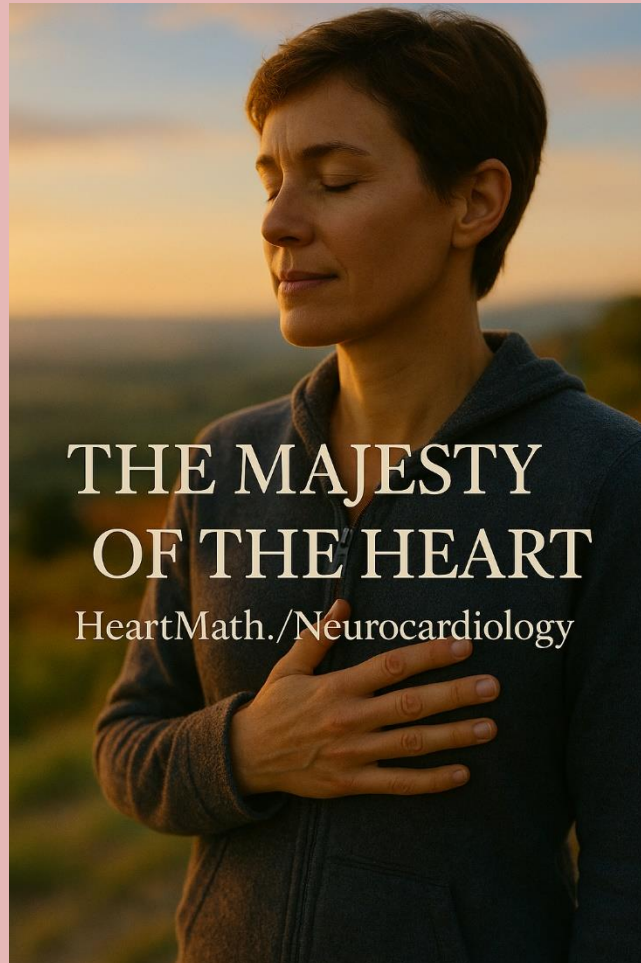


The Majesty of the Heart and the Breath of the Spirit



- Dr. Jeffrey E. Hansen, Ph.D.

I have the privilege today to speak about the heart. Not just as a cardiologist or neuroscientist might describe it, but as God Himself describes it, as the very center of who we are.

The Heart as More Than a Pump

Our culture often reduces the heart to nothing more than a pump, a machine that pushes blood through vessels. But the truth is infinitely deeper. The heart is not a machine; it is a masterpiece, a sacred work of art, designed by God Almighty as the throne room of the Spirit. It is where physiology and theology, biology and doxology, science and Spirit come together in a magnificent convergence.

“Above all else, guard your heart, for everything you do flows from it.” (Proverbs 4:23)



HeartMath®/Neurocardiology and the Rhythm of Breath

HeartMath®/neurocardiology has revealed astounding truths about what God wove into the fabric of our being. With every breath we take, our nervous system shifts gears. The in-breath stirs the sympathetic branch, energizing and preparing us. The out-breath engages the parasympathetic system, calming and restoring us. This rhythm of inhale and exhale is divine design. When the heart maintains good variability, that beautiful adaptability HeartMath® calls coherence, our minds clear, our emotions stabilize, and our health flourishes.

“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” (Psalm 34:18)

The Heart as Spirit and Mystery

The heart is not just biology. It is also mystery. It is Spirit. It sings a song that science can measure, but only God can compose.

The heart generates the strongest electromagnetic field in the human body, measurable several feet around us. HeartMath® research shows this field synchronizes with others nearby. Science calls it coherence; Scripture calls it deep calling to deep (Psalm 42:7).

Some heart transplant recipients awaken with new cravings or memories that belonged to their donor, confirming mystery written into cardiac tissue itself. “I will put my law in their minds and write it on their hearts” (Jeremiah 31:33).

Like the vast aspen groves with hidden roots all connected as one organism, our hearts are interwoven. “You are the body of Christ, and each one of you is a part of it.” (1 Corinthians 12:27)

Application at Holdfast Recovery and AnchorPoint

This today speaks directly to us here at Holdfast Recovery/AnchorPoint. This is not abstract theory. This is about your life, your health, your neurophysiological and psychological safety. Trauma imprints itself in the body and in the rhythms of the heart. Negativity, stress, emotional wounds press into the system and disrupt coherence. If we are to be whole, we must practice spiritually so that God restores us from within.

As we embody coherence ourselves, we must also carry it into our staff relationships. As Holdfast Recovery and AnchorPoint grow, we must align together in love and resonance. When staff embody this, we become a living sanctuary. Clients stepping into our care must not only hear knowledge, they must feel love radiating from us. Jesus said, “By this everyone will know that you are my disciples, if you love one another.” (John 13:35)



The Call

So yes, it is love. Deep love. The love of God poured into our hearts through the Holy Spirit (Romans 5:5). A love that is sacrificial, embodied, and radiant. Love that is not only thought but felt. A love that resonates through physiology and Spirit alike.

This is why the heart matters. This is why the Spirit matters. This is why good therapy must include both. Today, we step into this calling, for our own health, for the coherence of our staff, and for the healing of every client entrusted to us.

For the heart is more than a pump. It is the throne room of the King. When He reigns there, His resonance flows outward, shaping us, shaping our community, and touching every life we encounter.

As we gather for this meeting, let us come with open ears and open minds. Let us allow God to equip us not only with knowledge but with wisdom, not only with skill but with Spirit. May we apply what we learn in a heartfelt way, to do the work God has called us to do, to save lives, to save souls, and to bring others into redemption through Christ Jesus our Lord.