

Applied Neurocardiology in Autism: Re-wiring the Autistic Brain through the Heart

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Neurocardiology can be defined as the field that studies the heart as a neurohormonal organ or the study of the heart as a neurological, endocrine and immune organ [1]. It is a relatively new field of science that has immediate and immense practical relevance in understanding and healing the limiting symptoms in autism. Thus facilitating the liberation of the energies then made available for the child with autism to thrive with their gifts and talents.

To understand the exact process that makes this possible, we would first need to pay attention to the recent discoveries that have been made in the field of Neurocardiology. They are as follows -

1. There is a direct neurochemical and electrochemical communication link between the brain and the heart. This has been proved by the discovery of the same neurotransmitters that are found in the brain that are also present in the heart. Prior to this discovery, it was thought that only a neurological connection existed between the brain and the heart [1].
2. There is direct evidence that the heart organizes the Energy of the body by asking for and receiving the information from the brain about the prevailing environment in the entire system. The heart does this by neurohormonal communication mechanisms [1].
3. The heart exerts as much control over the brain as the brain exerts over the heart. It achieves this through hormones, neurotransmitters and subtle quantum energies [1].
4. Atrial contraction in the heart produces Atrial Natriuretic Factor (ANF) or Atrial Natriuretic Peptide (ANP). This neurohormone not only communicates with the brain, but DIRECTLY communicates with the immune system, the hypothalamus (which helps mediate our emotional state), and the pineal gland (which regulates the production of melatonin that is related to our sleep/wake cycle, aging processes and general energy level). The ANF from the heart also influences the thalamus and pituitary gland in the limbic or emotional part of our brain, an important center of our memory, learning, and emotions [1].

Every individual who has dealt with autism on some level, either as a parent with a child with autism, or as a caregiver or as a professional working in the field of autism, or a combination of all these roles would vouch for these symptoms that most people with autism invariably struggle with on a daily basis - poor immunity resulting in frequent infections/comorbid illnesses, (immune system), emotional volatility (hypothalamus), disturbances in the sleep wake cycle (pineal gland) low or erratic

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energy levels (pineal gland), issues with learning, memory and emotions (limbic areas) [2-4].

And, the ANF from the heart has DIRECT control and influence over ALL these glands and the relevant neural networks in the brain.

Do we need any more evidence for the power of the heart over the brain?

Instead of looking at it as “heart above brain” or “brain above heart” power struggle, why can’t it be BOTH- Heart and Brain working in perfect harmony?

How can we engage both - the heart and the brain to work in harmony once the brain is accessed through the portals in the heart via the neurotransmitters, hormones and ANF?

We can do that by “syncing” both the heart and the brain by applying the principle of Resonance.

The entire universe exists and operates on the basis of synchronization between different frequencies of energies and their perfectly timed resonance patterns. The heart is a master of synchronization and resonance [5]. We are alive mainly because of this inherent power that is present in each heartbeat. Therefore, this “sync” between the brain and the heart that DIRECTLY brings about the healing and the rewiring of the brain in autism can be achieved through Applied Energy Medicine. Channeling energy to bring about this “sync” and achieving the optimal frequency of resonance with well-being and thriving in autism results in the child with autism expressing his/her talents and abilities with effortless ease.

So what is PREVENTING this synchronization between the heart and the brain from naturally operating perfectly in people with autism?

The main culprit is Stress. This stress originates mainly from the energies of their parents and caregivers and things in their environment which in turn affects their energies and causes stress in them because autistic people are highly sensitive to energy disturbances around them when compared to neurotypical individuals.

This stress results in the "fight-flight mode" being switched on and the stress hormones including adrenaline being amplified in the entire system of the autistic person. One can then imagine the damage caused in the autistic brain by the disconnected neuro-cardiological circuits. In conditions of chronic stress, which is a daily fact in the lives of the parents of autistic children, the fight or flight adrenaline hormonal axis is literally on "permanently switched on" mode. In this mode, the ability of the heart to regulate the brain is heavily compromised, and eventually shuts down [2,6].

Autistic beings are conceived with their neuro-cardiological feedback mechanisms operating optimally and (w) holistically, thus emerging into this world as embodiments of unconditional love. It is after they get exposed to the energy disturbances in their environment, as early as in the womb of the mother itself that the neuro-cardiological feedback mechanism gets disrupted. In many other children with autism this disturbance manifests after birth when they are exposed to "triggers" that precipitate the symptoms in an already compromised and/or vulnerable neurocardiology state [6].

To understand this further, we need to recognize certain dysfunctional energy patterns that are invariably found operating in the energy dynamics of the parents of the autistic children and the caregivers and teachers of these children.

The energies of the heart are available to rewire the brain ONLY when there is no or minimal stress. The parents of autistic children are stressed literally 24 x 7. This shuts down the ability of their hearts to FEEL real love for themselves first. In a stressed state their perceptions get distorted and they erroneously end up mistaking the energy frequencies of pity, self-pity and sympathy for unconditional love. The frequency of empathy is totally different from that of unconditional love. Since the autistic

children are extremely energy sensitive, they tune in to this lack of unconditional love in their parents' hearts for themselves and mirror and manifest the symptoms in autism brought on by being stressed by their parents energies [2,6-8].

The parent(s) insecurity, fear and depression literally shuts down the brain of the autistic child and paralyzes the child into inaction, or agitates the child into performing repetitive patterns of actions in order to soothe themselves.

Conclusion

Neuro-cardiology is the portal to rewiring the autistic brain through the heart's intelligence. Beneath the scientific understanding of how to access the brain in autism through the heart lies the simple albeit over-used, least understood and mostly experientially unrecognized state of being which, in everyday parlance is called Unconditional Love.

The solution is to rewire the parents' and caregivers' heart-brain connection FIRST. For what the parents cannot FEEL for themselves, they cannot authentically offer their child with autism. And the child with autism, being highly energy sensitive, tunes-in to this frequency of stress and lack in the parents and caregivers around them which in turn manifests as the limiting symptoms in autism [2-4,6].

With this scientific understanding of unconditional love, not only the brain, but the entire being inclusive of the immune system, the brain in the gut and the entire autonomic system along with the endocrinology can be Re-Wired. This is a form of Applied Epigenetics in action as well, using energy shifts brought about by Applied Energy Medicine. To understand all these emerging scientific disciplines better, it is recommended that one peruse the scientific publications available at this link: www.intenthealing.com/blog.

Why settle for anything less than total freedom from the limiting symptoms in autism and thriving with the gifts and talents that autistic beings are blessed with?

The Key to all this and more in autism lies in the heart. It is time to use this key to open the doorway from the heart to the brain in autism and unleash the latent power that is released with the rewiring of the brain using applied neurocardiology with the techniques of Applied Energy Medicine [2-4,6].

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