

August Message: Heart Coherence



The science and practice of Heart Coherence has intrigued me. The HeartMath Institute's director of research, Rollin McCraty, PhD, reports that heart coherence gives access to the heart's intelligence to recover inner peace and create personal, social and global transformation. The research has shown, with over 400 individual studies, that the heart sends more messages to the brain and body than the brain itself. McCraty states that the energetic heart is a transceiver of Inner Guidance from the Inner Self. Additionally, science is confirming that heart coherence leads to health and emotional benefits because of the synchronization of systems. The heart integrates and regulates the body's

symptoms creating a more coherent state. Using biofeedback, self-regulation skills can be learned to bring the heart into a coherent rhythm, changing the patterns of chaotic rhythms caused by emotions. Emotional states such as compassion, kindness, appreciation, love and happiness indicate a coherent heart rhythm and system coherence. The improved rhythm of heart activity enables optimal mental function and a wide range of improved health outcomes. Emotions affect hormones in the body that can deplete the body of health and energy. Heart coherence produces a positive release of hormones, such as oxytocin-the love hormone, leading to bonding. Studies show that more of this chemical originates in the heart than in the brain. The heart also produces a magnetic field, which can be measured scientifically, providing proof that it affects others around us. Literal good vibes! This research is being applied with groups such as Navy SEALs, law enforcement and others with measurable effects in real world settings. Possible applications are being investigated by HeartMath Institute, researching the interconnectivity of all living systems through our planet's magnetic field.

There is a simple method to bring yourself into heart-brain coherence, referred to by Dr. McCraty as Heart-Focused-Breathing. By focusing on the heart area while taking deliberate deep breaths, you can shift the rhythm of the heart. Adding feelings of appreciation, love and kindness complete the technique. This type of meditative exercise leads to calm and ease especially while thinking and feeling the emotions of love for a person, pet, place or activity. "With a practice of up to 20 minutes, once or twice a day, you'll build a new muscle to more easily find your coherent state and create new neural pathways...becoming more attentive, creative and laser-focused." For more information on this subject, research www.HeartMath.org.

Sue Fullmer

CSLSG Core Council Secretary