of blood in **1628** with his *De Motu Cordis* or 'the motion of the heart and blood'. It was **Rene Descartes** (right) who declared in **1637** that even though **the heart is where the soul emanates from, it functions in a purely mechanical way that is eerily similar to that of a diesel engine**. Well diesel engines were not 'invented' until about 260 years after this apparent statement, so it tells us a few things about this amazing thinker. The sheer contradiction of that statement reveals that Descartes obviously understood far more about the true magnificent nature of the human heart than he was able to share at that time.



If you can believe it, all college level **human physiology textbooks** today have not really made any fundamentally significant progress since **1637**. Thus, despite new editions almost every single year, these textbooks have continued to cite the same '**purely mechanical**' notion for the last **386 years**. The heart is

just a pump. Pump, pump, pumping until it gets all clogged up and stops! Because of, you know, cholesterol and animal fats. So we might as well be resigned to eventually getting the "**#1 killer**" Heart disease, because even though the brainiacs have it all figured out, diseases appear to be impossible to understand or actually cure.

As we will see, it turns out science knows a lot more than it shares, thus innovative findings never seem to make it into that new edition of your textbook (read Margarine vs Butter). Besides, why contradict a well-known story? Ultimately this means that much of what is actually presented today is still rubbish.



It is logical to realize that the **business** of 'repairing the broken pump' is deeply encumbered within a well-established and sinister money-making control system such that new information would **not** be welcome here. This is especially relevant **when** you find out what the heart is actually capable of doing.

And so it becomes our **duty** to seek the truth, embrace it, and perhaps most importantly **share it** because that is a real way to grow and protect what is valuable and moral. The extremely limited presentation of how our heart functions is damaging to our health both physically and spiritually. Some science has begun to realize that the heart is *more than a pump*. I suppose that is a little progress but honestly the real story is so interesting that we *must* discover it.

Impossible Conventional Facts about the Heart

Before I attempt to persuade anyone that the heart is doing something else entirely in the body, let's take the story we have been provided and think it through, using the 'reason' that great thinkers like Descartes are supposed to be famous for.

- The heart is a **½ pound pump** that pushes blood, which is a fluid that is **5 to 6 times more viscous** (thicker) than water, through about **60,000 miles** of blood vessels within our bodies, most of which are capillaries that are **smaller than the width of a red blood cell** (7 µm or 0.007 mm). That's some serious uphill pushing of *something*.
- The heart beats away on average about **100,000 times/day** (35 million times/year) and pumping all that thick fluid would surely be **exhausting** if not **impossible**. Russian scientists calculated that in terms of **mechanical work** the heart would need to work about **1 million times harder** than it currently does to force blood through all that vasculature. Yes, it is **not** possible.
- Also, the **apex of the heart** (which is the bottom tip) is incredibly delicate tissue, often less than **1/13 of an inch thick** (about 2 mm). It would hardly be able to withstand these **enormous pressures changes** day in, day out without giving way. If this indeed were our expectations of a *diesel engine*, we'd all be happily walking.
- The **velocity of blood** as it **enters** the heart is virtually the same velocity as when it **exits** the heart. So what exactly is the point of the heart as a pressure pump here? Answer; there ain't none.
- Additionally, any kind of **pressure propulsive pump** would want to be placed where the liquid is **static** (not moving) in order to move it elsewhere. That, by the current model, would mean having the pump in middle of the tissues where blood flow slows to a crawl in order to exchange gases, nutrients and wastes. Instead, the pump (the heart) is placed near the top of the hill.

Once closely examined, the dynamics of this conventional description makes surprisingly little sense. So why do these notions continue to prevail? Despite these **significant problems** in this theory the vast majority of people will maintain the belief that the heart is a pressure pump. Mostly because it's just easier to do so. Some may cite studies showing pressure changes in the heart, so it's a pump. Done. ✓

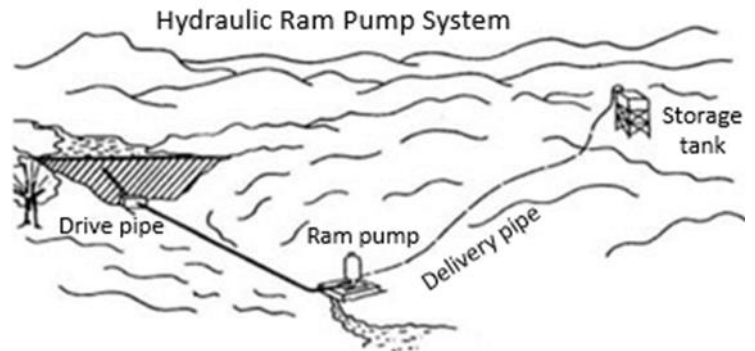
However, if what is conventionally presented about the heart is **simply not accurate** (as seems to be the case), then how can we possibly help those who are victims of the #1 killer of heart disease?

Don't we owe it to humanity to try to understand what is really going on?

If we contend that the heart cannot be a pump as described, then we are left with trying to explain what it is actually doing. How is blood actually flowing? It may be more like what Dr. Gerald Pollack and Dr. Tom

Cowan suggest, that it has something to do with the nature of **Structured Water** within us, which is like 'charged water' that **drives peripheral circulation** and the heart's job is to actually slow this down!

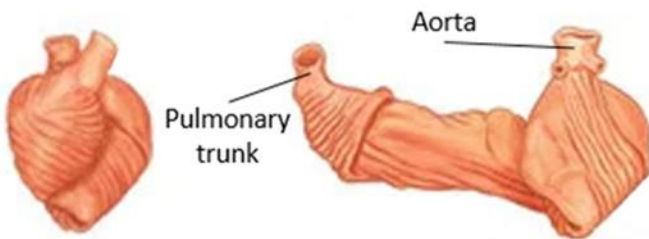
In this capacity, the heart acts more like a dam in a river momentarily stopping the flow. Or like a hydraulic ram pump (see right), which is used when there's a need for pumping water to a higher elevation than the source. It does not require any power other than the kinetic energy of flowing water, and it has an efficiency rate of **70%**, identical to the efficiency of the heart.



The True Helical Anatomy of the Heart

As we continue to build this story, it is imperative to examine and really see the **actual anatomy of the heart**, which may very much surprise you.

Helical Ventricular Myocardial Band

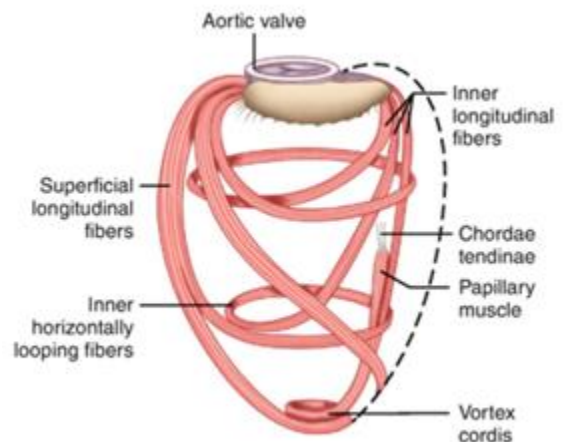


If asked about the structure of the heart people would likely describe the 4 chambers, the two small ones on top (the atria) and the two large ventricular "pumps" on the bottom. It is true, there are 4 chambers that can easily be seen, but there is much more present. This is the time to take a deep breath and get ready

to see the heart without the overlay of a lifetime of conditioning. As early as **1749** it was suggested that the left ventricle of the heart had a **helical configuration**, but much more recent findings published in the scientific literature in **1980** show that the muscle fibers of the entire heart are arranged in what is termed a **helical ventricular myocardial band** (see images above). The heart is literally one continuous strip of muscle that is folded in and coiled upon itself. Somewhat like an intertwined **double helix**, only more complex and quite frankly, just better because it can actually be seen.

Internally, the heart is arranged in cords, often termed **ropes**, that are elegantly organized in loops (see image at right) such that when the heart muscle contracts it **spirals** and imparts a **vortex flow** on the blood moving through it. **Ah ha!** This is the first big clue that the heart is up to something remarkable.

As mentioned in my article "**Structured Water**", there is a powerful effect in nature of spirals, especially on water when it is moved in a spiraling motion, that is, **when it flows in a vortex**. This causes water to become *more structured*, wherein it acquires more energy and other special qualities. Since **blood is 92% water** this action of the heart has the effect of structuring the blood as it flows through the heart.



This incredible spiral pattern is ubiquitous in nature and it's called the **Golden Spiral** or said to follow the **Fibonacci sequence**. In addition, not only the heart but the entire human body is replete with what is

called the **Golden Ratio** (1 is to **1.618**), also called the 'divine proportion'. Beauty and supreme function abide by this ratio - as inspirational art, architecture and even sounds follow this pattern.

Some have observed that the rope-like structures in the core of the heart (seen in the photo at the right) are reminiscent of the mythological **Gordian knot**, (below) symbolizing an **unsolvable puzzle**. How do we untangle it?



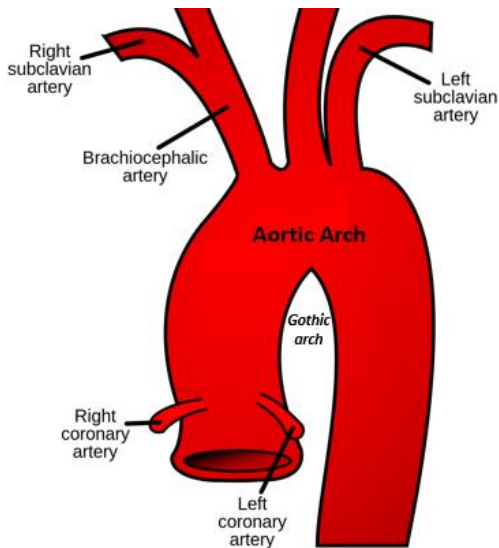
Philosophically, it may be that we are not meant to understand the divine complexities of human creation. It's on a need to know basis - and we don't need to know! Perhaps when we humble ourselves sufficiently as we seek to understand in order to revere the creator, then we may be blessed with a type of divine



insight that seems to make old mysteries become more comprehensible. So we ought to at least try.

More Studies of Blood Flow and the Heart's Function

In **1920** scientist and philosopher **Rudolf Steiner** lectured that the heart was not pumping inert blood with high pressure but that blood was propelled with its own biological momentum. Indeed, in a 1932 Harvard study blood flow in very early embryos were recorded circulating in **self-propelled spiraling streams** - before the heart was functional at all. These findings effectively demolished the 'pressure propulsion principle' of blood flow, but I guess no one really shared these details with the rest of us?



Another important 'anomaly' seen is how the large curved **aortic arch** (at left) responds when the left ventricle **contracts**. Rather than straighten out due to enormous increases in pressure, as we'd see in a garden hose, instead the aortic **curvature is increased**, that is, it kinks in more, signifying that the aorta is not undergoing positive pressure but negative pressure or a **suction effect!** The suction force has been demonstrated. Like the powerful suction effect of water spiraling down a drain, it appears that this action greatly energizes the blood. Also note the **Gothic arch** created below the aortic arch by the kinking of the vessel, keep this in mind for later.

To the right is a depiction of what the interlocking spirals at the heart's apex look like during contraction. As blood is ejected from both ventricles it exhibits clock-wise and counter clock-wise spiral patterns. In summary, rather than imparting pressure on the blood, the heart's actions appear to impart **complex vortical flow dynamics within blood**, and that, in part, is what gives blood its energy to flow.

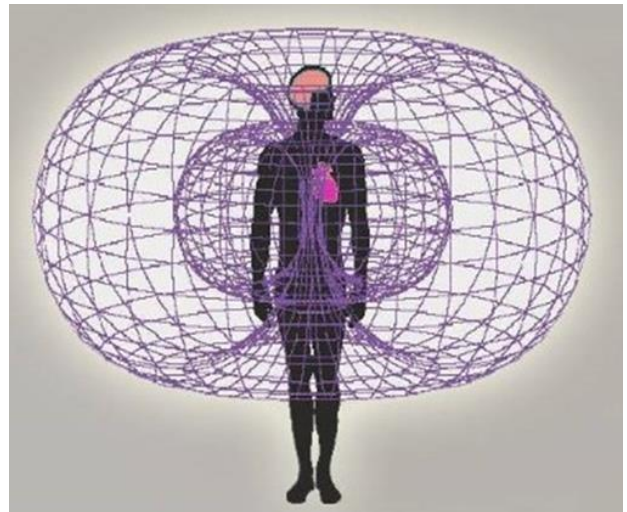


The Heart's Electromagnetic Field

Some may not know this established scientific fact: From within the heart emanates an extremely powerful **electromagnetic field (EMF)**. In fact, the human heart produces the most powerful electromagnetic energetic field in the entire body. The heart's electrical field typically radiates out **at least 6 feet** in every direction from the body but can go out much further. What this means is the heart

constantly radiates energy, and a large amount of it. The heart's electrical component is about **60** times greater than that of the brain, with an electromagnetic energy field that is **5,000** times greater than the brain's.

The heart's EMF as depicted in the figure to the right arches out from the heart and back to itself creating a **toroidal field** all around it. This electromagnetic field of the heart can be measured with sensitive **magnetometers**. Research conducted at the heart math institute (HMI) suggests the heart's field is an important carrier of information and this acts as an instrument of vital communication within the body and between other nearby individuals.

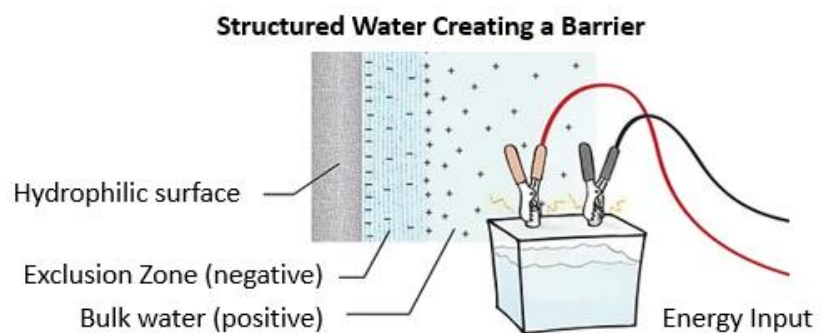


Electromagnetic Fields and Vortices, Charged Water and Fluid Flow



The earlier work of **Viktor Schauburger** may be apropos here, as he is considered a pioneer in the field of **water** and **energy** research. In **1922** he managed to invent a system to efficiently drive logs along innovatively constructed water slides after observing how trout appear to mysteriously 'fly' upstream during mating season. He recognized that specific interfaces with water, the gills, and the surface of the fish promoted spectacular types of movement, due primarily to the **energy contained in structured water**. How this works may be partially revealed in more recent experiments below. What is clear is that nature understands this energy, and is capable of harnessing it.

Now let's go to Bioengineering Professor **Dr. Gerald Pollack's** more current work, the author of '*The Fourth Phase of Water*'. As discussed fully in my "**Structured Water**" article, his research shows that there is a **4th phase of water** that has a **hexagonal configuration**, is incredibly ordered, acquires charge and can store energy like a battery! This structured water is theorized to be **H₃O₂** and is distilled **everywhere** by our bodies. Here is where the flow of blood comes into play.



Dr. Pollack's research demonstrated that structured water adjacent to **hydrophilic** surfaces (like protein gels) exhibits electrical charge, with the same surface charge as the hydrophilic surface (see image above). This acts to **repel** things and is known as "**Exclusion Zone water**" (EZ water) because it becomes a **physical barrier** that excludes other solutes in the water. Finally and importantly, it also **promotes the flow of fluids due to the forces of electromagnetic charge**, not from the pressure of the fluid.

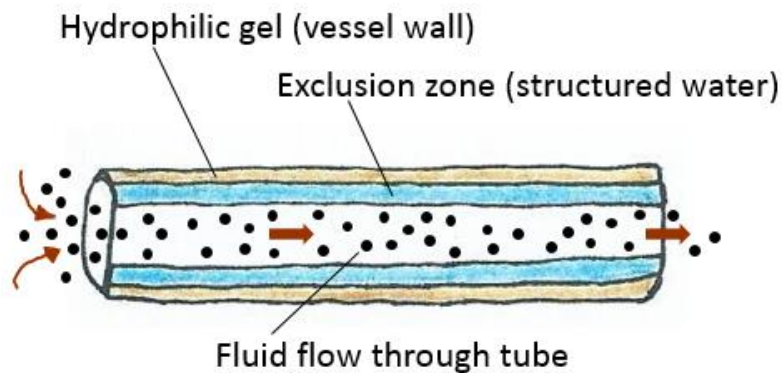
Simply put, investing energy into the water (or blood) gives it qualities that are special and not the same as ordinary or 'bulk' water, and this contributes to flow. The **energy sources** for imparting these qualities on your blood are many, but a significant one is your **heart**.

How the Body Makes Jell-O-like Tissues

In basic terms any gel can be made with three things: **Water**, **proteins** and **energy**. Mixing the water and protein will not result in a gel (see right). It is the introduction of energy that causes the proteins to unfold, allowing them to interact with the structured water. Once cooled a more solidified 'gel' is made that is surprisingly very much like the quality of tissues in our body. When the body is healthy, the gel-like tissues are **supercharged**, so if this type of tissue is lining a blood vessel it will help promote blood flow **without any propulsive force**. How could this be?



The work of Dr. Pollack (shown in my drawing below) confirmed that tubes of hydrophilic gel (tan color) sitting in a beaker of water can act exactly like a vessel wall. The gel causes a layer of negatively charged **exclusion zone** or **structured water** to form (blue color) next to it. This arrangement separates charges and is what creates the flow of fluid (ordinary or bulk water) along the middle of the tube.



If there is fluid flow in a random tube sitting in a beaker, there needs to be an **energy** source. Where is the energy coming from? Turns out it's mostly from radiant light, especially **infrared light** which is everywhere around us. When body fluids such as blood are 'structured' it then glides or is pushed along the like-charged EZ water layer. This indicates there is **free energy** all around us, and everything, including our bodies, can use it all the time. So that's what free energy means, it's here and ready to use.

Other Experimental Activities that changed the Flow Rate through the tube in these studies:

Placed tube in Sunshine = ↑ Flow
 Placed tube on the Earth = ↑ Flow
 Placed Hands on the tube = ↑ Flow

Decreased Light = ↓ Flow
 Placed tube in Lead box = ↓ Flow
 Cell phone exposure of tube = ↓ Flow

What do you notice about the forces that increase versus decrease flow?

Nature and **touch good**, **lead** and **gadgets bad**!

Returning to the drawing of the vessel wall above, note that the layer of **structured water** protects the tissue of the vessel wall. If the body has a lot of **toxins** and **stress** that protective layer diminishes and **oxidative damage** can occur to vessels. The body uses **cholesterol** and **calcium** as a sort of patch repair material in arterial walls until you get back on track with your structured water. This is called *cardiovascular disease*. However, cholesterol is not the culprit, it is offering a temporary solution until you fix the *real problem*, related to a change in the body's charge which caused a reduction or removal of that

protective layer. Can you see that taking a poison (like Lipitor) that prevents the natural production of healthy cholesterol in your body to protect you, is only going to generate more damage?

An Italian study correlated people who died of heart attacks with blockages of their coronary arteries using a vascular casting technique to detect arteriosclerotic plaques. At least **50%** of fatal heart attacks had **zero blockages**. None. That right there destroys another fairy tale that the heart gets “all blocked up” and that is what produces a heart attack. Negatory. Again, the cholesterol makes a spackle patch to save you. Therefore it must be **something else** ailing the heart and blood vessels. Likely the de-structuring of the body’s water. This can happen in a number of ways, such as ingesting **toxins**, suffering from **deficiencies** (nutrients, love), engaging in patterns of **negative emotions**, exposure to **harmful EMFs** and lack of exposure to good EMF’s found in **nature** and from **cuddly creatures**. Hopefully as we keep going, it will become more clear that the body (especially the heart) knows how to heal itself, so just step aside, move out of the way and let it do what it knows how to do. BTW, I wonder which of these shown below would be better for your heart?

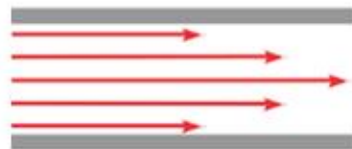
Take your time.

Let us remember that we live in an era where scientists have to conduct a double-blind study in order to determine that breast milk **might** be better for babies than toxic soy-laden formula.



Laminar versus Spiral Flow

Conventionally it is stated that there is **laminar flow** in blood vessels (shown on the left below), where the sides of the blood vessel are said to cause **friction** and slow blood flow, with the faster flow occurring in the middle (see arrows). In contrast to this, it is likely that blood flow through most arterial blood vessels in the body is much different in that is **spirals** in a **vortical flow** as it leaves the heart (see right below), influenced by the helical arrangement of the heart’s ventricles.



Laminar Flow



Vortical Flow

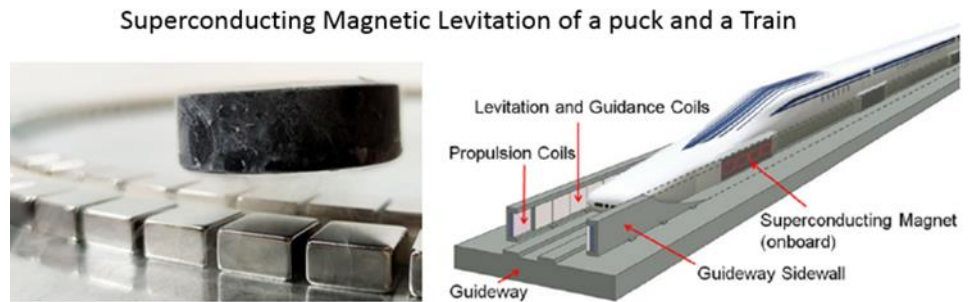
The musculature from the heart all the way to the capillary vessels is **spirally oriented** internally. Studies have shown that structures on the inner surface of blood vessels are organized in a series of **spiral folds** often protruding into the vessel. Such folds result in the more efficient spiral blood flow, which requires less energy and provides more stability. This is how a **rifled gun barrel** forces spin on a bullet, enhancing its torsional impulse, making it more stable in flight and therefore more accurate in reaching its target. Thus, arterial blood flow seems rather more like **vortical flow** that is energetically maintained along **spiraling blood vessels**.

We have seen that the heart generates super levels of **electromagnetic energy** and that body fluids are highly **structured** by this energetic field. It may be that the anatomical arrangement of the blood vessels

augments blood flow throughout the body. Additionally, when the blood returns to the heart, it gets an **energetic spiral boost** as the great conductor at the center of our body imparts that divine swirl on our fluids in order to carefully regulate, integrate and perceive everything.

It could be that the fluid movement in the circulatory system is like a **magnetic puck** that levitates and travels frictionlessly above an **opposing magnetic field**.

Above on the left is an example of a puck that once set in motion is happy to travel along the magnetic field unperturbed. The lightning-fast **superconducting trains** operate on this very premise. No one can deny that the train moves incredibly fast and apparently requires no pressure energy, no propulsive force aside from the **magnetic field** is required to power its motion!



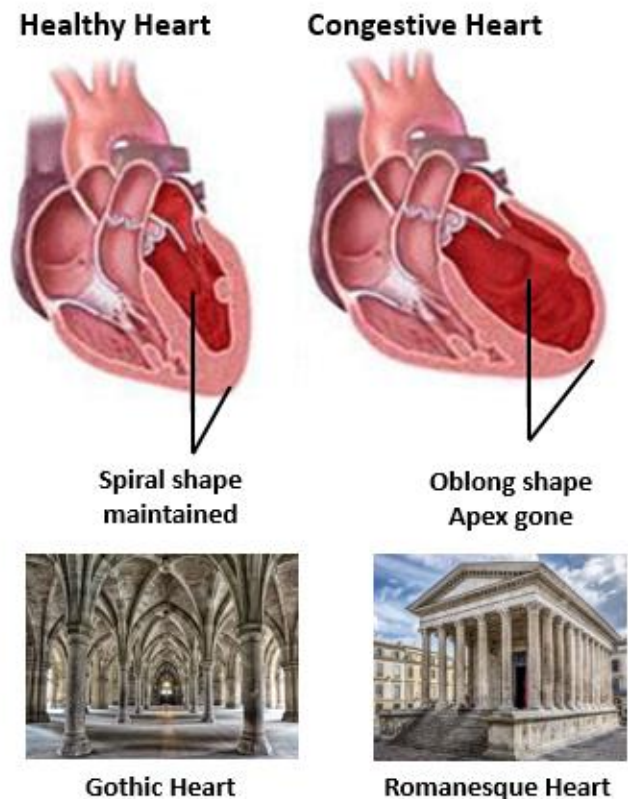
Gothic Architecture of the Heart

In a 2001 study published in a peer reviewed journal for cardiac surgeons it was stated that in a **healthy heart** the left ventricle has a **Gothic architecture** wherein the heart's remarkable efficiency results from the arrangement of myocardial fibers supported by the collagen matrix scaffold. In contrast, the dramatic changes that occur to the structure of the heart in the serious and prevalent condition of **congestive heart failure** is associated with a transformation of the heart to a **Romanesque architecture**, leading to the diseased heart, particularly the left ventricle (see images at right).

Their conclusions came from the analysis of gothic and roman buildings and three-dimensional images obtained by MRI with mathematic methods for measurements of the curvature and thickness of the heart's ventricular walls.

The changed **architecture** of the heart can be clearly seen in the two representations of the heart above to the right, as the spiral gothic shape is retained in the healthy heart compared to the loss of that form in the blown-out shape of the congestive heart.

The article declared that this understanding of the architecture of the healthy heart was certain to bring about dramatic changes in the design of surgical strategies to improve ventricular function by restoring the heart to its healthy architecture. It has now been over 20 years since this revelatory study and have you ever heard anything about the perfect Gothic architecture of a healthy heart? Me neither. Never heard a single thing about it until I started seeking information that made more sense than the usual drivel that is served up. Studies like these underscore that so much more is known about the heart and the impact of architecture on our health, but very little of it seems to be openly disclosed to us.

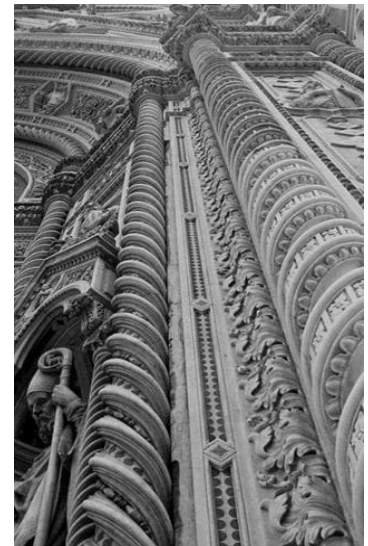


This information confirms some important themes. Firstly, that the **architecture of structures** is of extraordinary importance, especially to human health. This is another topic for another day, but briefly, it



appears that certain brilliant physical structures can capture and transform natural energy, and this can actually heal people. When we are inside such inspired buildings it is also beneficial to us. This is true of **Gothic buildings**, said to have all been built in the **Dark Ages**. OK. The pipe organs embedded in Gothic buildings were impressive to say the least. In the photo at left the organ takes up about $\frac{1}{4}$ of the building. Seems a little over the top for singing a hymn or two, right? It's

obvious that's not what these organs were for. Question: What are those things in our body that have ailments? Oh yes, *organs*. It is not a stretch to suggest that the frequency of the sound waves produced by the extraordinary organs within these supreme architectural structures had an impact on human health, and it had to be *positive*! Just think of how hearing magnificent music anywhere can have a very positive effect on us, our emotions and our entire body.



Now we have confirmation that this **Gothic architecture** is found in our healthy heart. Whoa! It is stunning and yet also makes perfect sense. What do you notice about the ornate design in the photos of the Gothic structures to the right and above? The **spirals**, the **pointed arches**, the **ribbed vaults**, the **protrusions**, and the exquisite **interconnectedness** of it all. This architecture allows energy and sound waves to flow in harmoniously beautiful and beneficial ways. This architecture is also found in the heart. Could it be that the amazing structure of the heart signifies an amazing role of the heart?

Is it the Spiral actions that activates Something... Life Force?



The anatomy of the heart is extremely complex. The geometer and artist Frank Chester demonstrated that within the heart is a **7-sided polyhedron** with surfaces of equal area. That is complex. The spirally arranged myocardial fibers from each ventricle **cross** each other at **60 degree angles** as they wrap from the conical apex at the bottom, up to the broad base at the top of the heart, which of course creates that amazing vortex flow of blood.

There is *something* about that spiral.

The word **Chakra** is Sanskrit meaning **wheel, disk or cycle** and refers to spinning energy centers in the body. These are verifiable energy vortices in our body. If you can, try to dispense with any preconception you might have for a moment and just entertain the arrangement and color of the 7 main chakras in the human body. See the illustration below on the next page that shows how the chakras follow the human nervous system. Now notice that they also follow the colors of the **electromagnetic spectrum**, that is, **the natural rainbow**, such that the lowest energy color is **red** at the base of the spine, going up through **orange, yellow, green, blue, indigo, and violet** at the very top. The ancient understanding of this order is that the three lower chakras represent connections to the physical body, related to earthly matters such

as survival, sex, and power, while the three higher chakras represent connections to truth, intuition and purpose. The **heart** and its chakra are perfectly placed right in the middle of the upper and lower poles and can be viewed as the interface between them, **interconnecting** the physical body with the spiritual realm of higher consciousness. In this light the heart seems to play a pivotal role in the body, not only in terms of the extremely vital physical aspects, but perhaps equally importantly in the development of higher understanding within an individual.

Higher Realms

Crown (violet)

Third eye (indigo)

Throat (blue)

Lower Physical

Solar plexus (yellow)

Sacral (orange)

Root (red)



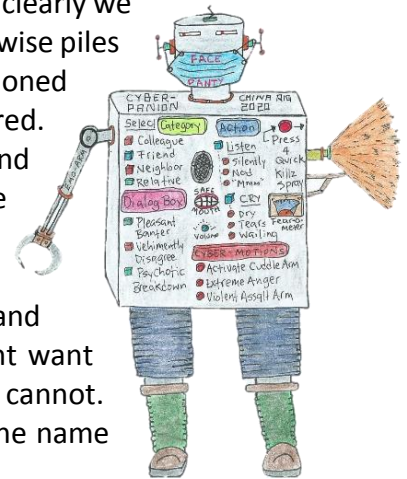
Heart (green)

It's well documented that often if a person has a **heart transplant** they tend to take on personality traits of their donor. There are recurrent examples of heart recipients suddenly becoming very talented at drawing after receiving a heart from a person who was an artist. It may be feasible that there could be something contained about a person within their heart. This may also explain why some hearts are rejected by recipients; maybe some hearts and bodies are not a good fit.

Pascal, the famous mathematician from the 1600's, declared there was sufficient evidence for anyone who honestly seeks after God with all their heart, to find God. "**With all their heart...**" Again, it looks as if these philosophers from antiquity were privy to something extraordinary about the role of the heart in the human being. It has been suggested for centuries that the heart is the entry point for life force, or Spirit or God into our bodies. Even for those who do not believe in God there is plenty of evidence that *something very special* is occurring in the heart.



We really do need to call it something, because clearly we are not made solely of **physical material**. Otherwise piles of plastic, metal and some wires could be fashioned into people, right? But this has not occurred. We've yet to see a pile of circuit boards and minerals transform into a sentient being. The obvious answer is because it is not possible. Keep in mind, we are currently swimming in a sea of lies. Liars cannot create, they mock and imitate and **can only deceive**. Thus they might want you to believe they can create, but they cannot. Artificial intelligence gives the game away in the name



artificial – meaning **not natural, not real**.

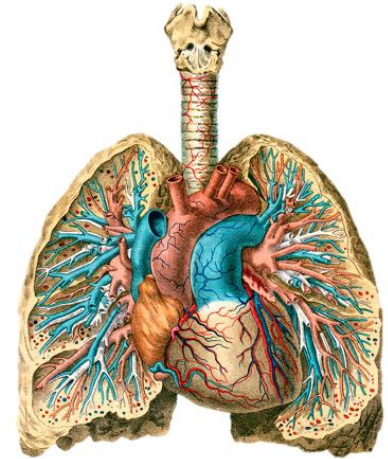
It may be that a key element is water, **structured water**. Structured water's capacity to store information is *exponentially greater* than the binary code of 0's and 1's, as according to Dr. Gerald Pollack's model there are not just 2 options as there are in a binary code, but 5 options in structured water. Look out!

Deep Breathing through the Nose

The numerous benefits of **inspiring air through the nose** while breathing deeply are well established. It goes much deeper than *cleansing, warming* and *humidifying* the inspired air. As I discovering more about

the heart I suddenly realized that what had always been described as ‘turbulent’ air flow through the nasal cavity might more likely be *spiral* or *vortical* air flow!

It also struck me that the **heart** is most intimately associated with the **lungs**. It is literally wrapped up in them, look at the image to the right showing the intensity of their relationship. It seems obvious that they should work in concert with one another, perhaps even synergistically. Therefore, if the heart is doing something much more special than we have been led to believe, chances are, so are the lungs.



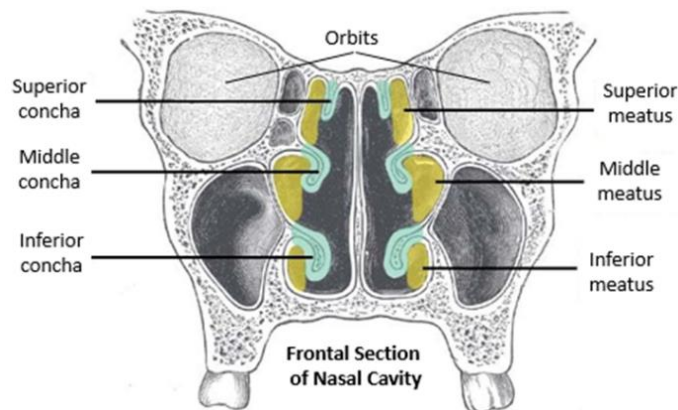
Inspiration

The word **inspiration** is from the Latin ‘inspirare’ - pertaining to ‘divine guidance’. In Middle English it meant "to breathe or put life or spirit into the human body". Indeed, the way we breathe has a big impact on us.

Deep breathing while inspiring through the nose positively affects the entire body. Research shows a direct correlation between deep breathing and an increase in **alpha brain waves**, with reduced anxiety. Breathing this way is calming yet also boosts energy as it stimulates hormones, releases toxins, improves sleep, and has a pivotal role in coordinating the nervous system. Therefore, there must be something special about the **nasal cavity**, since it is the anatomy (architecture) of this chamber that determines air flow patterns into the body.

Air Flow through the Nasal Conchae

We all know that breathing through the nose takes more time and effort than being a **MOUTH BREATHER**. Try running around the block real fast while breathing only through your nose and you will see first-hand that the air flow is remarkably different through the nose compared to the mouth. The nasal cavity (left)



which is lodged within the skull has 3 spiral **conchae** bones (meaning shells), and in between these bones are **meatuses** (meaning passageways). Air flow here **spirals** to create that more *energetically* demanding path for air flow. In a 2006 study examining breathing through the nose, turbulent air flow was defined as an **unstable vortex**. They also found that **inspiration** created the formation of a strong **vortex** along the middle meatus (passage). If turbulence is a type of vortex then perhaps the two terms have been conflated and prevented us from better

understanding this flow. Could the vortical inspirational patterns similarly structure air differently, and in this way provide a different type of energy to the body? Notice how the structures in the left and right sides of the nasal cavity (above) are **complimentary**, so if one side spirals air clock-wise, the other should go counter clock-wise, just as the two ventricles act in the heart. Worth looking into.

People can come to their own conclusions, but at least do so after having taken a thorough look at all of the possibilities, regardless of how outrageous they might appear at first. Remember, we have been steeped in a lifetime of conditioning and indoctrination, and as seen here there is a wealth of information that has not been openly shared with all of us. When I first heard the saying “the heart is not a pump” in 2021, I laughed out loud, thinking ‘that’s absurd, of course it’s a pump’. I had to humble myself enough to look into this, in good faith, to see if I could learn something, and look what I found.

Coming Full Circle like the Cardiovascular System

Now for the **ritornello**, which is a musical term to describe a recurring instrumental theme or refrain, akin to taking something full circle, back to the start. This is after all what the cardiovascular system does all day, every day. Discovering the incredible truth about the nature of the human heart should make it clear to most of us that **the heart is very special, ergo we are very special**. Once this is understood, it has the power to show us how to live truly courageous lives. The etymology of courage is **cor**, Latin for **heart**.

It's my understanding that believing in lies is bad for you, physically, emotionally, and spiritually. Much of the conventional information provided to us non-stop is **total rubbish**. That is actually a verifiable fact. However, it appears that having faith in nonsense is strangely very easy for many people. Like the idea of taking a pill to treat 'depression' or blaming genes for a disease, it somehow absolves an individual from any responsibility. Aces. A person can claim to be a victim in perpetuity and never be held accountable for their own lives. Ever. That is **infantization** of our society and it's clear where that has led us.

Back to the plague of **heart disease** - the largest killer in the US. ***Maybe the heart has been the target for harm all along?*** A vibrant heart is crucial not only for good health, but it can also act as a type of gateway to higher levels. That is a pattern recognized here. So has the strategy been - close that gate, break it, destroy it, and hope no one notices? Tell everyone there's a new phone, you better run out and buy it, sleep with it, put it on your chest so it can monitor your heart and make it healthier ... yeah that's it! 😊

Is it really feasible that no one can seem to understand how diseases of the heart occur, let alone how to fix them? So far our reliance on the **petrochemical medical industry**, created in **1910** (see the Flexner Report), has, uh, um, backfired to say the least. Pissst - it's damaging you because it was designed with that in mind. At the very least it is to disable people into a lifetime of dependency on poisons while they listen to mindless MD's who literally do not know a single truth about the heart! If people are this lazy and believe in these lies - when they have admitted all of them to you - then that is your problem.

There is so much more to share, the nuance of what 'diseases' actually are, now that will have to be another paper. Suffice to say symptoms like a headache, swelling, mucous, fever, etc., these are the body's healing mechanisms, such that squashing them with poisonous drugs is literally stopping the healing process in its tracks. We have become so disconnected from reality that we are not even able to recognize that simple truth. It's OK. The fear mongering and conditioning has been non-stop.

We can begin to understand that it is fine to be sick, it's actually required in order to get better. It's how the body cleanses, detoxifies and repairs itself. It is not to be feared. The structure in the body that may understand this best is the **heart**. So pay attention to it, let it guide you, trust it! It's clear we are so much more than the medical industry would have us believe. However, **we must realize this ourselves**, we must do the hard work of examining issues, investing the time and the energy to find the truth and embrace the courage to trust our hearts. Let's not outsource our understanding. It is then that we will learn things we've never known before and become more than we ever thought possible.

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