



Never mind take heart

Cherian Thomas^a

^a MD, former General Secretary at the Christian Medical Association of India, New Delhi, India

The human brain is just three pounds.
The heart weighs only one.
If size matters, then it seems
The brain has surely won.

An unexamined life is not worth living,
Argued Socrates a learned Greek.
But I have trouble believing
I will find what I seek.

Does my heart make me feel
The crush of sorrow, an urge to smile?
Or is it just a pumping wheel
Moving blood a mile?

Amygdala located in the brain
Is the seat of all emotion.
It pours out love and wrenching pain.
And speeds the heart in motion.

Shall I clutch my heart or my brain
When I feel Thy love Divine?
Mortal man, you seek in vain,
The answer is only Mine.

The soul is body, mind and brain.
We are more than all our parts.
God tells us look, feel and gain,
Till we reach Him, and new life starts.

Submitted 24 Mar 2025, Accepted 28 Mar 2025, Published 6 Apr 2026

Cite this article as: Thomas C. Never mind take heart. Christ J Glob Health. 2026 Apr; 13(1). <https://doi.org/10.15566/cjgh.v13i1.451>

© Author. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are properly cited. To view a copy of the license, visit <https://creativecommons.org/licenses/by/4.0/>
