

Listen to your Heart

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For this month's reflection, I want to venture into the emotional and affective field of love and the heart. Love is a wonderful emotion, it is the basis of an interpersonal relationship, an experience of social exchange and of one or more evolutionary emotions.



Listen to the voice of the heart, because all emotions involve the heart, it reacts quickly to stimuli, whether physical or mental or the environment. It pumps the blood faster and stronger and with each beat, the force flows through your body, it speaks to you and that force is felt by others.

Our heart, who works in unison with our brain, is what makes us empathic with others; this is what allows us to be human. The connection with our heart allows us to be assertive and to be attentive to the stimuli of the environment, protecting us and guiding us to evolutionary and pleasant experiences.

Compassion is the gift of the heart in our rational mind and is renewed permanently, uniting us with our inner being, with our spirit, with the universe and with all around us.

In order to understand the power of the heart and why we are prone to follow it, I will make a brief description of the basic emotions and their functions. If we can see that all emotions are guided by our inner being, we can control and guide them properly so as not to overflow our emotional field.

Affection, anger, fear, are emotional forms with different connotations, depending on the source of where they occur in the human being. However, they all point to the importance of feeling, of expressing, of living, of emotional intelligence and that of the heart.

Human beings have an innate source of emotions that according to experts was formed from the first experiences lived on this planet and are transmitted by genetics, DNA or through the collective unconscious.

Other studies suggest that emotions are affected by previous learning and the influence of the environment; emotions are shaped according to the culture, the family environment, the affective bonds, if we are wanted, loved, to the type of parenting patterns, among others.

It is important to remember that from birth we are reacting from three basic emotions, which allow us to adapt to the environment and structure our emotional field; these are:

Emotions of Attraction: All those emotions that generate rapprochement, protection, are the emotions of well-being, their function is conservation of life, health, affection, love, joy, tenderness, enjoyment, joy, human warmth and happiness.

Emotions of Avoidance: its protective function, appears to avoid hurting us. These are the emotions that provoke rejection, distancing, to preserve physical or emotional integrity. For example: surprise, fear, disgust.

Other emotions such as sadness, which is the emotion of grief, emotional pain, loss and damage. Adaptively we feel like crying and releasing the feeling of attachment when we lose something, or we do not achieve what we want or cherish, and it is related to the ability to tolerate frustration. If it is not controlled and we get carried away by it, it can become a depression.

Emotions of defense and attack: they occur when the person feels in danger of losing his balance, or feels that he is being attacked, they are all the emotions that show fight, territoriality, possession, be it with the environment, with the other or with oneself. The adaptive function is to preserve harmony and avoid loss. We have: anger, ire, attachment, jealousy among others.

From the basic emotions other emotions arise that also have adaptive functions. All emotions and sensations are evolutionary, they are not good or bad, because they result from the experiences that people live daily, from learning and they evolve with the person.

When we do not learn from experiences, or cling to inappropriate behaviors, the emotional field is also affected. Emotions are contaminated and overflow; the consequence of not controlling emotions and orienting them properly, can turn into a condition or a syndrome such as depression, phobias, neuroses, among others.

Emotions are constructed from what we think and feel, also hormones intervene actively in emotions and affections; The neurological and physical reactions that result from them are what give strength and intensity to emotions. They are also structured with our principles and values, which as humans we choose and adopt: Truth, faith, loyalty, love, hatred, guilt, shame, pride, envy, among others.

The human being is a kaleidoscope where all emotions and feelings come together making us unique and unrepeatable. All different.

Emotions and feelings are necessary, let's talk about love, which from ancestral times, guarantees the unity of the couple and the conservation of the family group. It is essential for the care of our children who need protection and security.

Another feeling like guilt is adaptive, because if we transgress the law or harm somebody or ourselves, it allows us to take responsibility and be able to repair it. However, it is necessary to pay attention and modulate the fault because it can affect our self-concept when we exceed ourselves.

Finally, we review the ability to love we have, which is the result of how we have loved our parents, family, friends and our partners, or how we have structured our self-esteem or self-love.

Remember that our ability to love is infinite and although we have had experiences of love shortages in our lives, we can create the abundance of love. Our heart is our guide and teacher of love; he accompanies us permanently, it is wise and thinks, we are all united in a force and emotional intelligence by the heart.

Compassion begins with us, caring for us and providing us with the thoughts and feelings we need to be happy, cheerful, willing, free from unnecessary fears and all that is not for our greatest good. Let us give ourselves the opportunity to love, to give our love to everything and everyone; It is very easy to give love to those who are with us, the idea is to love that being that I do not know, or who has harmed me, but from where I am, I can send my love.

Meditation of love: We put our hands in the heart, we connect with our heartbeats and breathe deeply, then we focus on ourselves and from our inner being we send compassion, love, abundance and peace, or what we want for a friend, our family, to the city, to the country, to the planet, to the universe. Everyone can create their meditation, it can be where you are, at home or work or on the street, in the face of the catastrophic news of the television or radio.

Thank you for reading and applying these simple methods that can help improve our mental and physical health, and if by law of correspondence you are well, the other with you is also well. We are all well and we can make our planet a better world.

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