

# **Alabdulgader Heart Based Resonant Field Theory of Consciousness: A Scientific Exploration of Resonance, human Intention and Revelation**

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## **ABSTRACT**

The Alabdulgader Heart-Based Resonant Field (HBRF) Theory of Consciousness redefines the boundaries between science and spirituality, offering a novel framework to explore the intricate connections between human consciousness, divine communication, and universal resonant fields. This theory posits that the human heart is more than a biological organ; it serves as a dynamic center of consciousness with the ability to sense, process, and resonate with external energetic fields, including cosmic and planetary frequencies. Recent research in neurocardiology reveals that the heart can detect sensory stimuli before the brain, impacting emotional regulation and decision-making. Additionally, the synchronization of heart rhythms across socially connected yet geographically diverse individuals suggests a collective, non-local field of interconnected consciousness. The HBRF theory proposes that during moments of intense emotional states—such as the supplication of the oppressed—the heart achieves greater coherence, potentially facilitating a deeper connection to a universal field of information and divine communication. By integrating empirical evidence with spiritual insights, this theory provides a scientific perspective on the potency of heartfelt supplication, offering a mechanism through which emotional and physiological states may influence divine response. This interdisciplinary approach broadens the understanding of human consciousness, opening new avenues for research in neuroscience, psychology, theology, and beyond.

**Keywords:** Heart-Based Resonant Field Theory (HBRF Theory), Heart Rate Variability (HRV), Consciousness and Divine Communication, Neurocardiology, Cosmic Resonance, Non-local Consciousness, Spirituality and Science

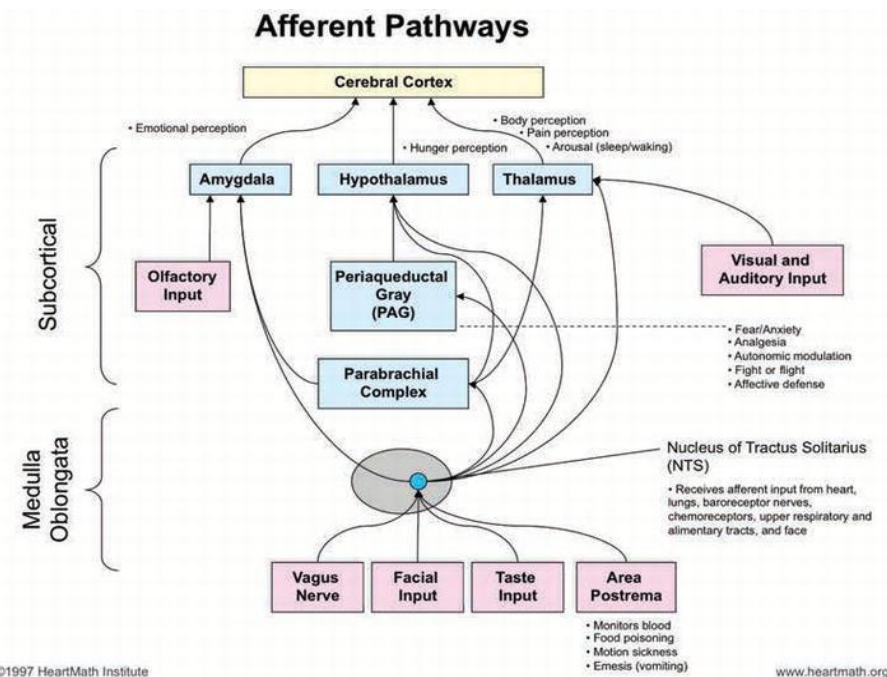
## **INTRODUCTION**

The study of human consciousness has traditionally been dominated by a brain-centric perspective, rooted in the fields of neuroscience, psychology, and cognitive science. However, emerging interdisciplinary research is redefining this paradigm by exploring the role of the heart as a critical organ of consciousness. The Alabdulgader Heart-Based Resonant Field (HBRF) Theory of Consciousness introduces a transformative framework that extends beyond conventional neurobiological models, proposing that the heart is not merely a biological pump but a dynamic, resonant field that influences and interacts with broader energetic and informational dimensions. Central to this theory is the concept that the heart functions as a complex system of communication, exhibiting bidirectional interactions with the brain through neural, hormonal, and electromagnetic pathways. Neurocardiology, a growing field investigating the intricate communication between the heart and brain, reveals that the heart possesses its own intrinsic nervous system, sometimes termed the "heart-brain," with large

network of ganglia located at strategic locations at the entrance of the great vessels and in heart chambers capable of perceiving, processing, and storing information. These findings challenge the traditional hierarchy that positions the brain as the sole center of human cognition and emotional regulation. Research has shown that the heart generates an electromagnetic field 5000 times more powerful than the brain's electromagnetic field, capable of extending several feet beyond the body, influencing nearby individuals and potentially resonating with larger, universal fields. The HBRF Theory builds on this scientific foundation by integrating it with the exploration of spirituality and ancient wisdom. A particularly significant aspect of this theory is its examination of the Islamic hadith that states, "*the supplication of the oppressed has no veil to Almighty Allah.*" This saying has profound spiritual implications, suggesting that the emotional intensity and sincerity of a supplicant, especially during states of oppression, may enhance their capacity for divine communication. The HBRF Theory proposes that such heightened emotional states can generate a state of heart coherence where the heart's electromagnetic signals achieve a harmonious, ordered sine pattern. This coherence, as measured by heart rate variability (HRV), is associated with optimal cognitive function, emotional regulation, and physical health. Notably, research has demonstrated that the heart can detect and respond to sensory stimuli before the brain, suggesting a level of anticipatory awareness potentially linked to intuitive perception. Additionally, the theory suggests that the heart's coherence can synchronize with external environmental factors, such as cosmic and planetary frequencies. Studies exploring the correlation between HRV and Schumann Resonances, a set of low-frequency global electromagnetic resonances occurring between the earth surface and the ionosphere, indicate that the heart may be sensitive to these universal rhythms. This phenomenon is supported by empirical data indicating synchronized heart rhythms among socially connected individuals in geographically distant regions, suggesting a shared, non-local field of consciousness. Such findings raise profound questions about the interconnectedness of human consciousness and the potential for the heart to access a collective, transpersonal field of information. The HBRF Theory also intersects with quantum theories of consciousness, proposing that the heart may act as a biological interface, accessing information from a broader, non-local field of consciousness. This notion aligns with theories of quantum entanglement, where interconnected systems influence each other instantaneously regardless of spatial separation. By considering the heart as a resonant field capable of synchronizing with these broader cosmic and planetary energies, the HBRF Theory suggests a mechanism through which heartfelt intentions, such as those expressed in prayer or supplication, may resonate with a universal field of divine communication. This theoretical model has far reaching implications for understanding consciousness not only on an individual level but as a collective phenomenon. If the heart can synchronize with broader energetic fields, it raises the possibility that collective human emotions and intentions could influence broader social and cosmic systems. By bridging empirical research with spiritual insights, the HBRF Theory provides a scientifically grounded yet spiritually profound perspective, expanding the current understanding of consciousness beyond the limitations of materialistic frameworks. This introduction lays the groundwork for a deeper exploration of the heart's dual role as a biological and metaphysical organ, its capacity to mediate human experience through resonance, and its potential to facilitate divine communication. Through this integrative approach, the HBRF Theory opens new pathways for interdisciplinary research in neuroscience, psychophysiology, quantum science, and spirituality, offering a comprehensive understanding of the intricate relationship between the heart, consciousness, and the cosmos.

## THE HEART AS A CENTER OF CONSCIOUSNESS

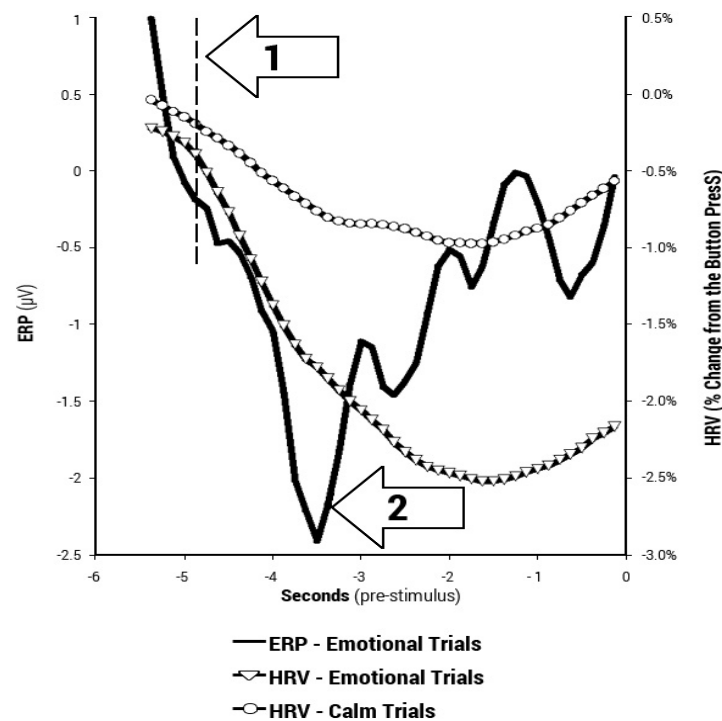
At the core of Alabdulgader's theory is the assertion that the heart is not merely a biological organ but a fundamental center of consciousness (1). This idea resonates with numerous spiritual traditions that emphasize the heart's role in emotional and intuitive understanding. (2) Research in neuroscience has begun to explore the heart's influence on our emotional states and decision-making processes, suggesting that it plays a critical role in our overall consciousness. For instance, studies have shown that the heart communicates with the brain, sending signals that can affect emotional processing and cognitive function (3). The discoveries in the field of neurocardiology are creating new scientific dimensions pulling the historical red carpet from the brain as source of human emotions and cognitions to the new system in the intracardiac nervous system and extracardiac (intrathoracic) nervous system and its connections (4), (5) (**figure 1**).



**Figure 1: The currently known afferent pathways by which information from the heart and cardiovascular system modulates brain activity. The nucleus of tractus solitarius (NTS) direct connection to the amygdala, hypothalamus and thalamus is shown**

Across various holy scriptures, the heart is universally regarded as more than a physical organ; it is the center of emotions, intellect, spirituality, and divine connection. In the Bible, the heart symbolizes wisdom, moral character, and faith. In Hinduism, the *Bhagavad Gita* and Upanishads portray the heart as the seat of the soul and divine presence. Buddhism associates the heart with compassion and mindfulness, while Taoism views it as a source of harmony and openness. Indigenous traditions emphasize the heart as a bridge between the physical and spiritual realms. Across traditions, the heart represents the essence of spiritual and moral life. In the Holy Quran, the human heart holds a profound and sacred position, transcending its physical function as a pump to embody the center of intellect, consciousness, and spiritual perception. Mentioned approximately 136 times, the heart is consistently referred to as the seat of understanding, reflection, and moral discernment. Verses such as *"They have hearts with which*

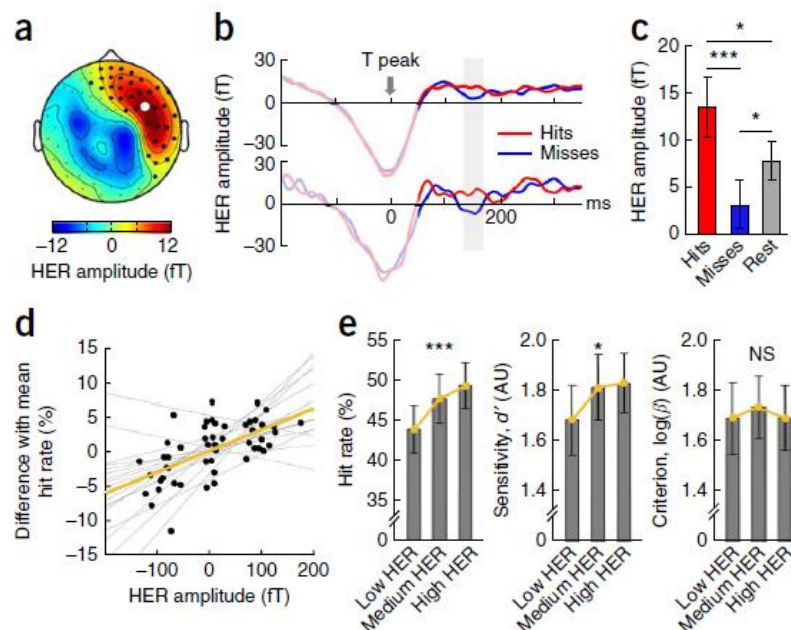
*they do not understand*” emphasize the heart’s role in comprehension and wisdom, signifying that true awareness and faith are rooted within it. The Quran portrays the heart as the locus of divine inspiration and spiritual awakening, highlighting its capacity to either embrace guidance or fall into heedlessness. Unlike the brain, the Quran attributes the heart with the ability to connect deeply with the divine, making it the ultimate vessel for spiritual truths. This perspective elevates the heart beyond mere biology, presenting it as the core of human essence and the gateway to higher understanding and divine connection. As a matter of fact emerging evidence from neuroscience and fundamental research challenges traditional paradigms, revealing that the heart detects sensory stimuli before the brain. This finding represents a significant scientific, philosophical, and conceptual shift. Researchers at the HeartMath Institute incorporated measures of brain activity (EEG) and heart rhythm (ECG) and discovered that both the brain and heart responded to pre-stimulus information before a future emotional picture was randomly selected by the computer. Interestingly, the heart detected this information about 1.3 seconds earlier than the brain. **Figure 2.(6)**



**Figure 2: Temporal dynamics of prestimulus responses in the heart and brain. Heart rate deceleration for emotionally arousing future stimuli diverged about 4.8 seconds before the stimulus, while the brain's ERP response shifted positively around 3.5 seconds prior. This suggests the heart detected intuitive information approximately 1.3 seconds before the brain with distinct signals sent from the heart to the brain during this period. (6)**

Hyeong-Dong Park, in *Nature Neuroscience*, documented neural events synchronized with heartbeats that occur prior to stimulus onset. These events predict the detection of faint visual stimuli and are observed in two key brain regions: the posterior right inferior parietal lobule and the ventral anterior cingulate cortex. Both regions belong to the same resting-state network and are associated with diverse functional roles.(7) Another study performed by Hyeong-Dong Park<sup>1</sup>, Stéphanie Correia and colleagues reveals that spontaneous neural

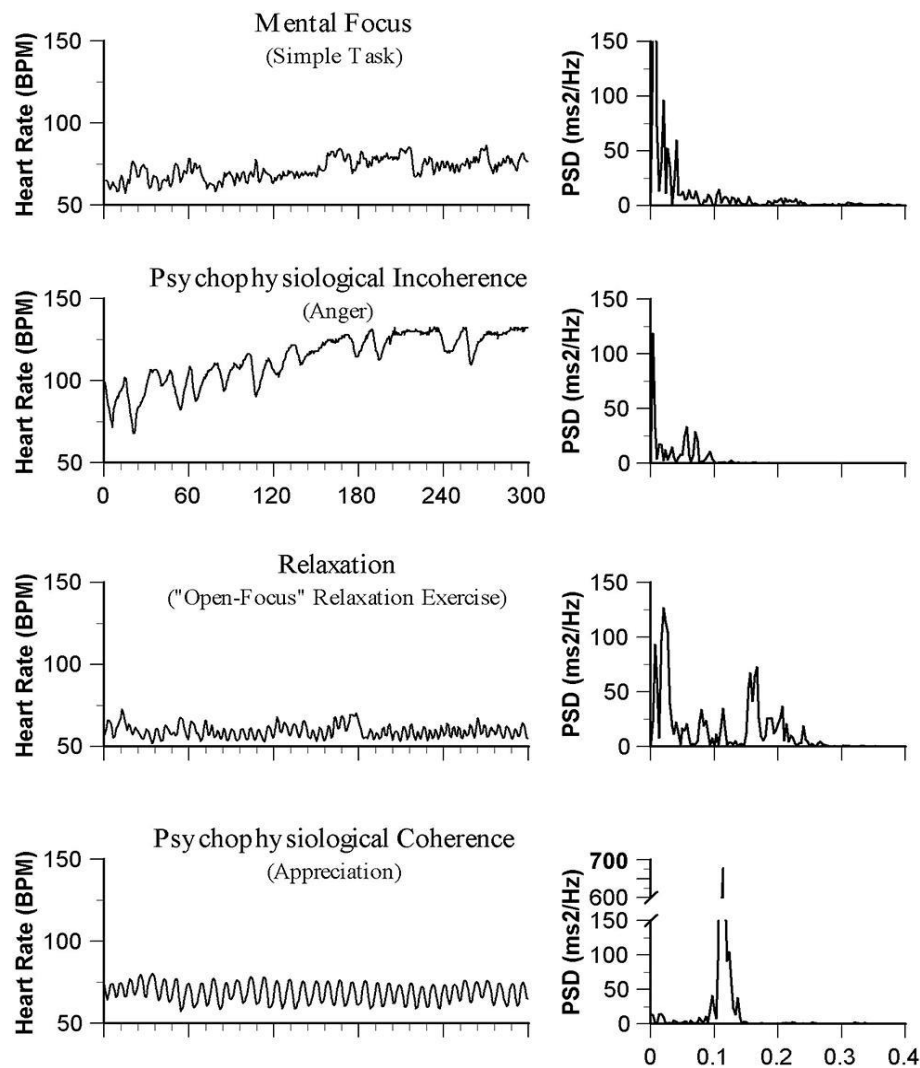
responses to heartbeats (heartbeat-evoked responses, HBER) before stimulus onset predict whether a visual stimulus will be consciously perceived. Using magnetoencephalography (MEG) and electrocardiogram (EKG), they found that HBER amplitude in the 135–171 ms window before stimulus onset was significantly larger in trials where participants reported seeing the stimulus (hits) compared to when they did not (misses), with a key difference observed in right frontal and central brain regions ( $P = 0.034$ ). HBER amplitudes were also higher before hits than during rest, and greater HBER amplitudes correlated with an increased likelihood of detecting the stimulus, as shown by a linear regression across subjects. Importantly, this effect was linked to increased perceptual sensitivity ( $P = 0.049$ ) without affecting decision criteria ( $P = 0.99$ ), suggesting that heart-related neural signals influence visual awareness rather than response bias (**figure 3**). Source analysis localized this effect to the ventral anterior cingulate cortex (vACC) and right inferior parietal lobule (rIPL), regions involved in self-referential processing and sensory integration, supporting the idea that heart brain interactions shape conscious perception. The findings could not be explained by differences in cardiac electrical activity, pupil diameter, or cortical excitability, confirming that the observed HBER differences were specifically linked to heartbeats rather than general fluctuations in brain activity. These results highlight the role of internal bodily signals in shaping subjective visual experience and provide evidence that neural monitoring of the heart influences perceptual consciousness.



**Figure 3: Neural Events Locked to Heartbeats Predict Conscious Perception:**(a) Topographical map: significant difference in heartbeat-evoked response (HER) between hits and misses was found 135–171 ms before stimulus onset ( $P = 0.034$ ). (b) Prestimulus Magnetic Fields: HBER signals showed distinct differences before hits and misses, with a significant window highlighted. (c) HBER Amplitude: HBERs were stronger before hits than misses and differed from resting-state HERs ( $P < 0.05$ ). (d) Perception & HBER: Higher HBER amplitudes increased the likelihood of perceiving the stimulus. (e) Perceptual Sensitivity: HER amplitude was linked to increased sensitivity ( $P = 0.049$ ) but not response bias.

## THE HUMAN HEART RATE VARIABILITY FREQUENCIES: NEUROBIOLOGICAL MECHANISMS OF PSYCHOPHYSIOLOGICAL HOMEOSTASIS

Heart Rate Variability (HRV) represents the fluctuation in time intervals between heartbeats, offering a window into the complex interplay of neural, hormonal, and mechanical regulatory systems. While historically overlooked, HRV gained prominence in the 20th century as an indicator of physiological adaptability and well-being. HRV analysis employs frequency-domain and time-domain methods to categorize heart rhythm oscillations into bands. The European Society of Cardiology and the North American Society of Pacing and Electrophysiology Task Force Report on HRV divided heart rhythm oscillations into 4 primary frequency bands; high-frequency (HF): from 0.15 Hz to 0.4 Hz, low-frequency (LF): from 0.04 Hz to 0.15 Hz, very-low-frequency (VLF): from 0.0033 to 0.04 Hz, and ultra-low-frequency (ULF): below 0.0033 Hz. The high frequency band (HF) reflects parasympathetic or vagal activity and is frequently called the respiratory band because it corresponds to the HR variations related to the respiratory cycle known as respiratory sinus arrhythmia. (8) The mechanisms linking the variability of HR to respiration are complex and involve both central and reflex interactions. (9) In terms of psychological regulation, reduced vagally mediated HRV has been linked to reduced self regulatory capacity and cognitive functions that involve the executive centers of the prefrontal cortex. This is consistent with the finding that lower HF power is associated with stress, panic, anxiety, or worry (10). The low frequency band (LF) was previously called the “baroreceptor range” or “mid-frequency band” by many researchers, since it primarily reflects baroreceptor activity while at rest (11). Baroreceptors are stretch-sensitive mechanoreceptors located in the chambers of the heart and vena cavae, carotid sinuses (which contain the most sensitive mechanoreceptors), and the aortic arch. The vagus nerves are a major conduit through which afferent (ascending) neurological signals from the heart are relayed to the brain, including baroreflex signals. Baroreflex gain is commonly calculated as the beat-to-beat change in HR per unit of change in systolic BP (12). The cardiovascular system resonance frequency is a distinctive high-amplitude peak in the HRV power spectrum around 0.1 Hz (10). The very low frequency band (VLF) is under investigated in the medical literature. Although all 24-hour clinical measures of HRV reflecting low HRV are linked with increased risk of adverse outcomes, the VLF band has stronger associations with all-cause mortality than the LF and HF bands. Low VLF power has been shown to be associated with arrhythmic death (13) and posttraumatic stress disorder (PTSD) (14). Heart rate variabilities and their different dominant frequencies during different emotions are distinct and variable. **(figure 4).**



**Figure 4: Psychophysiological modes and the corresponding Heart rate variabilities and their different dominant frequencies during different emotions**

Additionally, low power band has been associated with high inflammation and has been correlated with low levels of testosterone. the VLF rhythm appears to be produced by the heart itself and may be an intrinsic rhythm that is fundamental to health and wellbeing. (8) This cardiac origin of the VLF rhythm is also supported by studies showing that sympathetic blockade does not affect VLF power. Furthermore, VLF activity remains in quadriplegics, whose sympathetic innervation of the heart and lungs is disrupted. The ultra low frequency band (ULF) originates primarily from circadian oscillation in HR although other very slow-acting regulatory processes, such as core body temperature regulation, metabolism, and the renin-angiotensin system likely add to the power in this band (15). Cardiac coherence postulated by HeartMath Institute is a unique practice thought to be corresponding to psychophysiological optimal performance. Emotional states especially extreme emotions like being oppressed influence HR patterns, while sub-cortical structures continuously compare sensory inputs with past experiences to assess environmental risks and ensure comfort. *Actually, the pattern and degree of stability in the beat-to-beat changes in heart rate encodes information over macroscopic time scales which can influence cognitive performance and emotional experience.* Information

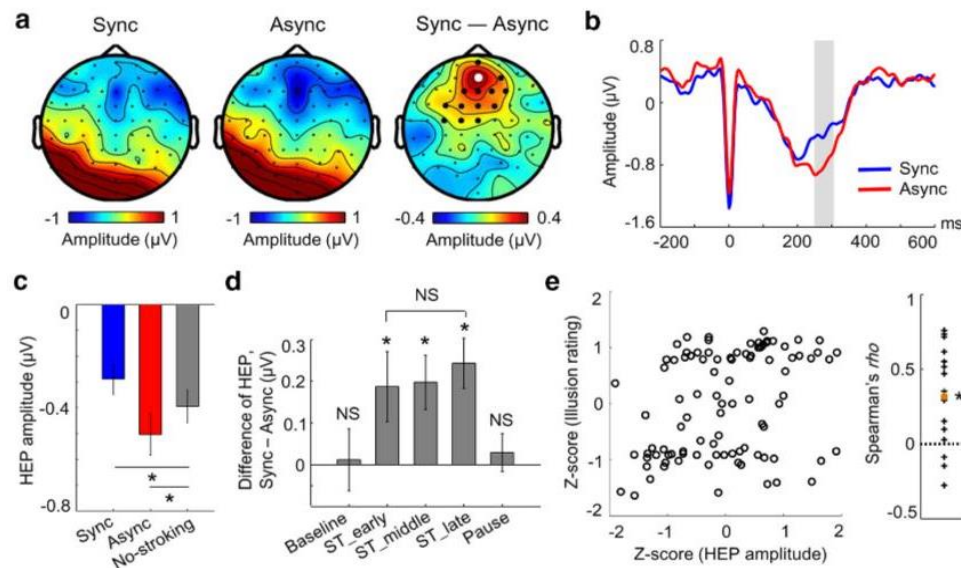
encoded in the heart's inter-beat intervals helps synchronize bodily systems, while cardiovascular afferent neuronal activity significantly impacts cognition, emotion, and self-regulation by influencing key brain structures like the thalamus and amygdala. Prayer is perceived to be more efficacious practice as a problem-solving process. (16) Increased vagal afferent traffic during coherent states can inhibit pain pathways, and self-induced positive emotions further promote coherence, enhancing performance and overall well-being (17). New revolutionary understanding in the dominance of human heart on emotions and cognitions is the knowledge that 85% of vagal fibers are afferent, mostly are cardiac afferents. (18) Serenity and tranquility are known to be a prominent character of certain individuals practicing prayers supplication as a life style and religious pillar. As a matter of fact, establishing a new baseline in emotional and physiological regulation involves understanding that emotions are shaped by complex somatic states, which become "set points" in neural architecture and function as implicit memory. These patterns are established through feedback loops between internal rhythms, such as those from the heart and facial expressions, and higher-frequency brain oscillations. (19) Once formed with continuous sincere heart felt supplications especially of the oppressed person, those neurological set points will act as baselines for interpreting sensory input, shaping perceptions of safety, peace, and comfort. As times goes with those new reference points it became the new pattern where coherence is evident easily, not only between body systems and psychology but extends from the human heart reaching to the Preserved Board (PB) in the infinite diversity of the omniverse where fate of every thing has been documented until the judgment day.

### **HEARTBEAT EVOKED POTENTIALS: NEW INSIGHTS TOWARDS HEART SOVEREIGNTY AND PSYCHOPHYSIOLOGICAL FUNCTIONING**

The human heart, long considered merely a pump for circulating blood, is now emerging as a central player in the regulation of psychophysiological functioning. Heartbeat-evoked potentials (HBEPs) represent an exciting frontier in understanding the bidirectional communication between the heart and the brain. These electrophysiological signals, measurable through electroencephalography (EEG), are synchronized with cardiac activity and reflect the brain's processing of cardiac inputs. Recent insights into HEPs suggest their critical role in shaping emotional regulation, self-awareness, and interoception, the perception of internal bodily states. These discoveries pave the way for revolutionary applications in medicine, psychology, and even human-machine interfaces. HEPs are cortical potentials that align temporally with the heartbeat, typically measured within a time window of about 200-400 milliseconds after the R wave of the heart beat. They provide a window into the brain's response to cardiac signals, reflecting the integration of neural and autonomic processes. HBEPs are primarily associated with the anterior cingulate cortex (ACC), insula, and medial prefrontal cortex, regions integral to interoceptive awareness and emotional processing. Interoception—the awareness of internal physiological states—is closely linked to HEPs. Studies have shown that individuals with heightened interoceptive abilities exhibit stronger HEP amplitudes, suggesting that these potentials are a neural correlate of body-brain communication (7). Furthermore, HEPs are modulated by emotional states, stress, and attention, underscoring their dynamic role in psychophysiological functioning. The term "heart sovereignty" encapsulates the idea that the heart, rather than being subordinate to the brain, acts as a central regulator of physiological and emotional states. This concept is grounded in the intricate bidirectional communication facilitated by the autonomic nervous system and



neurocardiology. (figure 1) The heart possesses its own intrinsic nervous system, often referred to as the "heart-brain," which communicates with the central nervous system via afferent pathways. HEPs exemplify this connection by providing a measurable indicator of how the brain perceives and responds to cardiac signals. Recent research suggests that heart sovereignty influences emotional regulation, decision-making, and even cognitive performance. The heart's rhythmic activity has been shown to modulate neural oscillations, suggesting a foundational role in maintaining psychophysiological coherence. This coherence, defined as a state of harmonious interaction between the heart and brain, has been associated with improved mental health, resilience, and overall well-being. HBEPs have profound implications for understanding the interplay between physiological states and psychological experiences. For example, studies have demonstrated that anxiety disorders and depression are associated with altered HEP amplitudes, indicating dysregulated brain-heart communication. This finding highlights the potential of HBEPs as biomarkers for mental health conditions. (20) Moreover, HBEPs have been linked to emotional awareness and self-regulation. Enhanced HBEP amplitudes are observed in individuals practicing mindfulness or heart focused meditation, suggesting that these practices may enhance brain-heart coherence. *This insight opens new avenues for therapeutic interventions aimed at improving emotional and physiological health.* Heartbeat evoked potentials represent a transformative paradigm in understanding the intricate connection between the heart and brain. By highlighting the heart's sovereignty in regulating psychophysiological functioning, HBEP research offers new insights into emotional regulation, interoception, and overall well-being. With applications spanning mental health, technology, and performance optimization, the study of HBEPs holds immense promise for advancing human potentials. Recent research explores bodily self-consciousness, focusing on how multisensory processing of external signals (e.g., somatosensory, visual, and vestibular) and internal bodily signals (e.g., visceral) influence self-identification. The relationship between bodily self-consciousness and the neural processing of internal signals were examined. Using electrical neuroimaging, physiological analysis, and virtual reality, researchers found that transient changes in neural responses to heartbeats in the posterior cingulate cortex were associated with changes in bodily self-consciousness induced by a full body illusion. Neural responses to heartbeats, measured as HBEPs, are shown by Hyeong-Dong Park and colleagues (20) are linked to altered states of bodily self-consciousness. Significant differences in HBEP amplitudes between synchronous and asynchronous conditions during specific time windows, particularly in the 250–305 ms range are seen in figure 5. These differences were observed during active stroking periods but not during baseline or pause periods. Additionally, individual variations in HBEP amplitudes correlated with the strength of the self body illusion, as shown by significant correlations across subjects. This highlights the role of HBEPs in integrating bodily signals and shaping self consciousness. These findings provide experimental evidence linking the cortical mapping of heart beat to self consciousness, independent of basic physiological parameters or interoceptive sensitivity traits. As research continues to unravel the complexities of this heart-brain dialogue, the vision of harnessing HBEPs for holistic health and innovation becomes increasingly attainable.

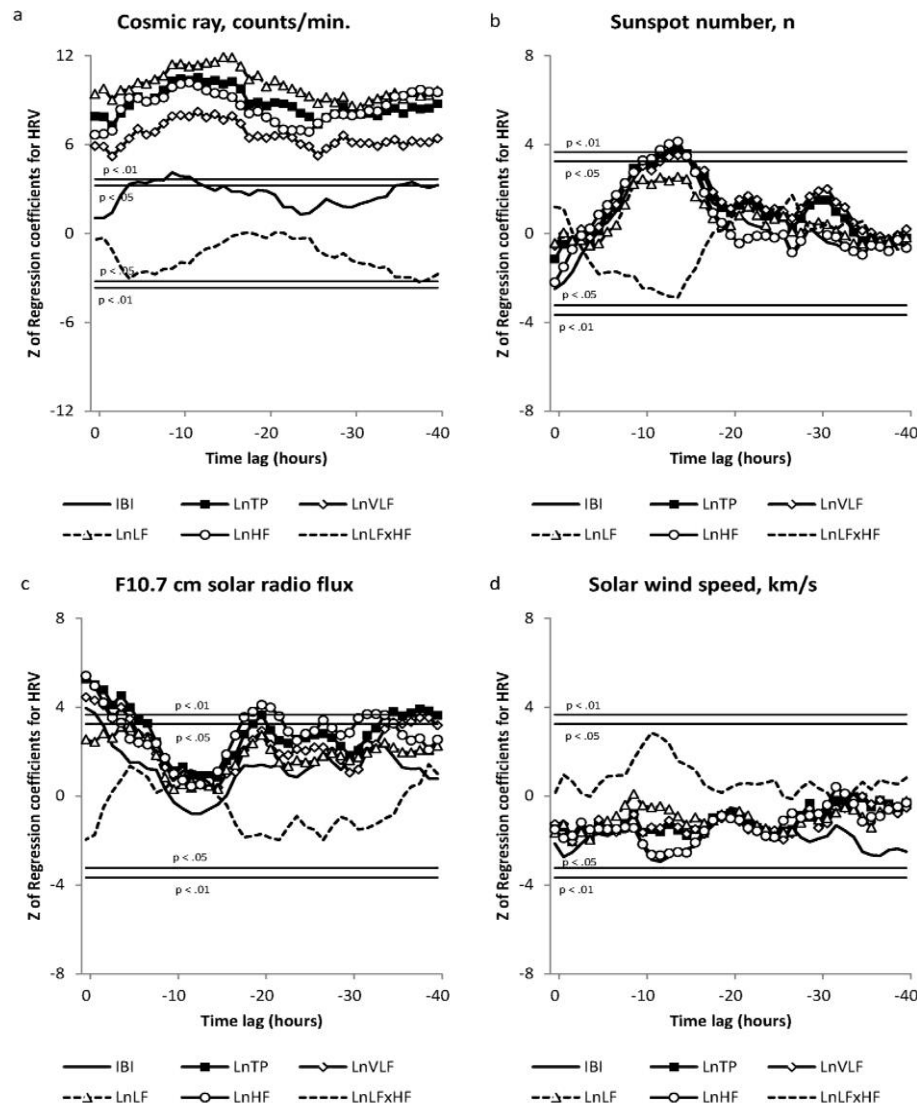


**Figure 5:** a. Topographic representation of the heartbeat-evoked potential (HEP) amplitude under synchronous (left) and asynchronous (middle) conditions, along with their difference (Sync – Async; right) within the 250–305 ms post-stimulus time window, where a statistically significant effect is observed. Electrodes contributing to the significant cluster are marked with larger black and white dots. b. Temporal dynamics of HBEPs at the electrode highlighted by a white dot in panel a, exhibiting the maximal difference. The shaded region delineates the time window with a significant effect (cluster-level  $p < 0.01$ ,  $n = 16$ ). c. Mean HBEP amplitude averaged across the significant electrode cluster during synchronous and asynchronous conditions, as well as during the no-stroking period (i.e., encompassing all baseline and pause phases). d. Differences in mean HBEP amplitudes between synchronous and asynchronous conditions across the baseline, three equally divided time bins of the stroking period, and the subsequent pause phase. Significant differential HBEP amplitudes were detected in each of the three stroking-period time bins (all  $p < 0.05$ ,  $n = 16$ ), but not during the baseline or pause phase (both  $p > 0.4$ ,  $n = 16$ ). e. Relationship between illusion ratings and mean HEP amplitude across experimental blocks within each participant (left). Each dot represents a block. The Spearman correlation coefficient ( $\rho$ ) for each participant is depicted on the right, where each cross represents an individual, and the orange dot denotes the grand-averaged  $\rho$  across all 16 participants, which was significantly greater than zero (permutation test,  $p = 0.004$ ,  $n = 16$ ). Error bars represent the standard error of the mean (SEM).  $p < 0.05$ . NS: Not significant. (20)

### HUMAN HEART AND PLANETARY ELECTROMAGNETIC SYNCHRONIZATION

Our group research in the last 15 years elaborate in the major importance of understanding resonance in astrophysics and cardiology. Resonance, the phenomenon where different systems vibrate at the same frequency, is significant in understanding how the heart's rhythms can synchronize with external environmental factors, including planetary and cosmic energies. Our research and others have demonstrated correlations between heart rate variability (HRV) and cosmic events, indicating that human physiological processes resonate with universal frequencies Our Heart Based Resonant Field (HBRF) Theory is based on the longest human kind experiment documenting human heart rate variability (HRV) with three critical cosmic energetic levels, namely Schumann Resonances (SR), solar winds indices and cosmic rays (21). Cosmic rays are high energy particles originating from massive nuclear explosions in the extremely, endless universe. Our results highlights the fact that daily autonomic nervous

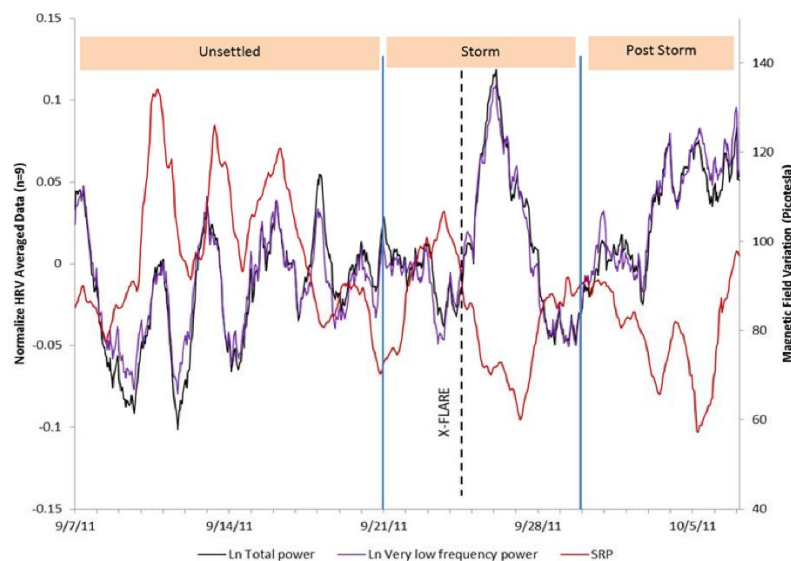
system (ANS) activity adjusts in response to changes in geomagnetic and solar conditions under normal, undisturbed circumstances. These adjustments occur at varying times after environmental shifts and last for different durations. A rise in solar wind intensity was found to correlate with an increase in heart rate, suggesting a biological stress reaction. In contrast, heightened cosmic ray activity, solar radio flux, and Schumann resonance power were associated with greater heart rate variability (HRV) and enhanced parasympathetic activity. The results support the idea that energetic environmental factors influence psychophysical processes, with effects varying based on an individual's sensitivity, health, and ability to self-regulate. (21)



**Figure 4: The correlations between heart rate variability (HRV) thought to be the human information carrier and changes in measures of solar activity and cosmic rays.**

In another remarkable findings a link was established between geomagnetic activity and human nervous system function through continuous monitoring of heart rate variability (HRV) and fluctuations in the geomagnetic field. Autonomic nervous systems respond to dynamic changes in solar activity, cosmic rays, and the surrounding magnetic field. Significant

correlations were established between HRV and multiple environmental parameters, including solar wind speed, Kp and Ap indices, solar radio flux, cosmic ray counts, Schumann resonance power and overall magnetic field variations (figure 5). Time-series data were synchronized, normalized, and adjusted to remove circadian rhythms. Remarkably, participants' HRV rhythms exhibited synchronization, aligning at a cycle of approximately 2.5 days, despite being in separate locations. This work suggests that daily autonomic nervous system activity is not only influenced by solar and geomagnetic changes but is also synchronized with time-varying magnetic fields linked to geomagnetic field-line resonances and Schumann resonances (22)



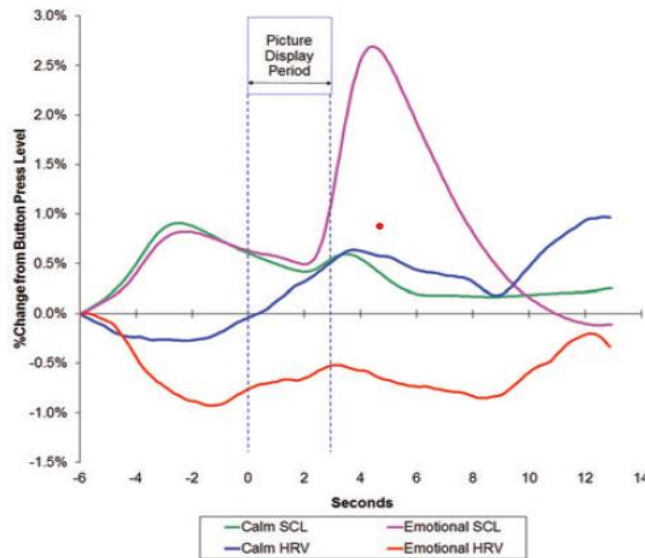
**Figure 5: HRV total power and very low frequency power measures with the Schumann resonance power variations overlaid.**

This concept aligns with the idea that the heart functions as a sensory organ, connecting humans to the broader universe. Integrating quantum physics into this theory suggests that consciousness may involve quantum processes within the body, particularly in the heart and brain. Quantum theories of consciousness propose that quantum coherence and entanglement within neural and cardiac structures contribute to the emergence of conscious experience. Evidence supporting the quantum model of consciousness indicates that quantum processes could underlie the interconnectedness of mind and matter. This holistic approach to understand consciousness has profound implications for neuroscience, psychology, and medicine. Recognizing the heart's role in consciousness could lead to new therapeutic strategies focusing on enhancing heart-brain coherence to improve mental and emotional well-being (3). Moreover, this perspective encourages further exploration into the interconnectedness of human beings with the broader universe, fostering a more integrated understanding of human existence.

### **THE HUMAN HEART AND ITS CONNECTION TO ENERGETIC FIELDS: INSIGHTS FROM INTUITION RESEARCH**

In the modern world, elevating both individual and collective consciousness is essential for informed decision making, enhanced well-being, and sustainable development. Intuition, often regarded as an intrinsic and unconscious form of intelligence, plays a critical role in cognitive

flexibility, emotional regulation, and self-awareness. It is a key, yet frequently underexplored, factor in human cognition that facilitates rapid and affectively charged judgments. Studies indicate that intuitive perception is fundamental across various domains, including business, education, medicine, healing, and personal development (23). Intuition arises from implicit learning and nonconscious cognitive processing. While historically viewed as an abstract phenomenon, contemporary scientific research affirms its empirical basis, revealing significant applications in decision-making and human performance optimization. Research conducted at the HeartMath Institute (California-Boulder Creek) categorizes intuition into three primary forms: first is Implicit Knowledge (Pattern Recognition), derived from previous learning experiences, stored within the unconscious mind. In this type of intuition the brain functions as a pattern-matching system, rapidly linking present circumstances with past experiences to generate intuitive responses. It is crucial for fast, automated decision-making. Second is Energetic Sensitivity where the nervous system detects and responds to external stimuli, including electromagnetic fields. Third type of intuition is the Nonlocal Intuition (Beyond Time and Space). This category of intuition entails knowledge or awareness that is not attributable to past experiences or environmental cues. We with others are proposing that biological and physical systems are interconnected at a fundamental level, facilitating the acquisition of information about distant or future events. Documented examples include parental intuition about a child's distress despite physical distance and entrepreneurs making highly precise business decisions guided by instinct feelings. Our experimental work in the last decade added fine fundamental details to the geomagnetic activity influence on human physiological responses, and its intimate physical link to human heart frequencies with some individuals demonstrating an ability to sense planetary electromagnetic field more than others (19,20,21,22,24,25). Our Heart Based Resonant Field Theory (HBRF) added universal dimension to the astrophysics of human consciousness and intuitive capabilities (19,26) Intuition is a foundational aspect of human cognition, deeply rooted in physiological mechanisms, particularly those associated with the heart. Research supports the hypothesis that the heart is capable of detecting future events, implying a direct coupling with a nonlocal field of information. Variables such as social connectivity, emotional states, and lunar cycles appear to influence intuitive perception. By cultivating access to intuition, particularly through heart coherence techniques, individuals may enhance decision making abilities, emotional stability, and overall consciousness. This body of research substantiates the claim that intuition is not merely a metaphysical concept but a scientifically quantifiable phenomenon that can be systematically developed for personal and societal benefit. As a matter of fact, empirical evidence of pre-stimulus response illustrates the heart's pre-stimulus response by tracking changes in HRV and skin conductance prior to image exposure. A key observation is the significant divergence in HRV responses approximately 4.8 seconds before participants viewed emotionally arousing versus neutral images, suggesting a nonlocal intuitive response mechanism (27).



**Figure 5: The graph illustrates the heart's pre-stimulus response, showing changes in heart rate variability (HRV) and skin conductance before participants viewed images. The key finding is that HRV responses differed significantly before participants saw an emotionally arousing or calm picture. The red line (emotional future photo) and blue line (calm future photo) began diverging about 4.8 seconds before the image appeared, suggesting a pre-stimulus, nonlocal intuitive response.**

Physical heart communicates with the brain through afferent pathways that modulate perception and emotional processing (28). The energetic heart, in turn, is proposed to function as a bridge to a higher field of intuitive intelligence. This connection, termed heart intelligence, is characterized by an increased flow of awareness and intuition when the mind and emotions are in coherent alignment with the heart's energetic field. When individuals enter a heart centered and coherent state, they experience greater alignment with deeper intuitive processes, facilitating more effective self-regulation of thoughts and emotions. Over time, this alignment enhances cognitive and emotional resilience, elevating consciousness and optimizing psychological and physiological baselines. Although access to heart based intuition varies among individuals, all humans possess the capacity to develop it. By learning to slow mental processes, attune to subtle heart based perceptions, and cultivate physiological coherence, individuals can strengthen their intuitive faculties. Contrary to the common belief that intuition is solely relevant to creative breakthroughs or high-stakes decision making, research indicates that it plays a practical role in everyday life. Intuition aids in moment to moment decision making, enhances social interactions, and fosters a deeper understanding of personal and interpersonal dynamics. Additionally, it facilitates energy conservation by reducing unnecessary cognitive and emotional expenditures, ultimately improving self regulation and behavioral adaptability. Scientific evidence further supports a relationship between increased heart coherence and heightened intuitive perception. Studies demonstrate that achieving a coherent state enhances attention, pattern recognition, and access to intuitive insights, reinforcing the heart's role as an integrative center of intelligence. The growing body of research on intuition and heart intelligence suggests that intuitive cognition is a legitimate scientific phenomenon with profound implications for human consciousness and decision making.

Physiological evidence indicates that the heart, rather than the brain alone, plays a central role in detecting and processing intuitive signals. Through practices that enhance heart coherence, individuals can access deeper intuitive intelligence, optimize cognitive function, and elevate overall well-being. In the next discussion we will discuss the expected potentials of advancing our understanding of the heart's role in intuitive processing, which will unlock new dimensions of human intelligence and foster a more conscious, interconnected world.

### **THE IMPACT OF HEART-BASED RESONANT FIELD THEORY OF CONSCIOUSNESS ON INTUITION RESEARCH AND FUTURE SCIENTIFIC PERSPECTIVES**

The study of human consciousness has long been dominated by neurobiological paradigms that prioritize the brain as the primary seat of awareness. However, emerging evidence from heart-based research is fundamentally reshaping this understanding. The Heart-Based Resonant Field (HBRF) Theory of Human Consciousness, posits that the human heart plays a central role in consciousness, acting as a resonant field that interacts with planetary and cosmic energies (19,23,28). This theory provides a groundbreaking perspective on intuition, emphasizing the role of heart brain synchronization in fostering deeper cognitive and perceptual insights. Furthermore, when compared with David Bohm's Implicate-Explicate Order Theory, the HBRF theory serves as an extension and refinement, offering a more tangible biological substrate through which consciousness operates (29). In this section we explore, the implications of HBRF on intuition research, its alignment and distinction from Bohm's work, and its broader significance in the evolution of consciousness studies. Traditional neuroscience often attributes intuition to subconscious cognitive processing occurring in the brain. However, research in heart brain coherence and electrophysiological responses suggests that intuitive perception may arise from heart generated fields influencing neural activity before conscious awareness occurs (30). The HBRF theory suggests that the heart's electromagnetic field, which is significantly stronger than the brain's, functions as an information carrier, synchronizing physiological and cognitive states to enhance intuition. This theory is -surprisingly- unique between all consciousness theories since the great Solvay meeting physicist in terms of its ground breaking experimental work ([https://en.wikipedia.org/wiki/Solvay\\_Conference](https://en.wikipedia.org/wiki/Solvay_Conference)). Most if not all famous theories on human consciousness and its related science including the work of Albert Einstein, David Bohm, Karl Pribram and others are based on sole theoretical physics. The HBRF theory is based on the longest documented record of heart rate variability of humans synchronized with three critical energetic levels: Schumann Resonances, Solar wind indices and the endless originated cosmic rays arising from extremely distant nuclear explosions in the extreme universe. This new science was published in nature Scientific Reports and since its publication it gained huge scientific attraction as it occupies the top 1% of all high rank scientific journals including nature and science since it was published in 2018 (<https://www.nature.com/articles/s41598-018-20932-x>). In the previous section we illustrated that heart rate variability (HRV) can detect external stimuli 1300 milliseconds before the brain does, challenging conventional understandings of sensory processing. Heart coherence, which implies the optimal psychophysiological status, has been linked to heightened states of perception, decision-making, and emotional regulation, all crucial components of intuition. The resonance between the heart and cosmic rhythms, further suggests that intuition is not merely an individual cognitive process but a dynamic interplay between human biology and the broader energetic ecosystem. David Bohm a theoretical physicist -actually one of the greatest physicist in human history- known for his contributions to quantum mechanics, the



implicate order theory, and his work on the holonomic brain model with Karl Pribram. David Bohm's Implicate-Explicate Order Theory aligns most closely to Alabdulgader HBRF theory. It provides a framework for understanding reality as an interconnected whole, where observable phenomena (the explicate order) emerge from a deeper, underlying structure (the implicate order). Bohm proposed that consciousness itself might be a manifestation of this deeper order, entangled with physical reality in ways not yet fully understood as he described it. *While Bohm's theory operates primarily on a quantum and philosophical level, the HBRF theory offers a physiological and experiential complement to it.* The heart, according to HBRF, acts as a biological interface between the implicate and explicate orders, resonating with planetary and cosmic electromagnetic fields to process information beyond conventional sensory pathways. This aligns with Bohm's idea that mind and matter are projections of a deeper reality, yet it extends the framework by providing measurable biological mechanisms—such as HRV and cardiac electrophysiology—that link human consciousness to these broader energetic fields. Additionally, whereas Bohm's theory remains largely theoretical in its implications for consciousness studies, the HBRF theory allows for experimental validation as it is based in 96000 hours of synchronized recording between human heart rate variability frequencies and three critical universal energetic levels. Research into heart brain coherence, quantum consciousness, and electrophysiological intuition as in the HBRF theory, provides empirical support for the notion that the human heart serves as an intermediary in the quantum-consciousness dynamic, bringing Bohm's abstract concepts into the realm of observable science (18,19). The integration of HBRF theory into consciousness research heralds a paradigm shift that transcends the limitations of brain-centric models. By acknowledging the heart as a dominant resonant field, future research can explore novel approaches to understanding and enhancing human cognitive and intuitive capacities. Examples are:

### **Applications in Neuroscience, Cognitive Science, and Artificial Intelligence**

Understanding how heart brain synchronization influences intentional states has the potential to revolutionize cognitive science. Research into the mechanisms of volition, attention, and motivation suggests that coherent interactions between the heart's electromagnetic field and neural processes could significantly enhance goal-directed behavior. Heart coherence, a physiological state characterized by rhythmic synchronization of heart rate variability (HRV) with emotional and cognitive states, may serve as a fundamental mechanism for optimizing mental clarity and decision making. From a neuroscientific perspective, studies on HRV coherence indicate that it enhances prefrontal cortex activity, which is critical for executive functions such as problem solving, emotional regulation, and higher order thinking. This emphasizes research in the field that targeted training in heart brain coherence could improve cognitive resilience and adaptability, particularly in individuals facing stress or neurocognitive challenges.

*In artificial intelligence, integrating principles derived from heart brain interactions could lead to groundbreaking advancements. Traditional AI systems rely on binary logic and deterministic processing, which often fall short in mimicking human intuition and adaptability. However, if AI systems were designed to incorporate elements of biological coherence, they could process information in a more holistic, context-aware manner. Future AI models might leverage quantum resonance principles inspired by heart field interactions to develop adaptive decision-making systems that transcend rigid algorithmic logic, thus approaching human-like intuitive reasoning.*



### **Implications for Medicine and Psychophysiology**

Recognizing the heart's electromagnetic field as integral to consciousness and well being opens new possibilities in medical science. Research has already demonstrated that HRV biofeedback training significantly reduces stress, enhances emotional intelligence, and improves cognitive performance. Future medical applications may extend these benefits to the treatment of neurodegenerative disorders, mental health conditions, and cardiovascular diseases by leveraging heart coherence states to modulate physiological and psychological health. *For example, heart coherence training could be integrated into treatment protocols for conditions such as Alzheimer's disease and Parkinson's disease, where disruptions in autonomic regulation and cognitive function are prevalent.* By promoting autonomic balance, heart coherence training may help slow cognitive decline and improve quality of life in aging populations. Similarly, psychiatric disorders such as anxiety, depression, and PTSD could benefit from heart focused interventions. Studies indicate that individuals with these conditions often exhibit dysregulated heart brain communication, leading to impaired emotional processing. By cultivating coherence, patients may experience improved emotional resilience and greater self regulation, reducing dependency on pharmacological treatments. Beyond individual health, heart-field coherence could be harnessed in group therapeutic settings. *Collective coherence practices, such as synchronized breathing and praying in congregation, could create an amplified healing effect within therapeutic communities, offering new frontiers in psychophysiological treatments.*

### **Impact on Global Consciousness and Social Coherence**

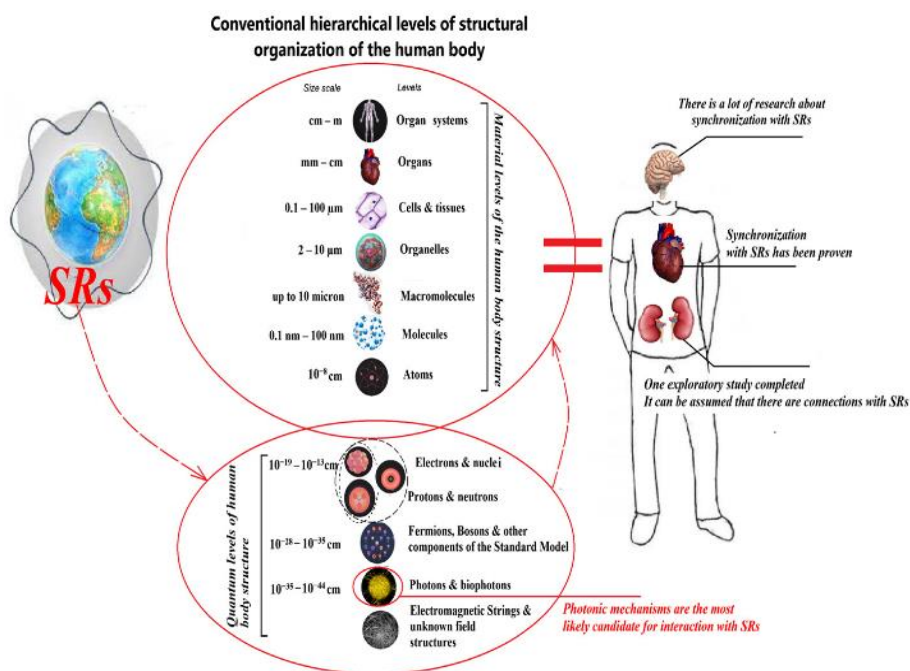
If the heart indeed functions as an interface for planetary and cosmic fields, then its influence extends beyond individual physiology into the realm of collective consciousness. Research on global consciousness suggests that large scale synchronization of emotional states can lead to measurable changes in societal coherence. This raises profound questions about the role of heart resonance in shaping human interactions and collective decision making across human communities to radiate peace rather than hostility between world nations. For instance, synchronized heart coherence among large populations—whether through collective prayer, or shared emotional experiences—could theoretically generate a stabilizing effect on social structures. Evidence from studies on collective consciousness indicates that when large numbers of people experience coherence simultaneously, there are observable reductions in social unrest, crime rates, and even fluctuations in economic stability. Furthermore, the idea that human emotional states contribute to a global resonant field has implications for planetary health and environmental consciousness. *If emotional energy is a tangible force that interacts with the Earth's electromagnetic field, then fostering widespread heart coherence may be an untapped avenue for enhancing global harmony and ecological sustainability.* Encouraging heart centered practices on a global scale could catalyze shifts in collective awareness, ultimately fostering a more interconnected and harmonious world. Future research should explore how technological interventions, such as biofeedback applications, global coherence monitoring, and AI-driven consciousness studies, can be leveraged to enhance planetary well being.

*Alabdulgader Heart Based Resonant Field Theory of Consciousness represents a transformative step in the evolution of consciousness research. By bridging quantum theories like Bohm's Implicate Explicate Order with empirical studies of heartbrain interactions, HBRF provides a robust framework for understanding intuition as an emergent property of resonant biological and cosmic fields. This theory not only complements existing models but also opens unprecedented*

*avenues for research in neuroscience, medicine, artificial intelligence, and global consciousness. By advancing our understanding of heart brain resonance as both an individual and collective phenomenon, we may unlock new pathways toward a more coherent, compassionate, and unified human experience. As scientific inquiry continues to unravel the intricate connections between the heart, brain, and universe, the HBRF theory is poised to redefine the very nature of what it means to be conscious.*

### **RESONANT FIELDS AND SPIRITUAL CONNECTION**

The concept of resonant fields posits that all entities in the universe are interconnected through vibrational frequencies, a principle supported by both ancient philosophy and modern science. We explore this interconnection, emphasizing the relationship between human consciousness, cosmic vibrations, and heart based resonant frequencies. Resonance occurs when an external force's frequency aligns with a system's natural frequency, amplifying the interaction. This principle extends to biological and spiritual realms, with the human heart playing a central role in mediating such interactions. Prayer, particularly when performed with deep emotional sincerity, aligns an individual's heart and consciousness with universal resonant fields. Supplications made in states of emotional intensity—common in the oppressed—are hypothesized to create vibrational frequencies that resonate with larger cosmic patterns. The HBRF theory suggests that the heart's electromagnetic field, modulated by emotional states, synchronizes with broader cosmic phenomena such as Schumann Resonances, the Earth's natural electromagnetic oscillations. Schumann Resonances (SR) are a natural, global electromagnetic phenomenon characterized by resonant frequencies generated in the Earth-ionosphere cavity due to lightning discharges. These resonances, with a fundamental frequency near 7.83 Hz and subsequent harmonics, represent a persistent and measurable feature of Earth's electromagnetic environment. SR has garnered significant scientific interest for its potential interaction with biological systems, including human psychophysiological processes. (31) It opens new scientific doors for a plausible explanation of how the oppressed's prayers might resonate with the cosmos, as the human heart's variability organizes into sine wave activity that aligns with Schumann frequencies and other cosmic vibrations.



**Figure 6: Detailed representation of the conceptual human body interacts with the Earth's electromagnetic field in the frequency spectrum of Schumann Resonances (SRs). [from reference (31)]**

Alabdulgader's Heart-Based Resonant Field Theory of Consciousness contributes to understanding Schumann Resonances, proposing that these natural electromagnetic waves may have profound implications for human health and psychophysiological well being. Research explores the resonance between SR frequencies and the alpha wave activity of the human brain, suggesting a potential entrainment mechanism that could influence neural, cardiovascular, and emotional states. The HBRF theory emphasizes the interconnectedness of planetary electromagnetic dynamics with human heart rate variability (HRV), proposing that synchronization with SR might support stress reduction, enhanced emotional balance, and overall psychophysiological coherence. *This theory expands the scientific discourse on SR, bridging geophysics with human neurobiology and underscoring the potential for harnessing these natural resonances in therapeutic and wellness applications. Further research inspired by our group work may illuminate pathways for integrating planetary and human bioenergetics into a unified framework of health and resilience.*

### THE HEART'S DUAL ROLE IN CONSCIOUS AND SUBCONSCIOUS DECISION MAKING

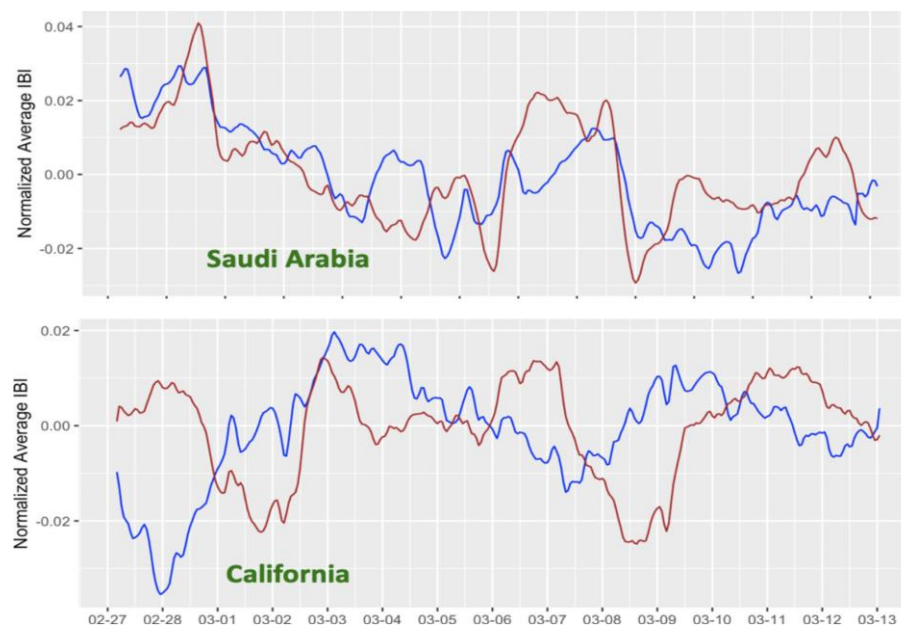
Intention is one of the fundamental concepts in ancient wisdom, closely tied to a believer's heart, intuition, and pure noble objectives. The role of intention is crucial in determining the value of deeds for Allah, as no action is accepted without sincere intention. The Concept of Intention (niyyah) means purpose and will. As a matter of fact, intention distinguishes between customs and acts of worship and between righteous and sinful acts. For instance, ablution before prayer is an act of worship, while for cooling off, it is a custom. The meanings of intention is strongly present in many verses that emphasize sincerity in actions. Famous hadith stated "Actions are judged by intentions, and every person will get what they intended." This hadith is considered among the comprehensive sayings of the Prophet, affirming that the value of

deeds is measured by one's intention and that reward or punishment depends on the doer's intent. Achieving Ihsan (means excellence in worship) is to worship Allah as though you see Him, and this cannot be attained without a sincere intention. Intention helps a person monitor their heart and review their motives. Intention in the context of HBRF theory, is a conscious, deliberate effort originating from a person's will. It is shaped by cognitive processes and aligns with one's conscious awareness. The brain and heart's interconnectedness play a role in forming intentions, especially when they are heartfelt and resonate with deeper emotional states (see figure.1) (18). Intention and intuition are not synonyms. Intention primarily arises from the conscious mind, guided by logical, analytical thinking. Intuition is a more subtle, subconscious phenomenon, often arising without deliberate effort. The HBRF theory posits that intuition is a form of nonlocal perception, meaning it can access information beyond time and space through the heart's interaction with a broader energetic field (1). Unlike intention, intuition is largely shaped by subconscious processes, relying on the body's ability to detect and respond to nonlocal energetic signals. The heart's communication with the brain, enables the deliberate decision making associated with intentions. The conscious mind evaluates goals, purposes, and desires, forming a clear direction for action. *It is important to note that intuition bypasses the analytical processes of the conscious mind.* According to HBRF theory, the heart can detect pre-stimulus information before the brain, suggesting that intuition taps into a deeper, subconscious awareness. The heart's energetic field can resonate with external cosmic and planetary energies, facilitating access to nonlocal information. The heart can detect future events before the brain, highlighting the subconscious dimension of intuition. The heart's early response (1300 milliseconds before the brain) to emotionally significant stimuli demonstrates its ability to access nonlocal information, a key aspect of intuitive perception. (Figure.2) The synchronization of heartbeat evoked potentials (HEPs) with conscious perception emphasizes that while intention is a deliberate process, intuition operates through the subconscious heart-brain axis (Figure.3). The right inferior parietal lobule and ventral anterior cingulate cortex are implicated in this subconscious processing, influencing conscious awareness without deliberate thought. Integration in daily life between the conscious and the subconscious is a dynamic play of the human heart that scan intuitive ideas in the field like what the radar do for huge data fields. *Selectively intuitive idea might pass the threshold and expressed it self as a conscious decisions in the form of intention with deliberate plans for purposeful goals.* In summary, intention is a product of conscious, deliberate thought aimed at a specific goal while intuition emerges from the subconscious, drawing on the heart's connection to a broader energetic field. The HBRF theory suggests that the heart's role extends beyond a biological pump to an intuitive center that resonates with cosmic and planetary frequencies, allowing access to deeper, nonlocal insights shaping at the end the human conscious experience.

### **INTEGRATING SCIENCE AND REVELATION: THE HEART-BASED RESONANT FIELD THEORY AND THE SUPPLICATION OF THE OPPRESSED**

The intersection of science and spirituality offers profound insights into human consciousness and the nature of existence. The Alabdulgader Heart Based Resonant Field Theory provides a scientific lens through which to examine the famous Hadith that the supplication of the oppressed is especially potent. The HBRF theory suggests a deeper interconnectedness between consciousness and divine communication. It emphasizes the heart as more than a biological pump; it is a fundamental center of consciousness. This aligns with spiritual traditions that view the heart as the seat of emotion, intuition, and spiritual understanding.

Neurocardiology research reveals the heart's influence on emotional states and cognitive functions through its communication with the brain. The heart sends signals that affect emotional processing and decision-making. In section 5 and section 7 above we discussed the new emerging evidences indicating the heart even detect sensory stimuli before the brain. The human Heart Rate Variability (HRV), the fluctuation in time intervals between heartbeats, reflects the interplay of neural, hormonal, and mechanical regulatory systems. Different HRV frequencies are associated with various physiological and psychological states. Reduced vagally mediated HRV is linked to decreased self regulatory capacity and cognitive function, while low very low frequency (VLF) power is associated with increased risk of adverse outcomes (32). Emotional states, especially extreme emotions like those experienced by the oppressed, influence HRV patterns. Heart rate variability (HRV) measurements over time offer valuable insights into the workings of the Autonomic Nervous System. Recent research has introduced the first global dataset that continuously tracks synchronization among heart rhythms across multiple locations over several weeks. For 15 days, 104 participants from California (USA), Lithuania, Saudi Arabia, New Zealand, and England participated in continuous ambulatory heart rhythm monitoring without any collaborative tasks. Notably, significant long-term correlations were observed among participants within the same regions, particularly in Saudi Arabia and New Zealand, with the strongest correlation found in my group in Saudi Arabia. This is particularly interesting given the diverse lifestyles and distinct heart rates of each individual. In a separate analysis utilizing population mean cosinor, a noteworthy circaseptan (approximately 7 day) rhythm was detected exclusively in these two regions. This suggests that the weekly rhythms present in these groups contribute to the observed correlations, in addition to long term patterns. Participants in our group were socially closer than those in other locations. This finding implies that heart rhythms may synchronize over extended periods due to social ties, even when participants are not physically present with one another or engaged in common activities (32).



**Figure 7: Examples of typical split-half analyses in two regions are illustrated here. In the top pane, when our group in Saudi Arabia is divided into two subgroups (represented by the blue and brown curves), the normalized average Interbeat Interval (IBI) of both groups shows a high**

**degree of similarity and correlation. Conversely, in the bottom pane, the California group, when split into two, exhibits distinct IBIs with low correlation between the subgroups.**

Resonance, where systems vibrate at the same frequency, is crucial for understanding how the heart's rhythms can synchronize with external environmental factors, including planetary and cosmic energies. In the previous sections we have shown correlations between HRV and cosmic vibrations, suggesting that human physiological processes resonate with universal frequencies. The intersection of science and spirituality is profound rich arena for new insights into human consciousness and the nature of existence. *Exploring the intricate relationship between revelation and experimentation in understanding the fundamental laws of the universe is a mission that must be confronted in the current era. We encourage a scientific approach which is in contrasts to the materialistic approach of contemporary science with insights derived from spiritual revelation are not to be overlooked. We highlights the need for an integrative approach that combines empirical investigation with spiritual wisdom, ultimately aiming to uncover deeper truths about existence and the cosmos* (33). Based on this fact and considering supplication as extreme emotional status especially when the supplicating person is oppressed we might delve in famous hadith stating "the supplication of the oppressed has no veil to Almighty Allah." Possible Mechanism of Supplication can be viewed in terms of HRV science. The oppressed individual experiences intense emotional distress, which impacts his/her HRV patterns. Sincere, heartfelt supplication, especially when practiced continuously, can lead to increased heart coherence. Increased heart coherence may enhance interoceptive awareness, strengthening the connection between the heart and brain, through vagus nerve as reflected in HEPs (28).The coherent heart rhythm may resonate more strongly with external energetic fields, including planetary and cosmic energies. This resonance could facilitate access to nonlocal information, potentially influencing divine response. In conclusion, the Alabdulgader Heart Based Resonant Field Theory of Consciousness offers a novel framework for understanding the potential scientific mechanisms underlying the potency of the supplication of the oppressed. By viewing the heart as a central organ of consciousness, deeply interconnected with the brain and sensitive to external energetic fields, this theory suggests that the oppressed person's emotional state and heart coherence may facilitate a unique connection to a broader field of information, potentially influencing divine response. Further research is needed to explore these connections and validate the proposed mechanisms.

## CONCLUSION

The Alabdulgader Heart Based Resonant Field (HBRF) Theory of Consciousness redefines the boundaries of scientific inquiry and spiritual understanding, positioning the human heart as a dynamic center of consciousness that transcends its biological functions. By bridging empirical research in neurocardiology, heart brain communication, and the science of heart rate variability (HRV) with ancient spiritual teachings, this theory proposes a radical yet profound understanding of human consciousness, one that resonates with the broader interconnected cosmos. The heart's unique capacity to detect and process information ahead of the brain suggests a level of awareness rooted in a non local field, potentially influenced by planetary and cosmic energies. The synchronization of heart rhythms observed across socially and geographically diverse populations further supports the idea of a collective, interconnected field of consciousness. Such interconnectedness may elucidate the potency of the oppressed's supplication as described in Islamic tradition, framing it as a manifestation of heightened heart

coherence that taps into universal frequencies, facilitating a deeper, nonlocal communion with the divine. The implications of the HBRF Theory are vast, challenging conventional materialistic views of consciousness that confine awareness to neurobiological processes. It invites a paradigm shift that integrates spiritual wisdom with empirical research, advocating a more holistic approach to understanding the self, interoception, and the mechanisms through which heartfelt intentions and supplications resonate within the cosmic order. Future research must further investigate the heart's role as a resonant field and its potential to influence human consciousness on individual and collective scales. As this frontier expands, the HBRF Theory may offer groundbreaking insights, not only in neuroscience and psychology but also in medicine, global consciousness, and the deeper exploration of human spirituality. Ultimately, the Alabdulgader Heart Based Resonant Field Theory offers a compelling foundation to explore the intricate orchestration between the human heart, consciousness, and the cosmos, an interplay that may revolutionize our understanding of the current theories of our existence in the universe.

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