



Journey of Life

64 and the rule of the changes



Our experiences are stored in our memories and we store these memories in our bodies. **Carolyn Burdet** explores how the Heart Lock theory can pinpoint the times in our life when we have suffered lasting damage, and provide clues to how these events are affecting our health now

The news that Sophia's ex-husband had died stirred deep emotions about their volatile relationship and memories of their time together and apart. Within a few days of his funeral, she broke out in a rash. Readings with a microamp galvanometer showed the infection corresponded to the frequency of smallpox, indicating residual traces of the coccus bacteria from vaccination when her husband was posted abroad and the family relocated to the Far East.

Our experiences are stored in our memories, but we also store these memories in our bodies. Just as we can jog our memory and bring old events, hurts or joys flooding back, our body's memory can be triggered, and with it comes recurring symptoms.

Professor Diana Mossop (pictured above), whose Phytobiophysics Flower Formulas won the *Kindred Spirit* Wellbeing Award, says: 'Memory is entirely what makes us human and it is also responsible for making us ill. The brain records every trauma we experience and it makes no distinction between a physical trauma and an emotional or psychological trauma. By the brain's reckoning, something that disturbs us psychologically inflicts shockwaves just as deeply as an accident, and it is just as damaging.'

Professor Dame Diana Mossop is founder of the Institute of Phytobiophysics, and a system of

vibrational medicine based on 30 years of research into the frequencies of cells of our body and bacteria and their corresponding wavelengths of colour.

Sophia's tests were part of a consultation with Professor Mossop, who practises at the Integrated Medical Centre in London, where she uses a Voll galvanometer to measure the body's electrical circuitry.

Healthy blood cells, brain cells, liver cells, teeth and bones, and so on, have their own specific frequency; this test indicates if systems are not functioning.

'How often does illness come after

"Memory is entirely what makes us human and it is also responsible for making us ill."

we've been hurt or suffered upheaval? Our emotional balance is inseparable from physical functioning,' says Professor Mossop. She believes shock or loss makes us more susceptible to toxins, bacteria and pathogens in our environment. She also maintains trauma leaves an imprint. If something stirs memories of hurt years ago, the impact of accumulated damage can lead to physical or emotional pain now.

A divorce can stir up grief for our father's death, and a chronic condition

we suffered after the original loss may recur. If you think of times when you've suffered setbacks or when someone you know has fallen ill, you may notice this pattern. Loss, rejection, bereavement or betrayal are registered on the map of your life.

According to Professor Mossop, it is a precise map recorded within your body and the information stored in your body's memory gives clues to the original triggers and dates of trauma when your body started to fall ill.

Kindred Spirit (issue 59) described how Phytobiophysics Flower Formulas are made from the essences of flowers which resonate with the frequency of healthy cells, to help restore balance.

The philosophy behind the diagnosis – the Heart Lock Theory – is an aspect of Phytobiophysics that was not explored in depth in that article. This philosophy about our emotional nature runs alongside the science of the body's electrical biophysics, and an understanding of how subtle energies of flowers can have a restorative effect on our balance and wellbeing.

The heart is the sensitive organ that 'feels the pain'. At a cellular level, blood carries messages from the central nervous system around the body, passing through the four chambers of the heart en route. Bacteria or viruses that the immune system can't cope with may damage the heart valves, and psychological shockwaves can leave

echoes of trauma at a subtle energetic level or cause physical damage to one of the heart valves, resulting in a heart murmur or palpitations, and symptoms affecting functioning of other organs.

In Sophia's case, bacteria from the vaccine had been trapped in her cells for years and infection flared up when memories of that time resurfaced.

The Heart Lock theory

The Heart Lock Theory sets out to explain how we fall ill according to our type. It identifies four constitutional types, named after the chambers of the heart: **Tricuspid; Pulmonary; Mitral; Aortic**. These four constitutions are described in terms of character strengths, weaknesses, emotions, the nutrition they need for optimum health, and the way they are prone to fall ill.

The philosophy is a hierarchical model of human nature, each constitution represented by one of four archetypes: the commanding 'head of the household', the wife and mother, the youth, and the baby or old person.

The 'heart lock' can be found by muscle testing to identify the weakest point in the body, or by using a galvanometer on specific acupuncture points to measure precisely imbalances in the body's electrical circuitry.

Our heart lock tends to occur in the heart valve matching our constitution. Once triggered, unless healing occurs, an illness will follow a predictable pathway as a condition worsens from acute to chronic, to degenerative or hereditary.

Janice is a woman whose business success had run into challenges since breaking her leg, making it harder to get to meetings and mingle with the industry's 'movers and shakers'. Her leg was taking a long time to heal. She was still walking with the aid of a stick a year after the break.

Her father was in the Navy and the family was posted around the world. According to the philosophy of Phytobiophysics, lack of stability made her more vulnerable to illness, and in this susceptible state, it appeared that the polio vaccine had been trapped in her body. The recent trauma of the break activated the polio bacteria, which was making her lame.

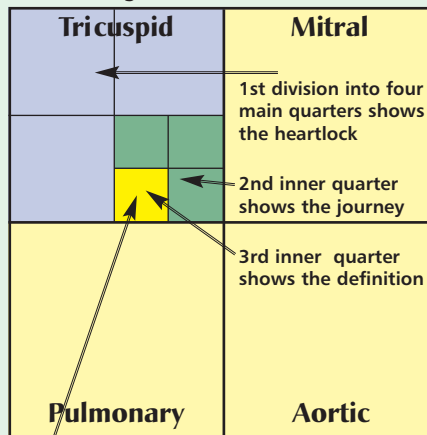
Some illnesses have the constitutional type of specific bacteria and viruses. Polio has a Pulmonary constitution. A Pulmonary heart lock relates to conditions in lungs and bones, as well as to polio bacteria.

The Institute of Phytobiophysics has devised a unique system of calculating the dates of our physical, emotional and hereditary life traumas, indicating at what level they are affecting our health and where problems could manifest.

Sophia's heart lock pinpointed a date, pointing to the smallpox vaccine as a source of infection which recurred in a rash years later. Janice's heart lock chart pinpointed the date of her polio vaccine as a child, and led to problems when she broke her leg years later.

Rule of the 64 changes

The map of your body is mathematical. This is the matrix of healing and illness. So how do you enter the matrix? The division of four by four by four results in 64 changes.



Tricuspid heart lock = constitution; Aortic/physical journey = acute condition; Pulmonary definition/cause

1. The heart is divided into four chambers each named after a valve; the heart lock shows which constitutional area is out of balance.
2. Divide this segment into four again; this quarter is the 'journey' and describes at what level it is affecting our health, eg. a Tricuspid inner quarter indicates the damage is likely to be degenerative or hereditary; the Pulmonary journey indicates it is

chronic; the Mitral journey indicates it is affecting functioning of the digestive or endocrine system, the Aortic journey is acute or circulatory.

3. Divide this segment into four again to give the 'definition' – who or what triggered the damage? where is the symptom on the body?

It is about piecing together clues.

A degenerative Tricuspid condition with a Tricuspid definition may suggest heavy metals affecting the brain and could lead to Alzheimer's. A Mitral definition reveals clues to dates of emotionally stressful events upsetting the digestive or hormonal system. An Aortic definition can indicate bacteria causing tooth decay. A Pulmonary heart lock can point to asthma, a tendency to smoke when stressed to open the pulmonary valve, or a tendency to break bones.

The 64 combinations of interplay between the four squares extend forwards and backwards in time – into the past to the source of a problem, and into the future to indicate how an illness may progress and how we may pass it on to future generations. By dividing our life into 64 segments from conception to now, the heart lock chart highlights times of our life when there have been echoes of a problem.

A problem will be reflected in the corresponding point in each part of the body. The heart lock graph printout is a map of information stored in the body and can be placed anywhere on the body to indicate where symptoms are likely to emerge. 'As above, so below'. A weakness affecting a heart valve will show problems with the corresponding valve of the duodenum. The map can be applied to the face, neck, chest or abdomen. Looked at the other way around, a spot on your chin can be traced to internal disturbances. No symptoms are accidental, they are recorded and reflected in your body. □ p12



Professor Diana Mossop in her flower meadow.

The Four Chambers of the Heart

All energy travels through the heart. Our constitution relates to one of the four chambers of the heart, and this gives a susceptibility for that valve to be damaged and for illnesses to follow a pattern relating to damage by pathogens or trauma. The four chambers of the heart also correspond to the four quarters of the body, and this can pinpoint hidden problems.

The Right Auricle

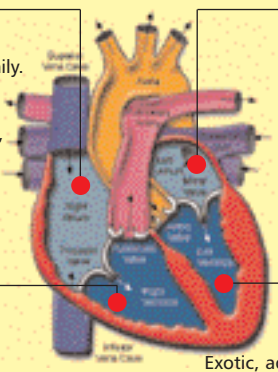
Chamber of Fatherhood ~ Yang

Tricuspid constitution – the tricuspid valve. Head of the family. Tall, upright, structural, noble; charismatic, commanding, imposing, leader; wisdom, intuition, priestly guidance; cruel, domineering, bossy, bullying, violent, aggressive; brain, head, skeletal structure.
Level of damage: Spiritual journey – ie hereditary influences affecting previous / future generations, Alzheimer's, Parkinson's, cerebral palsy, brain tumour. **Foods:** meat; avoid alcohol.

The Right Ventricle

Chamber of Youth ~ Child of Yang

Pulmonary constitution – Youth. Eternally youthful, lithe, long limbed, slender physique, neat, coordinated, often fair and blue eyed; energetic, active, outdoorsy, perfectionist; sporty, active, creative, musical, literate, intellectual, sociable; aloof, selfish, ego-centred, self-denial, sarcastic (hurt by verbal sarcasm); lungs, bones, ankles, reproductive organs, neurotic.
Level of damage: Mental journey – inflammation, colitis, smoking related bronchial illness, stuttering, anorexia, chronic conditions like arthritis. **Foods:** chicken, fish; avoid gluten / acid.



The Left Auricle

Chamber of Motherhood ~ Yin

Mitral constitution – the mitral valve. Mother/wife. Curvaceous, rounded belly voluptuous; motherly, sympathetic, caring, fussing; loving, nurturing, supportive, motherhood, giver of life, creative; manipulative, martyr, controlling, emotional blackmail, tendency to over-eat or force feed; breasts, heart, spleen, digestion;
Level of damage: Emotional journey – functioning of the organs, digestion and hormonal systems, emotional upset. **Foods:** grains, root vegetables, avoid too much sugar and fat.

The Left Ventricle

Chamber of Babyhood and old age ~ Child of Yin

Aortic constitution – Baby; old age. Exotic, adorned, sparkly accessories, small and perfectly formed (unless damaged, then obese), often brown eyed; sweet, baby faced, or sultry and sexy; intuitive, sensual, sensitive, psychic, wise soul, creative/muse; victim hurt by cruelty or abandonment, criminal, vagrant, spoilt princess, jealous; blood, mouth/colon canal.
Level of damage: Physical journey – acute conditions, now, life blood, fluid retention, cellulite, thrombosis, obesity, uterus, prostate, candida, tooth decay. **Foods:** fruit, seeds; avoid meat

Case Study

Three generations of one family booked to have a consultation with Professor Mossop.

The mother was a tall, smartly dressed, elegant woman. She had a strongly Tricuspid appearance.

Professor Mossop remembers: 'I didn't understand why this beautiful woman had come to see me. She said she was suffering from migraine.'

She told Professor Mossop her parents were diplomats; she adored her father but he had been absent much of her early life. They had wanted a son and had high expectations of her, and true to form, she held a position of great responsibility as a senior hospital surgeon.

Her heart lock was in the Tricuspid constitution, the trauma was on the deepest spiritual level, which can lead to degenerative conditions unless healing takes place, and the definition in the Aortic square indicated that something had occurred on a specific date recently.

The grandmother came in and was evidently in an emotional state.

Her heart lock was in the Mitral chamber of the heart, on the emotional journey, again with a recent date giving an Aortic definition.

She was presenting with a heart murmur and was showing signs of a spleen disorder, both functional problems that can result from being traumatised on an emotional level.

The son was sporty, active, bright, and trilingual. He spoke perfect English, although it was not his first language.

He had a typically Pulmonary constitution and his heart lock was in the Pulmonary quadrant, the level of the damage was Tricuspid, relating to hereditary, degenerative conditions or matters to do with the father. The 'who, what, when' definition was the same date in the Aortic section – now. He was suffering from asthma.

When his younger brother came in for his consultation, he burst into tears. He told Professor Mossop: 'My father was killed on the ski slopes last year.'

The entire family had witnessed the accident; the youngest boy, who was Aortic in constitution, was the only one who mentioned the tragedy, but the same date showed up for all of them in the Aortic section of their heart lock chart. The date the father was killed was affecting them all now. They were all showing their trauma in different ways, according to their type, but they were all affected.

The teenage son was expressing his grief as breathing difficulties. The little boy was showing his distress now, as tears and upset.

The grandmother was suffering empathetically for her daughter's grief, for her grandchildren's loss; and old memories had surfaced of grieving for her own husband's death, her

father's death, and her grandfather's death.

Her controlled and collected daughter, who showed no obvious signs of emotional distress, was nevertheless suffering physically from the shock and grief of losing her husband, but this was stored at a deeper level in her body. Professor Mossop says: 'She was cracking physically, she couldn't express her emotion.'

<p>The Mother Constitution: Tricuspid Heart lock: Tricuspid; Spiritual journey; Aortic definition</p>	<p>Grandmother Constitution: Mitral Heart lock: Mitral; Emotional journey; Aortic definition</p>
<p>Youth Constitution: Pulmonary Heartlock: Pulmonary; Spiritual journey; Aortic definition</p>	<p>Boy Constitution: Aortic Heart lock: Aortic; Physical journey; Aortic definition</p>

more information

- Courses on the Heart Lock theory are held in London. For details see www.phytobiophysics.co.uk or telephone the Institute of Phytobiophysics on 01534 738737.
- Phytobiophysics Flower Formulas are available from the *Kindred Spirit* Mail Order Collection.

