



Cléa Formaz

Photography by Manuela Sezer

HEART ON THE BRAIN

Heartbeats, Decision-Making and Human Identity

novum

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available as
e-book.



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Thank you

For Love

*Sometimes my heart beats shallow,
and sometimes it beats so strong I think my chest will burst.*

*When I'm running, my heart beats fast. When I'm reading,
writing or having tea with grandma, it beats slow.*

*My heart beats for love. For the people I love,
for the profession I love, for a life I love.*

What else is a heart for?

For without love, why would we need a pump?

By Cl  a Formaz



ABOUT THE BOOK

While trying to find a definition of who we are as humans might take us on an inner journey to self-knowledge, we can see the correlation of the human heart and the human brain as an essential part in developing our ability to make conscious decisions throughout our lives.

Who are we? What defines us?

So many aspects should be taken into consideration when questioning who we are and what defines us. What makes us distinctive as individuals? If looking into the core of human existence, we are all the same. However, while paving our path through our human journey, our individual experiences and emotions make us unique as a person.

It is important to know your own heart, not only as of the biological pump that provides cells with oxygen and nutrients but also as the core of feelings and emotions. Also, understand how your brain is liable for building your identity as an individual since it is responsible for the decision-making. The brain's ability to make decisions is directly connected to choosing who we are and who we will become.

But how do we make decisions? How does the brain make decisions?

When the heart and brain interact, the heart continually sends signals to the brain, giving rise to how we feel. The heart and the mind seem to be working in unison, constant communication and interaction.

Feelings and emotions, like joy or sorrow, are responsible for influencing the dynamics of the heart. Since the brain is connected to the heart, once it has received this “information,” the brain’s decision-making process is based on this interaction and experience.

As humans, when we have experiences in life capable of modifying our heartbeats, this interaction is responsible for influencing the brain process and changing the result, including decision-making. The perception of our own heartbeats has been shown to influence behaviour as well. When an experience is too scary or exciting, our decisions may differ based on emotions and feelings.

Learning to look into the core of ourselves, as humans, and listen to our own heartbeats will help us evolve as humans.

The question “can the heart think and feel?” will always be an example to be explored in human existence. If the brain is an essential part of creating our identity, can we consider the heart to play a crucial role as well?







PREFACE

We often define ourselves based on a specific characteristic, passion, or job. When times get tough, we feel as though our whole identity has been stripped away. By building a rich identity that encompasses the many facets of your personality, you can weather any storm without losing yourself in the process. With this book, I encourage you to look at the many aspects that may be part of who you are.

With this book, I also intend to provide a new perspective on human identity through the heart. Too often, we rely on our brain to tell us who we are. Turn a listening ear inward to discover the richness of the heart-brain interaction and truly understand yourself.

I would also like to challenge you to think about the concrete truths you hold about the world and yourself, and come up with your own interpretations, views, and perspectives that stem from within.

To know the depths of your heart and your brain is to truly know yourself.

Knowing yourself is the basis of finding your purpose and discovering your passion. Discovering your passion will unlock the door to a fulfilled life by leading you towards what's important... and away from what isn't.