

# THE SACRED HEART

Emilie Conrad & Don St. John

MAY 21 - 23, 2010

IN SANTA MONICA, CA

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*EMILIE CONRAD is the founder of Continuum. Her most recent contribution is her revolutionary concept of "The Three Anatomies". Here she defines three distinct tissue structures as the cultural, primordial, and cosmic anatomies. Emilie tells us: "becoming aware of the primordial-cosmic flows of information can be instrumental in diffusing our cultural inhibitors, helping us to move beyond our stifling adaptive patterns, ultimately becoming a resource for health and creativity."*

*Emilie is the author of "Life on Land" recently published by North Atlantic Books.*

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*DON ST. JOHN, Ph.D. is a somatically oriented psychotherapist and former trainer of Hellerwork International.*

*He is the co-founder of Paths of Connection and has taught workshops since 1970 in the US, Brazil, New Zealand and Canada.*

*Continuum Movement has been an essential part of his personal healing practice for many years.*

The human heart is a *perceptual* organ, receiving information from our environment and broadcasting its tones and textures to not only every cell of our own body, but to those of others as well. It is a hub of resonance, a center of our fluid system, and an organ of courage and feeling.

Much more than a pump, the heart is an elegant regulator and participant in our essential fluid system. It is also an endocrine gland producing hormones of affiliation and vasorelaxation. It is the most direct point of access to the autonomic nervous system, whose balance is an essential factor in health and well being. The heart's own neurological system has been called "the heart brain."

Enlivened and nourished through the potentizing of its swirling fluids and those of its many rivers and tributaries, the whole body radiates in response to its beat. As we awaken to its presence through Continuum explorations, we increase our capacity for resonance, empathy and good health.

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