

What the Heart Knows



All of us know that our heart is the source of life, beating strongly inside of us, sending nutrients and oxygen to every part of the body. The heart also receives back the circulated blood and sends this to the lungs to be re-oxygenated and cleansed so the cycle can begin again.

The cleansed blood leaves the heart through the ascending aorta, a large blood vessel that serves as the super highway of life. The first branch or exit from this highway is the cardiac artery which goes directly back to the heart, keeping the heart muscle strong and healthy so that it can continue to pump and serve the rest of the body.

What the heart knows is that it **must stay strong and vibrant** if it is to serve the needs of the entire body. So why is it that we do not know this; why is it we fail to understand that to stay strong for others and the many doings in our life, we must take care of ourselves first?

Adapted from Dr. Melmet Oz, Cardiologist

"Self care is never a selfish act; it is simply good stewardship of the only gift I have, the gift that I was put on earth to offer others".

Parker Palmer