

## **Your Heart Is A Spiritual Organ**

By Bruno Cortis, M.D.

### **Vastly More Than a Muscle**

Suppose I asked you, "Which part of your body do you identify with the most?" Would it be your liver? Your kidney? Your brain? Your big toe?

I imagine the question would make you laugh, because most likely you don't identify with any of these.

Whether you realize it or not, the part of your body that you most identify with, that you realize represents your true self, your higher self, is your heart.

If you doubt the truth of this statement, imagine you just received very good news. Where do you feel your excitement and elation? In your heart.

And where do you feel the pain of bad news? In the same place, of course, in your heart. We feel the emotions of love most strongly, first of all, in our heart.

A number of rather well-known sayings reinforce the wisdom of this truth. Certainly you've heard people speak of their "heart of hearts," a phrase Shakespeare used. As for the primacy of the heart over the mind, consider Shakespeare again: "The head is not more native to the heart" (Hamlet). Noted French philosopher Blaise Pascal (1623-1662) gives us this one: "The heart has its reasons which are quite unknown to the head." And François de la Rochefoucauld (1614-1680) adds: "Intellect is always fooled by the heart."

These sayings express a real truth, one we all recognize instinctively. After all, the most profound qualities we seek in life are all to be found in the heart - love, inner peace, happiness, humility, compassion. Yet our scientific, "rational" world insists the heart is, in fact, simply one of many organs in the body, with no special characteristics.

### **Heartless Transplant Surgeon**

I remember a transplant surgeon who once told a recovering transplant patient, "The heart is only a muscle. A stupid muscle."

I was so shocked I could not find words to speak. How could he say that? I wondered. And how could he say it to a transplant patient who had just received the precious gift of a new heart?

Fortunately, the patient knew the truth. He replied, "I know that's not true, because since the transplant I have had feelings I did not have before."

As this patient instinctively knew, the heart has its own memories, often different than those of the "mind." If you doubt this, visit a place you have not seen since childhood, and observe how your heart responds with a faster, stronger beat.

The heart is more than a muscle. If you doubt this, you need only speak with heart transplant patients. These individuals have a special insight into the wisdom of the heart.

**Transplant Your Heart = Transplant Your Life**

My own experiences with transplant patients further demonstrate the reality of the heart's memory. I have interviewed dozens of people with new hearts. A significant number of them believe a part of their donor's life has been transferred to them along with the heart. Although I cannot prove it, I do believe the heart has memory cells, and they are transplanted along with the heart.

If your heart can give life and spirit to transplant patients, just imagine what your own heart can do for you.