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## Hunyuan heart medicine – connection between mind and body

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Modern society is afflicted with many chronic diseases that have yet to be cured. Many such chronic and debilitating diseases find their roots in the patient's emotions and mind. Therefore, a method remedying the emotions and the mind promises, at times, surprising positive results for such chronic and debilitating diseases. Hunyuan Heart method, Xinfu, is a method derived from the Huai Xuan School. A 200 year old philosophical school from Sichuan, China dedicated to the exploration of the heart, its disharmonies and remedies. In Hunyuan Heart every patient is evaluated according to strict principles measuring the amount of energy expended by thoughts, words and actions. The excessive waste of energy in the emotional realm is often the cause for chronic diseases of the body. When the disease's root is in the heart then the remedy must be in the heart as well. Hunyuan Xinfu heart method is a unique system exploring the connection between the person's state of mind, emotions and physical body. The experience and knowledge developed in Hunyuan Xinfu Heart method is a valuable tool for all healthcare modalities in the treatment of chronic and hard to treat diseases. The tools provided include meditative techniques, heart sorting exercises, literature that is easy to learn and practice and the results are positively significant.

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