

# The Energy of Love

The most powerful energy in the Universe is love. It is the “purest” form of energy with the highest vibration and the greatest intensity.

## THE HEART

The heart is the center of love. What you feel in your heart will be felt throughout the body, then projected in your own experiences, and then felt out in the world. When you open your heart, you will experience life through your heart.

## THE SCIENCE OF LOVE

Studies have shown that thoughts and feelings turn genes “on” and “off”. Remember, like attracts like, so feelings of love turn on positive genes...the ones that help you maintain balance and stay healthy. Strands of DNA are lengthened (that is what you want to happen) when you create feelings of love, gratitude, and compassion and are shortened by feelings of fear, anger, and frustration. The shorter they are, the more DNA codes are turned off.

## CREATE YOUR REALITY

Research has shown that you create your reality by choosing your thoughts and feelings! First you create in the body and then out in the world. So, the question becomes...what are you thinking and feeling throughout your days, weeks, months, and years? How often do you feel love?

Negative emotions create an erratic, disordered heartbeat while positive emotions create a smooth, coherent pattern in the heart. Your emotional state is communicated throughout your body by the electromagnetic wave known as the heartbeat. Then all the cells are synchronized to the vibration of the beat. A positive (high vibration) beat helps cells store energy and negative (low vibration) depletes energy from the cells.

Being aware of what you are thinking and feeling throughout your day and then making sure you focus on the positive, is one of the best ways to remain healthy and happy

## HEALING WITH LOVE

To strengthen the heart, you must be more loving, compassionate, caring, grateful and giving. When you open and fill your heart with love, you create GOOD on every level of your being! When you consistently feel love and gratitude in your heart, all the other organs will follow suit. In other words, by a process known as “entrainment” the other organs will be tuned to the vibration of your “loving heart”. This will eventually create a healthy state throughout the body and beyond!

Love is the strongest healing power in the Universe! I must add that it is also the most underutilized form of healing known to humankind! In many cultures outside of the US people breathe in love through the heart—send that love through the body—and breathe the love back out through the heart which helps cleanse and strengthen the heart!

Use the power of love every day to help rebalance, revitalize, restore, and reenergize your entire being...body, mind, and spirit.

Source: Dr. Nancy Gordon

*Inner Revolution Program*