

Added on: December 26, 2024 at 11:39 am

First Name

Angelo

Last Name

Borgogni

Email

Borgogni.angelo@gmail.com

Affiliation

ET school (STUDENTS only)

Affiliation Name

Angelo Borgogni

Affiliation Country

Italy

Main Themes

Future perspectives of existential therapy

Keywords

Heart Intelligence

Title

Heart Intelligence: A Neurophysiological, Emotional, and systemic perspective

Abstract for

Poster

Abstract

“ Heart Intelligence: A Neurophysiological, Emotional, and Systemic Perspective”

This thesis explores the concept of heart intelligence through an integrative lens, incorporating neurophysiological, emotional, systemic, and existential perspectives. It begins by examining the heart's role beyond its traditional function as a pump, highlighting its influence on emotional regulation, cognitive processes, and overall systemic health. The research delves into the neurophysiological mechanisms connecting the heart and brain, emphasizing the significance of heart rate variability as a marker of emotional resilience and mental well-being.

By analysing emotional intelligence and its interplay with heart coherence, the study offers insights into how individuals can enhance their emotional and psychological states through heart-focused practices.

The systemic perspective, particularly from institutions like the HeartMath Institute, indicates that the heart has its own complex nervous system, often referred to as the "heart brain," which communicates with the brain in the head, influencing our perceptions and decision-making.

Intuition is often described as the ability to understand or know something immediately, without the need for conscious reasoning. Heart intelligence and intuition are closely linked because when individuals achieve heart coherence—a state where the heart, mind, and emotions are in sync—they often report enhanced intuitive clarity and decision-making abilities. This coherence can be cultivated through practices such as mindfulness, meditation, and heart-focused breathing such as cardiac coherence and biofeedback.

The concept suggests that by listening to our heart's intuitive signals, we can access deeper insights and make more authentic and fulfilling choices. Heart intelligence encourages us to trust our feelings and inner knowing, which can lead to improved emotional regulation, better relationships, and a greater sense of well-being.

The thesis further explores how heart intelligence can aid individuals in finding meaning and purpose in life. Existential therapy's focus on personal responsibility, freedom, and the search for meaning complements the heart-centered approach by encouraging individuals to connect deeply with their emotions and values. This integration suggests that heart intelligence can support individuals in navigating existential concerns such as isolation, freedom, and the quest for purpose.

Overall, this thesis contributes to a growing body of knowledge advocating for a holistic understanding of human intelligence, where the heart plays a central role in shaping our experiences, interactions, and existential well-being.

User ID

Angelo Borgogni