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Heart Intelligence from Quran and Science: An Integrated Approach for the Evolution of Enlightened Self in the Society

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Abstract:

This qualitative research paper has presented the theoretical underpinning of heart intelligence from the Quranic and scientific perspectives. Epistemological reductionism is the methodology used in this research which is an integrated approach for a thorough understanding of mechanisms that generates and maintains the connections between heart intelligence, self, society, nature, and God from the interdisciplinary perspectives. This research has explained three elements of the heart intelligence named, emotional, rational and spiritual according to their functions. These elements of the heart intelligence are explained from the verses of the Quran and scientific evidence is also provided. Realignment of the individual thoughts patterns with the heart intelligence is fundamental to peace, harmony and wellbeing at the individual, societal and global

level. Through this Divine inner guiding system, individuals can understand the challenges of life and acquire true wisdom. This research affirms that the socialization of heart intelligence will bring new more creative ways of thinking about the nature of reality and create the possibility for self-empowered existence where individuals in the society have enormous influence over their lives with an optimistic approach.

Keywords: Heart Intelligence, Quran & Science, Consciousness, Socialization, Society & Peace

1. Introduction:

The heart has been considered a primary source of feelings, wisdom and pure awareness in the scriptures. According to Quran, the heart signifies the divine essence and the source of truth which is interpreted with different expressions. Prophetic (Blessings and Salutations be upon Him) words such as: “O God. O Converter of hearts! Establish our hearts on Your religion,”¹ remind the absolute need to preserve the essence of the heart. The words of the Bible also refer to the heart as the center of the conviction. “And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us”.² The concept of heart explained by the Sufis has multidimensional perspectives with a transcendental approach. In Sufi terminology, “heart” indicates spiritual aspects as intellectual and spiritual faculties, such as gnosis, recognition, enlightenment, consciousness, reasoning and willpower. Sufis call it the “human truth”; philosophers call it the “speaking selfhood”.³ According to Imam Ghazali, it is the heart that empowers man to gain the knowledge of God and to draw near Him. His doctrine about the heart explained that higher levels of consciousness cannot be attained except by the purification of the human ego (*nafs*), cleansing of heart/soul (*qalb*), and embellishment of the Spirit (*Ruh*).⁴ Neurocardiology is a discipline that delivers significant understandings about the nervous system that is present in the heart and the way the heart and brain communicate with each other. There is a complex neural network in the heart that is sufficiently prevalent to be considered as a brain in the heart.⁵ This intrinsic cardiac nervous system is a complex network of neurotransmitters, support cells, ganglia and proteins analogous to those of the brain in the head. With this system, the heart has the potential to intuitively sense, deeply learn, remember and genuinely feel and

¹ Al-Tirmidhi.(1969) Ahmad Ibn Hanbal, Musnad, 6 vols., 6:302. Qatar 7: Beirut.

² Bible Romans 5:5 New International Version (NIV)

Retrieved from

<https://www.biblegateway.com/passage/?search=Rom+5%3A5%2C+2+&version=NIV>

³ Gülen, M.F. (2006). Key concepts in the practice of Sufism, Emeralds of the heart. First Edition. The Fountain: Fairfax, Tughra publisher.

⁴ Al-Ghazali, (1973). Rawdah-al-Talibin Wa „Umdah-al-Salikin“. Beirut: Dar al-Nahdah al-Hadithah.

⁵ Armour, J. A. (2008). Potential clinical relevance of the “little brain” on the mammalian heart. *Exp Physiol*, 2008. 93(2): p. 165-76.

leaves a strong impact on the surrounding environment. Research suggests that the heart not only restrains the physical organ in the left side of the breast but it has a central role in the generation and transmission of system-wide information to the functioning of human beings as a coherent whole. There is a growing body of research that suggests that heart intelligence has a significant role in creative expression, cognitive abilities and decision-making. This source of pure awareness can be a ground-breaking problem-solving approach that people can seek with innovative solutions that are consistent with the inner truth and values. Heart awareness can be a valuable means for raising the global consciousness and fundamental to impact the individual and society for establishing well-being, peace, and harmony.⁶

2. Significance of the study:

1. Through the awakening of heart intelligence, the more complex matters can be resolved with the most effective and expedient strategies and decision-making approaches by the heart intelligence.
2. Human beings are multidimensional beings with higher levels of consciousness, this heart intelligence can be a newer avenue of scientific exploration of other-dimensional realities and expansion in states of consciousness.
3. Heart intelligence embraces the wholeness of any phenomena which unfold the hidden purpose, messages and reason behind any social happenings, incidents and undertakings. Therefore, individuals will have a greater ability to meet and tackle life's challenges and wisely resolve the issues.
4. The pure vibrations of the heart field generate the love, gratitude, kindness, altruism that will lead towards peace and harmony in society.
5. This research opens the door for new perspectives for the research which bridges religion with contemporary sciences.

3. Methodology:

Epistemological reductionism is the approach that is used in this research for the ontological and epistemological roots from the interdisciplinary perspectives regarding the heart intelligence and higher level of consciousness. The reason for using this particular approach was to attain the evidence and proclamations to be factual in discourse with other evidence or entities from another type, thus offering association among Quran and the contemporary sciences. Another important objective of this method was to demonstrate that an integrated approach is essential for

⁶ McCraty, R., Atkinson, M., Tiller, W. A., Rein, G., & Watkins, A. D. (1995). The effects of emotions on short-term heart rate variability using power spectrum analysis. *American Journal of Cardiology*, 76 (14), 1089-1093.

a thorough understanding of mechanisms that generates and maintains the connections between heart intelligence, self, society, nature, and God. This approach provided a deeper understanding of the phenomena of heart intelligence.

4. Research questions:

1. What is the heart intelligence from the Quran and science?
2. How does heart intelligence contribute to the enlightenment of the self and peace in society?
3. What are the fundamental factors that hinder or enable heart intelligence?
4. Why is heart intelligence important to raise the consciousness of humanity to a higher level?

5. Discussion:

5.1. Heart intelligence from Quran and science:

The information which can be retrieved through the energetic heart or the intangible heart is known as "heart intelligence" which is commonly known as inner knowing, pure awareness, the voice of the soul and inner guidance. This pure awareness from the heart transcends the information that is obtained through the five physical senses. New dimensions are explored through this intelligence which causes expansion in the human consciousness to the higher levels and reveals the truth. In Islam, the principle that the Qur'an itself was revealed to the Prophet's heart.⁷ The human heart is mentioned in the Quran more than 120 times in different viewpoints. The heart is also considered a cognitive tool in the Quran. Consequently, its purification, protection and expansion are highly significant to enlighten the self. The qualities of understanding, rationality and reasoning are ascribed to the heart in the Quran. The heart is also the center for different emotions and feelings. Therefore, it is highly important to deeply understand the nature of the heart from the Quranic perspective and its attributes, characteristics and how the intelligence of the heart contributes to prompting, stimulating, provoking and inspiring human actions. The study of communication pathways between the head and heart is not only one-sided as scientists focus primarily on the heart's responses to the brain's commands. However, that communication between the heart and brain is an ongoing, two-way dialogue and very dynamic where each organ constantly influences the other's function.

Research shows that there are four channels through which the heart communicates with the brain.⁸

1. Neurologically (through the transmission of nerve impulses)
2. Biochemically (via hormones and neurotransmitters)

⁷ The Holy Quran Surah Al-Shu'ara 26, verse 194

⁸ McCraty, R., Atkinson, M., Tiller, W. A., Rein, G., & Watkins, A. D. (1995). The effects of emotions on short-term heart rate variability using power spectrum analysis. *American Journal of Cardiology*, 76 (14), 1089-1093.

3. Biophysically (through pressure waves)
4. Energetically (through electromagnetic field interactions)

In the Quran, the heart is conceptualized through different functions that include character, attitude, reasoning, perception, motives, thoughts, intentions, wisdom, emotions and feelings. I have categorized the functions of the heart into three different types based on the nature of its roles;

1. Emotional (Chemical)
(Hormonal and emotional activities)
2. Rationale (Intellectual)
(Reasoning, wisdom, and rationality)
3. Spiritual (Intuitive and inspirational)
(Feelings, intuitions, inspirations, revelations)

1. Emotional (Chemical)

Many verses of the Quran reveal that the heart is the center of different emotions and cognitive activities. There are the most striking facts regarding these emotions in the heart that Quran has mentioned. For example, the Quran says, “He is the One Who sends down calmness and tranquility into the hearts of the believers so that their faith gets increased with more faith. And all the armies of the heavens and the earth belong to Allah alone. And Allah is All-Knowing, Most Wise”.⁹ In another verse, Almighty Allah says “And He will remove anger from their Heart”.¹⁰ What is important to understand regarding these emotions as mentioned by the Quran is the state of being and consciousness that is influenced by these emotions? Regarding the emotions of calmness, tranquility and peace as mentioned in these verses, there is evidence that endorses the functions of these emotions. Atrial peptide a hormone in the heart when increases, prevents the release of stress hormones,¹¹ reduces sympathetic outflow¹² and appears to interact with the immune system. Even more intriguing, experiments suggest atrial peptides can influence motivation and behavior.¹³

These emotions are the indicators and navigating systems that symbolize the extent to which the soul is impure or purified to internalize the ultimate truth of their existence and

⁹ The Holy Quran Surah Al Fateh 48, verse 4

¹⁰ The Holy Quran Surah Al-Tawbah 9, verse 15

¹¹ Strohle, A., et al., (1998). Atrial natriuretic hormone decreases endocrine response to a combined dexamethasone- corticotropin releasing hormone test. *Bio l Psychiatry*, 1998. 43(5): p. 371-5.

¹² Butler, G. C., Senn, B. L., Floras, J. S. (1994). Influence of atrial natriuretic factor on heart rate variability in normal men. *Am J Physiol*, 1994. 267(2 Pt 2): p. H500-5.

¹³ Telegdy, G., (1994). The action of ANP, BNP and related peptides on motivated behavior in rats. *Reviews in the Neurosciences* 1994. 5(4): p. 309-315.

recognition of their Almighty God. “The believers are only those whose hearts, when Allah is mentioned (before them), are filled with awe. And when His revelations are recited to them, they increase their faith, and they (maintain) their trust in their Lord alone”.¹⁴ In this verse, the emotions of fear and awe are indicating the state of their faith. There is plentiful proof that emotions alter the activity of the body’s physiological systems. This fact is also evident from the Prophetic Tradition. “Truly, in the body is a chunk of meat, when it is good, the whole body will be good by it, and when it is ruined, the whole body will be ruined by it, indeed it is the heart, a chunk of meat suspended beneath the chest to the left”.¹⁵

However, the large majority of this scientific evidence concerns the effects of negative emotions. Recently, researchers have investigated the effects and functions of positive emotions. Pleasing subjective feelings, optimistic emotions have many objective and interrelated benefits for psychological, physiological and social functioning.^{16 17} According to scientific evidence, the heart also uses biochemicals to communicate with the brain and body by way of the hormones it produces. The heart produces and secretes several hormones and neurotransmitters that have a wide-ranging impact on the body as a whole.¹⁸ Research proves that constant positive emotions such as love, kindness, appreciation, and compassion produce a smooth and sine wave-like pattern in the heart’s rhythms. On the other hand, negative emotions such as envy, greed, anxiety, anger and worry direct heart rhythm patterns which are incoherent and inconsistent.^{19 20}

Emotional states as mentioned by the Quran

No.	Emotions	Verses
1	Fear	<p>الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَتْ قُلُوبُهُمْ وَالصَّابِرِينَ عَلَىٰ مَا أَصَابَهُمُ وَالْمُقِيمِي الصَّلَاةِ وَمِمَّا رَزَقْنَاهُمْ يُنفِقُونَ²¹</p> <p>(They are) the people whose hearts get into fear when Allah is mentioned, and they bear with fortitude whatever troubles touch</p>

¹⁴ The Holy Quran Surah Al-Anfal 08, verse 2

¹⁵ Al-Bukhari, Sah'ih al-Bukhari, "Kitab al-Iman". Vol. 1, Beirut, 1981, p.

¹⁶ Fredrickson, B. L. (2002). The role of positive emotions in positive psychology: The broadenand- build theory of positive emotions. *American Psychologist*, 56 (3), 218-226.

¹⁷ Isen, A. M. (1999). Positive affect. In T. Dalgleish & M. Power (Eds.), *Handbook of cognition and emotion* (pp. 522-539). New York, NY: John Wiley & Sons.

¹⁸ Cantin, M. & Genest, J. (1988). The heart as an endocrine gland. *Pharmacol Res Commun*, 1988. 20 Suppl 3: p. 1-22.

¹⁹ McCraty, R., Atkinson, M., Tiller, W. A., Rein, G., & Watkins, A. D. (1995). The effects of emotions on short-term heart rate variability using power spectrum analysis. *American Journal of Cardiology*, 76 (14), 1089-1093.

²⁰ Tiller, W. A., McCraty, R., & Atkinson, M. (1996). Cardiac coherence: A new, noninvasive measure of autonomic nervous system order. *Alternative Therapies in Health and Medicine*, 2 (1), 52-65.

²¹ The Holy Quran Surah Al-Hajj 22, verse 35

		them. And they establish Prayer and give away out of what We have bestowed upon them.
2	Awe	<p>إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَتْ قُلُوبُهُمْ وَإِذَا تُلِيَتْ عَلَيْهِمْ آيَاتُ رَبِّهِمْ زَادَتْهُمْ إِيمَانًا وَعَلَىٰ رَبِّهِمْ يَتَوَكَّلُونَ²²</p> <p>The believers are only those whose hearts, when Allah is mentioned (before them), are filled with awe. And when His Revelations are recited to them, they increase their faith, and they (maintain) their trust in their Lord alone.</p>
3	Humility	<p>أَلَمْ يَأْنِ لِلَّذِينَ آمَنُوا أَنْ تَخْشَعَ قُلُوبُهُمْ لِذِكْرِ اللَّهِ وَمَا نَزَلَ مِنَ الْحَقِّ وَلَا يَكُونُوا كَالَّذِينَ أُوتُوا الْكِتَابَ مِنْ قَبْلُ فَطَالَ عَلَيْهِمُ الْأَمَدُ فَقَسَتْ قُلُوبُهُمْ وَكَثِيرٌ مِنْهُمْ فَاسِقُونَ²³</p> <p>Has the time not (yet) come for the believers that their hearts get humbled with tenderness for the remembrance of Allah, and for that truth (as well) which has been sent down, and that they do not become like those who were given the Book before this, then a long time passed over them and their hearts hardened? And many of them are disobedient.</p>
4	Lust	<p>وَمِنْهُمْ مَنْ يَسْتَمِعُ إِلَيْكَ حَتَّىٰ إِذَا خَرَجُوا مِنْ عِنْدِكَ قَالُوا لِلَّذِينَ أُوتُوا الْعِلْمَ مَاذَا قَالَ آنِفًا أُولَٰئِكَ الَّذِينَ طَبَعَ اللَّهُ عَلَىٰ قُلُوبِهِمْ وَاتَّبَعُوا أَهْوَاءَهُمْ²⁴</p> <p>And amongst them are those who give ears to you till, when they leave your presence and go (out), they ask those who have been given (profitable) knowledge: ‘What is it that he (the Messenger (blessings and peace be upon him) said just now?’ It is they whose hearts Allah has sealed up and they are following their lusts.</p>
5	Tyranny	<p>أَيَعِدُكُمْ أَنَّكُمْ إِذَا مِتُّمْ وَكُنْتُمْ تُرَابًا وَعِظَامًا أَنَّكُمْ مُّخْرَجُونَ²⁵</p> <p>Does he promise you that, when you die and become dust and (decomposed) bones, you will be brought forth (alive again)?</p>
7	Anger	<p>وَيُذْهِبْ غَيْظَ قُلُوبِهِمْ وَيَتُوبَ اللَّهُ عَلَىٰ مَنْ يَشَاءُ وَاللَّهُ عَلِيمٌ حَكِيمٌ²⁶</p>

²² The Holy Quran Surah Al-Anfal 08, verse 2

²³ The Holy Quran Surah Al-Hadid, 57, verse 16

²⁴ The Holy Quran Surah Al-Muhammad 47, verse 16

²⁵ The Holy Quran Surah Al-Mu" min, 23, verse 35

²⁶ The Holy Quran Surah Al-Tawbah 9, verse 15

		And He will remove the distress and fury in their hearts, and will accept the repentance of whom He wills. And Allah is All-Knowing, Most Wise.
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Table 1: Emotions in the heart according to the Quran

Based on different states of emotions, cognitions, and levels of consciousness, the Quran has categorized the heart into different levels. These levels of the heart according to Quran are as follow;

Sound hearts

The word “*Salim*” is used to describe the believer’s heart which means, secure, safe and free from evils of all kinds. The heart which is described as *Salim* is characterized as truthfulness and security has become a constant and recognized description of it. “But only one who comes to Allah with a sound heart.”²⁷

Hardened hearts

These are the hearts that do not illuminate upon listing the message of God, they are at the lower level of understanding the truth and light of the Quran. According to the Quran, “Is one whose heart Allah has opened to Islam so that he has received enlightenment from Allah, no better than one hard-hearted? Woe to those whose hearts are hardened against remembering Allah. They are manifestly wandering in error”.²⁸

Sealed hearts

According to Surah Al-Rum, “That is how God seals the heart of the people who do not know (the truth despite it becomes evident).²⁹ The word “*tabaa*” means to stamp, also mentioned in other verses that shows how He seals the hearts of transgresses³⁰ and those who are disbelievers.³¹ The sealed hearts cannot internalize the truth and are unable to have pure awareness because of denying the signs of God and transgression.

Locked hearts

This is the contaminated and filthy state of the heart which is unbalanced, continually influenced by evil tendencies and closes the gateway to the soul consciousness. In chapter Muhammad, it is mentioned that hearts that do not reflect upon the signs of God and ponder deeply in the meaning of the Quran are locked hearts.³² This state of heart hampers the guidance.

²⁷ The Holy Quran Surah Al-Shuara 26, verse 89

²⁸ The Holy Quran Surah Al-Surah Al-Zumar 39, verse 22

²⁹ The Holy Quran Surah Al-Rum 30, verse 59

³⁰ The Holy Quran Surah Al-yunus 10, verse 74

³¹ The Holy Quran Surah Al-Araf 7, verse 101

³² The Holy Quran Surah Al Muhammad 47, verse 24

Blind hearts

It is also evident from the Quranic verse that the heart also gets blind, in chapter Al-Hajj blind hearts are mentioned after first asking a question about reflect upon, “Do they not travel through the land, so that their hearts may thus learn wisdom and their ears may thus learn to hear? Truly it is not their eyes that are blind, but their hearts which are in their chests”.³³

2. Rationale (Intellectual)

There are many verses in the Quran regarding the intellectual, rational and logical faculties of the heart through which the deeper understanding, actuality of the phenomena and hidden truth regarding any happening and event are acquired. Verily in this is a Message for any that has a heart and understanding or who gives ear and earnestly witnesses (the truth).³⁴ In another verse, Almighty Allah says, “Have they not traveled through the earth and have hearts by which to reason and ears by which to hear? For indeed, it is not eyes that are blinded but blinded are the hearts which are within the breasts that grow blind”.³⁵ In another verse, the quality of contemplation and reasoning is ascribed to the heart.³⁶ These verses indicate that it is the intelligence of the heart which has the capability of reasoning and understanding and when this intelligence is dormant due to impurity then they are unable to comprehend any phenomena. There is considerable evidence from science that proves the intellectual capabilities of the heart. The effect of the heart’s involvement on the action of the cortex which exists in the brain that manages thinking and reasoning abilities is highly substantial. Depending upon the nature of the heart’s input, it can either compel and hinder or enable working attention and memory, cognitive functions, cortical procedures, and performance.^{37 38 39 40} The heart has a complex neural network that is adequately widespread to be characterized as a brain in the heart. The heart’s brain, also known as the intrinsic cardiac nervous system, is an intricate network of complex ganglia, proteins, neurotransmitters and support cells, similar to those of the brain in the head. The neural circuitry of the heart-brain

³³ The Holy Quran Surah Al-Hajj 22, verse 46

³⁴ The Holy Quran Surah Al-Qaf, 50, verse 37

³⁵ The Holy Quran Surah Al-Hajj 22, verse 46

³⁶ The Holy Quran Surah Al Muhammad 47, verse 24

³⁷ Hansen, A. L., Johnsen, B. H., & Thayer, J. F. (2003). Vagal influence on working memory and attention. *International Journal of Psychophysiology*, 48 (3), 263-274.

³⁸ Lacey, B. C., & Lacey, J. I. (1974). Studies of heart rate and other bodily processes in sensorimotor behavior. In P. A. Obrist, A. H. Black, J. Brener, & L. V. DiCara (Eds.), *Cardiovascular psychophysiology: Current issues in response mechanisms, biofeedback, and methodology* (pp. 538-564). Chicago: Aldine.

³⁹ Rau, H., Pauli, P., Brody, S., Elbert, T., & Birbaumer, N. (1993). Baroreceptor stimulation alters cortical activity. *Psychophysiology*, 30 (3), 322-325.

⁴⁰ Van der Molen, M. W., Somsen, R. J. M., & Orlebeke, J. F. (1985). The rhythm of the heart beat in information processing. In P. K. Ackles, J. R. Jennings, M. G. H. Coles (Eds.), *Advances in psychophysiology* (Vol. 1) (pp. 1-88). London, England: JAI Press.

enables it to act independently of the cranial brain to resemble, learn and make decisions, feel, sense and remember. The function and anatomy of the intrinsic cardiac nervous system and its connections with the brain have been explored extensively by neuroradiologists.^{41 42}

The Quran emphasize the heart as the center of comprehending, understanding and reasoning then the brain. Scientific evidence also proves that the heart sends more information to the brain than the brain sends to the heart. In addition, the intrinsic cardiac nervous system has both short-term and long-term memory functions and can operate independently of central neuronal command. The neural output or messages from the intrinsic cardiac nervous system travels to the brain via ascending pathways in both the spinal column and vagus nerves, where it travels to the medulla, hypothalamus, thalamus, and amygdala and then to the cerebral cortex.⁴³

3. Spiritual (Intuitive and inspirational)

The heart reveals the truth by its innate wisdom and intuitions. This intuitive quality of the heart is the natural guidance system from the Divine in every human being as mentioned in this verse, “No suffering afflicts except by the command of Allah. And he who believes in Allah, He guides his heart and Allah knows best everything”.⁴⁴ This special attribute of the heart is due to the presence of the human spirit in the heart which is the Divine directive. “It is they in whose hearts Allah has inscribed faith and has strengthened them with His spirit (i.e., special spiritual benefit)”.⁴⁵ The brain composes the data based on the sensory perceptions which can be touched by the five senses but the heart acquires the knowledge through intuition which is not dependent upon the senses but are the inspirations from the Spirit in the heart. This is the reason that the Quran refers to the heart to ascertain the faith because faith on unseen can be acquired by the higher innate intelligence of the heart. Another important function of the heart is the acceptance of the revelation which truly is the capability of higher intelligence. “Indeed Gabriel has brought this revelation upon your heart O Muhammad (Blessing and Salutation be upon Him) by the will of Allah, confirming what came before (Torah and Gospel) and good news for the faithful”.⁴⁶ This is significant to understand that the intuitive function of the heart is carried out through feelings and inspiration which are rather more stable and consistent than emotions. Several theories have explained the process of functioning intuitions such as the pattern-recognition models and the

⁴¹ Armour, J. A., & Ardell, J. L. (1994). *Neurocardiology*. 1994, Oxford University Press: New York.

⁴² Armour, J. A. (2003). *Neurocardiology Anatomical and functional principles* 2003, Boulder Creek, CA: Heart Math Research Center, Heart Math Institute, Publication No. 03-011

⁴³ Kukanova, B. & Mravec B. (2006). Complex intracardiac nervous system. *Bratisl Lek Listy*, 2006. 107(3): p. 45-51.

⁴⁴ The Holy Quran Surah Al-Taghabun 64, verse 11

⁴⁵ The Holy Quran Surah Al-Mujadalah 58, verse 22

⁴⁶ The Holy Quran Surah Al-Baqarah 2, verse 97

quantum-holographic model given by Bradley (2011) that hypothesizes a nonlocal communication that rests on a resonance between the psychophysiological systems of the body and the quantum-holographic fields.⁴⁷

Feelings in the heart mentioned by the Quran

No.	Feelings	Verses
1	Faith	<p>إِنَّمَا الْمُؤْمِنُونَ الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَّتْ قُلُوبُهُمْ وَإِذَا تُلِيَتْ عَلَيْهِمْ آيَاتُهُ زَادَتْهُمْ إِيمَانًا وَعَلَىٰ رَبِّهِمْ يَتَوَكَّلُونَ⁴⁸</p> <p>The believers are only those whose hearts, when Allah is mentioned (before them), are filled with awe (at the very idea of Allah's Greatness and Might). And when His Revelations are recited to them, they (the ecstatic, delightful, sweet and sublime Words of the Beloved) increase their faith, and they (maintain) their trust in their Lord alone (under all circumstances, and do not look towards anyone other than Him).</p>
2	Disbelieve	<p>فَمَا نَقْضِهِمْ مِّمَّا قَالُوا وَعَدُوا إِلَّا قَلِيلًا⁴⁹</p> <p>So (they were afflicted with punishments) because of their breaking the promise, rejecting the Revelations of Allah, killing the Prophets unjustly (and also owing to) their saying: 'Our hearts are (wrapped) in covers.' (Nay, that was not the truth;) the fact is that Allah has sealed their hearts due to their disbelief, so, except for a few, they will not accept faith.</p>
3	Truth	<p>وَلَقَدْ صَرَّفْنَا لِلنَّاسِ فِي هَذَا الْقُرْآنِ مِنْ كُلِّ مَثَلٍ وَلَئِنْ جِئْتَهُمْ بِآيَةٍ لَيَقُولُنَّ الَّذِينَ كَفَرُوا إِنَّ أَنْتُمْ إِلَّا مُبْطِلُونَ. كَذَلِكَ يَطْبَعُ اللَّهُ عَلَىٰ قُلُوبِ الَّذِينَ لَا يَعْلَمُونَ⁵⁰</p> <p>And in truth We have elucidated every type of example in this Qur'an for the people (to make them understand). And if you bring them some (visible) sign, even then these disbelieving people will certainly say: 'You are only doing falsehood and fraud. That is how Allah seals the hearts of the people who do not know (the truth, despite it becomes evident).</p>
4	Understand	<p>أَفَأَمِنُوا مَكْرَ اللَّهِ فَلَا يَأْمَنُ مَكْرَ اللَّهِ إِلَّا الْقَوْمُ الْخَاسِرُونَ⁵¹</p> <p>Are they fearless of Allah's secret plan? So, no one feels fearless against the secret plan of Allah except the people who run into loss.</p>

⁴⁷ Bradley R. T, McCraty R, Atkinson M, Gillin M. (2011). Nonlocal intuition in entrepreneurs and non-entrepreneurs: results of two experiments using electrophysiological measures. *International Journal of Entrepreneurship and Small Business*. 2011;12(3):343-72.

⁴⁸ The Holy Quran Surah Al-Anfal 08, verse 2

⁴⁹ The Holy Quran Surah Al-Nisa 04, verse 155

⁵⁰ The Holy Quran Surah Al-Rum 30, verse 58- 59

⁵¹ The Holy Quran Surah Al-A'raf, 7, verse 99

5	Tranquility	<p>هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي قُلُوبِ الْمُؤْمِنِينَ لِيَزْدَادُوا إِيمَانًا مَعَ إِيمَانِهِمْ وَلِلَّهِ جُنُودُ السَّمَاوَاتِ وَالْأَرْضِ وَكَانَ اللَّهُ عَلِيمًا حَكِيمًا⁵²</p> <p>He is the One Who sent down calmness and tranquility into the hearts of the believers so that their faith gets increased with more faith. And all the armies of the heavens and the earth belong to Allah alone. And Allah is All-Knowing, Most Wise.</p>
6	Purity	<p>إِلَّا مَنْ أَتَى اللَّهَ بِقَلْبٍ سَلِيمٍ⁵³</p> <p>But he alone (will be the gainer) who appears before the presence of Allah with a heart protected (from) and pure (of all evils).</p>

Table 2: Feelings in the heart according to the Quran

These feelings, intuitions, and inspiration are carried out through energetic connections. Communication occurs due to the magnetic fields produced by the heart which is also known as “cardio electromagnetic communication”. The heart among all the organs of the body is the most powerful source of electromagnetic energy that produces the largest rhythmic electromagnetic field. The Electric field of the heart is about 60 times greater in amplitude than the electrical activity produced by the brain. Electrocardiogram (ECG) measures this field. Furthermore, the magnetic field generated by the heart is more than 100 times bigger in strength than the field generated by the brain and it can be detected up to 3 feet away from the body. The timing between pulses of the magnetic field of the heart is modified by different kinds of emotions in numerous studies. It also shows that the magnetic signals produced by the heart can affect others in the environment.⁵⁴ Heart-focused attention is associated with increased heart-brain synchrony, which also means there exist energetic heart-brain communications.⁵⁵ Schwartz with his team also confirmed that when attention is being focused on the perception of their heartbeat by the subject, this causes an increase in the synchrony in the periventricular region of the heartbeat-evoked potential. It was concluded that this synchrony may reflect an energetic mechanism of heart-brain communication.

5.2. Contribution of heart intelligence in the enlightenment of the self and peace in the society:

Peace is directly proportional to the purity of the heart and tranquility and peacefulness in the heart is a sign of faith. It is mentioned in the Quran that peace is the state of the heart which is

⁵² The Holy Quran Surah Al Fateh 48, verse 4

⁵³ The Holy Quran Surah Al-Shuara 26, verse 89

⁵⁴ HeartMath Institute (2015). Exploring the role of heart in human performance, Science of heart, vol 2, Published by: HeartMath Institute, 2015,

⁵⁵ McCraty, R., Atkinson, M., Tomasino, D., & Bradley, R. T. (2009). The coherent heart: Heart-brain interactions, psychophysiological coherence, and the emergence of system-wide order. Integral Review, 2009. 5 (2): p. 10-115.

acquired when the heart is purified from all the impurities and attains the pure consciousness. “He is the One Who sends down calmness and tranquility into the hearts of the believers so that their faith gets increased with more faith. And all the armies of the heavens and the earth belong to Allah alone. And Allah is All-Knowing, Most Wise”.⁵⁶ “But he alone (will be the gainer) who appears before the presence of Allah with a heart (*Qalb-e-Saleem*) protected (from) and pure (of all evils)”.⁵⁷ Consequently, the heart with faith will generate positive emotions like peace, love, kindness, forgiveness, humility, compassion, generosity and altruism. These emotions will thus release the pure and peaceful vibrations in the environment. This fact is endorsed by the finding of scientific discoveries regarding the electromagnetic field of the heart. HMI proposed that rhythmic patterns also can transmit emotional information via the electromagnetic field into the external environment that can be noticed by others and administered in the same manner as internally generated signals. Another important aspect of the peace with the heart is the warning from the Divine to purify their heart to achieve the pure awareness which is the essence of the self. “There is indeed sure warning and admonition in it for him who has a heart (vigilant and awake, far from negligence)”.^{58 59 60} There is evidence from science that proves that the nature of the heart affects the people and the environment around them. It was discovered that the heart also manufactures and secretes oxytocin, which can act as a neurotransmitter and is commonly referred to as the love or social bonding hormone. Beyond its well-known functions in childbirth and lactation, oxytocin also is involved in cognition, tolerance, trust and friendship, and also the establishment of enduring pair bonds. Remarkably, concentrations of oxytocin produced in the heart are in the same range as those produced in the brain.⁶¹

Moreover, it was found that there occurs a direct relationship between the heart-rhythm patterns and the spectral information encoded in the frequency spectra of the magnetic field radiated by the heart. Therefore, information regarding the emotional state of a person is encoded in the heart’s magnetic field and is communicated throughout the body and also into the external environment. Interaction between two human beings does not only include the facial expressions,

⁵⁶ The Holy Quran Surah Al Fateh 48, verse 4

⁵⁷ The Holy Quran Surah Al-Shuara 26, verse 89

⁵⁸ The Holy Quran Surah Al-Qaf, 50, verse 37

⁵⁹ The Holy Quran Surah Al-Nahal 16, verse 22

⁶⁰ The Holy Quran Surah Al-Ahzab 33, verse 4

⁶¹ Gutkowska, J. (2000). Oxytocin is a cardiovascular hormone. *Brazilian Journal of Medical and Biological Research*, 2000. 33: p. 625-633.

voice, bodily movements and gestures but the evidence now shows an influential electromagnetic or “energetic” communication system operates just below our conscious level of awareness.⁶²

The heart attains the status of repentance which means purification of the mind, body and soul from all the bad deeds and negative thought patterns and this state of the pure heart is the source of peace. According to the Quran, “Who fears the Most Kind (Lord) unseen, and comes (before the presence of Allah) with a heart (*Qalb-e-Muneeb*) turned in repentance”.⁶³ The human self is superior among all the creatures because it is directly getting inspiration from the heart. Almighty Allah says, “We are nearer to him\her than his\her jugular vein”.⁶⁴ This shows that the heart is the actual source of connection of the self with God and this relationship with God purifies the self to the excellence level. "Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower".⁶⁵

Actions guided and inspired by the heart intelligence are always triumphant because they accept and embrace all the life phases wisely that are decidedly aligned with Divine Will. It gives a more expanded vision of life and unfolds the hidden lessons in all the social actions. It develops a strong sense of gut feelings and ripens the ability to identify with the experiences of others with a more wise approach which consequently brings harmony and peace. With its foresight ability, it makes across-the-board peace and globally effective social decisions. It endorses altruism in daily interaction and unleashes the loving human spirit. By developing spiritual abilities, brings forth the true nature of being to the surface and contributes to anchoring reconciliation where conflict exists. Once the soul is awakened, it edifies a systematic understanding of the whole system at the micro and macro level with its deep insights and intelligence. Internalization of the heart intelligence in social action keeps society together by the expression of the common and collective form of communication as the same consciousness is governing all the individuals of the society which if purified to its genuine form can bring universal harmony.

5.3. Fundamental factors that hinder or enable heart intelligence:

Diseases of the heart are those attributes of the ego or lower self that cause the greater hindrance for opening the gateway to heart intelligence. These attributes create blockages for the flow of awareness of soul consciousness. These attributes are; suspicion, jealousy, arrogance, ostentation, love of power, fame and anger. Resistance to the complete expression of the soul consciousness from the heart is caused by these imbalances and energetic blocks. Such blockages

⁶² Russell, P., (1979). The Brain Book 1979, New York: Penguin Books USA

⁶³ The Holy Quran Surah Al-Qaf, 50, verse 33

⁶⁴ The Holy Quran Surah Al-Najam 53, verse 9

⁶⁵ The Holy Quran Surah Al-Imran 3, verse 8

are the consequences of living with lower vibrational attributes of the lowest ego which creates a covering with its darkness. These blockages not only cause mutilation in the soul but also have long-lasting effects on the emotional and physical body. Energetic resistance is referring to the energy present at the fundamental level of all the thoughts, intentions, ideologies and patterns.

If at a deeper level, energies are not in alignment with nature, Divine will and true inner self then the heart intelligence cannot be awakened. Negative and unwanted energies create a hindrance to the divine flow of intelligence. Obeying God and Messenger (Blessings and salutation be upon Him) are needed to enlighten the heart. This fact can be realized in this verse, “The Bedouins say: “We have believed.” Say: “You have not believed. Rather say: We have accepted Islam. And the belief has not yet gone into your hearts. If you obey Allah and His Messenger (Blessings and Peace be upon Him), He will not decrease anything (in reward) for your needs. Surely, Allah is Most Forgiving, Ever-Merciful”.⁶⁶ Therefore, sinful hearts are the main hindrance to the flow of Divine guidance as mentioned in this verse, “When Our Revelations are read out to him, he says (or thinks) that (they are) tales of the ancients. That is not at all (the case); rather (the fact is that the evil deeds) which they earned have rusted (covering of sins and evil deeds) their hearts. (The Revelations, therefore, do not move their hearts”.⁶⁷ Heart Intelligence and soul consciousness can be retrieved through the alignment of mind body and soul with the universal consciousness and Divine will. The concept of alignment is analogous with what the scientists have used the word "heart coherence" which connects heart, soul, and the universe. Coherence is the natural vibratory frequency of the system. The frequency of the vibration produced in such a state is defined as the resonant frequency of the system. When the cardiovascular system is operating in the coherence mode, it is essentially oscillating at its resonant frequency; this is reflected in the distinctive high-amplitude peak in the HRV power spectrum around 0.1 Hz. Most mathematical models show that the resonant frequency of the human cardiovascular system is determined by the feedback loops between the heart and brain.^{68 69}

Coherence is the connection between different patterns of emotional, cognitive, psychological, social and emotional function that can be generated by drawing on three distinct

⁶⁶ The Holy Quran Surah Al-Hujurat 49, verse 14

⁶⁷ The Holy Quran Surah Al-Mutafifeen 83, verses 13-14

⁶⁸ Baselli, G., Cerutti, S., Badilini, F., Biancardi, L., Porta, A., Pagani, M., Malliani, A. (1994). Model for the assessment of heart period variability interactions of respiration influences. Article in Medical & Biological Engineering & Computing. April 1994 DOI: 10.1007/BF02518911

⁶⁹ DeBoer, R. W., Karemaker, J. M., & Strackee, J. (1987). Hemodynamic fluctuations and baroreflex sensitivity in humans: A beat-to-beat model. American Journal of Physiology, 253 (3, Pt. 2), H680-H689

but related concepts of coherence used in physics.⁷⁰ The electromagnetic field of the human heart is a powerful source of information and energy which communicates to the cells of the body. This is also connected with the part of a universal ocean of information and energy that can be accessed by the human mind and heart with alignment.

5.4. Importance of heart intelligence to raise the consciousness of humanity to the higher level:

Internalization of the heart intelligence in social action keeps society organized by the common and collective form of expression because the same consciousness is governing all the individuals. Moreover, consciousness is a force that unites humans together with infinite field potential that governs the self, society, and nature coherently. Consciousness maintains equilibrium, order, and harmony among all. The nervous system of human beings performs like an antenna that is tuned to and responds to the magnetic fields generated by the hearts of other people around them. HMI uses the term energetic information exchange is considered to be an innate ability that intensifies awareness and arbitrates important aspects of true empathy and compassion to other people. Additionally, they have observed that this ability of energetic communication can be heightened that causes much deeper level of nonverbal communication, connection and understanding between individuals. These therapeutic interactions can also promote the healing process.

From an electrophysiological perspective, it appears that sensitivity to this form of energetic communication between individuals is related to the ability to be emotionally and physiologically coherent. The data indicate that when individuals are in a coherent state, they are more sensitive to receiving information contained in the magnetic fields generated by others. In addition, during physiological coherence, internal systems are more stable, function more efficiently, and radiate electromagnetic fields containing a more coherent structure.⁷¹

6. Conclusion:

Human beings are the composition of both, tangible and intangible structures. Tangible includes the physical body and its organs and intangible structures are known with different names including consciousness, mind, intelligence, ego, soul and Spirit. The presence of non-tangible bodies such as soul and Spirit is the highest level of consciousness specialized with Godly and

⁷⁰ McCraty, R. and Childre, D. (2010). Coherence: bridging personal, social, and global health. *Altern Ther Health Med*, 2010. 16(4): p. 10-24.

⁷¹ Strogatz, S. and I. (1993). Stewart, Coupled Oscillators and Biological Synchronization. *Scientific American*, 1993(December): p.102-109.

Divine attributes, creativity, intelligence, human potential that show the great relationship with self and society. In light of the above analysis, it is inferred that heart intelligence is a unique form of intelligence specialized with the pure internalized soul consciousness, a super higher intelligence of the heart is its internal interconnected collective consciousness that embraces self, society, nature/universe and God. Heart intelligence provides a super sensory impression of the all-inclusive mind, body and spirit connection. Heart intelligence responds wisely to personal and social information with its inner realm of creativity and potential. This intelligence is a source of guidance, intuition and inspiration. It is self-sufficient in knowledge and highly incisive. The most significant function of heart intelligence is its spontaneous flow of awareness regarding all the circumstances of life. It is the most authentic source of supervision for social actions. Certain prerequisites must be embraced and committedly accomplished to access this source of intelligence. It is essential to know that at the fundamental level, all the things in the universe are made up of energies. The soul needs definite nature and form of energies of feelings, ideologies, and perspectives that regulate the balance among self, society, nature, and God. Socialization of this consciousness will bring new and more creative ways of thinking about the nature of reality and create the possibility for self-empowered existence where individuals in the society have enormous influence over their lives with an optimistic approach.

7. Suggestions for the future study

1. Soul consciousness should be taken as the important subject matter of the discipline of social sciences which has long been ignored by the scholarly sphere.
2. Socialization of the heart intelligence must be taken as an important aspect of socialization to bring real positive change in society.
3. There is a need for interdisciplinary to research and find the common grounds between religion and the contemporary sciences.



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