

Understanding Coherence Tech to Activate Your Larger Intelligence

by HeartMath Inc.

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The mission of HeartMath is to help people bring their physical, mental, and emotional systems into *coherent alignment* with their heart's intuitive guidance system.

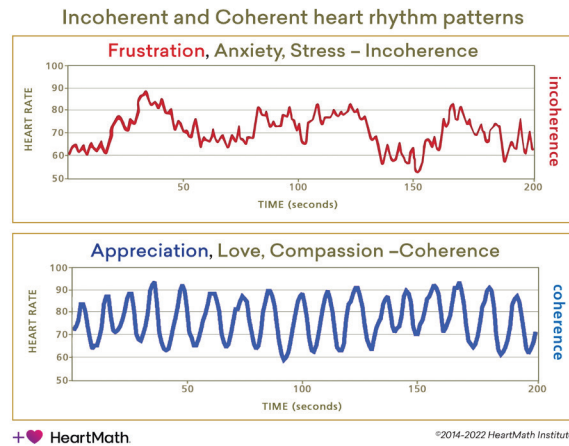
Researchers at HeartMath Institute discovered that genuine feelings of love, care, appreciation, kindness, gratitude, compassion and other uplifting qualities long associated with “heart” activate a physiological state called *heart rhythm coherence*.

Heart Rhythm Coherence is a specific pattern in your heart's rhythmic activity measured by Heart Rate Variability (HRV).

Coherent heart rhythms generate a signal that entrains brain waves into greater coherence, improving emotional balance, mental clarity, and giving people more access to their intuition to help guide their choices and decisions.

Anxiety, worry, and frustration produce jagged, irregular, incoherent heart rhythm patterns resulting in “cortical inhibition.” This often triggers more stress, energy drain and depletion -- we aren't our best selves. On the other hand, coherent heart rhythm patterns generated by appreciation, kindness and harmonious emotional states create “cortical facilitation” which increases flexibility, energy and foresight.

Your heart rate is constantly speeding up or slowing down as it responds to life's daily needs and challenges. This speeding up and slowing down creates a rhythm. Positive emotional states are more coherent heart rhythm pattern while stressful emotions generate a disordered or incoherent rhythm as in the graph below.



As you sit quietly for a few minutes in a heart rhythm coherent state it can seem like not much is going on; yet on a physiological level a lot is happening. There is increased harmony and synchronization in the neural activity (communication) between your heart and brain and increased synchronization among the neurons in the higher-level centers in your brain. When you're in heart rhythm coherence, your nervous system, hormonal and immune systems are re-balancing while your heart, mind, and emotions are aligning. All of this internal realignment builds resilience throughout your system.

Practicing *heart rhythm coherence* to align your mind and emotions with your heart is important for boosting resilience, emotional balance and intuitive connection -- especially during these times of personal, social, and global stress. By spending a few minutes in a heart-coherent state before engaging in potentially stressful situations (for example, before an important meeting or challenging conversation), you are more likely to maintain balance and composure. This enables you to handle situations with more clarity and effectiveness -- and much less stress.

Our basic systems (heart, mind, emotions, and body) create more harmony when working in alignment to steer our choices and behaviors. Getting in heart rhythm coherence even for a few minutes each day helps to intuitively attune our mental and emotional nature to the most reasonable and effective way for responding to life situations—challenging, normal or creative.

A common dictionary definition of the term “coherence” is “the orderly and harmonious relationships among the various parts of something.” Coherence always implies order, connectedness, correlation, stability, and efficient energy utilization. But if the term coherence seems difficult to understand, you can also think of it as being in resonance, in sync or in alignment. Heart coherence is a natural state that accompanies who we are at the core of our being. It deepens the connection with the voice of who we truly are.

The guiding voice or feelings of the heart have been referred to in writings and teachings throughout millennia. Unlocking this intuitive guidance through heart coherence practices can enable you to navigate changing and challenging times with more ease and clearer thinking. This results in more hope in your own capacity to effect change for the better.

Practical Intuition and Heart Coherence

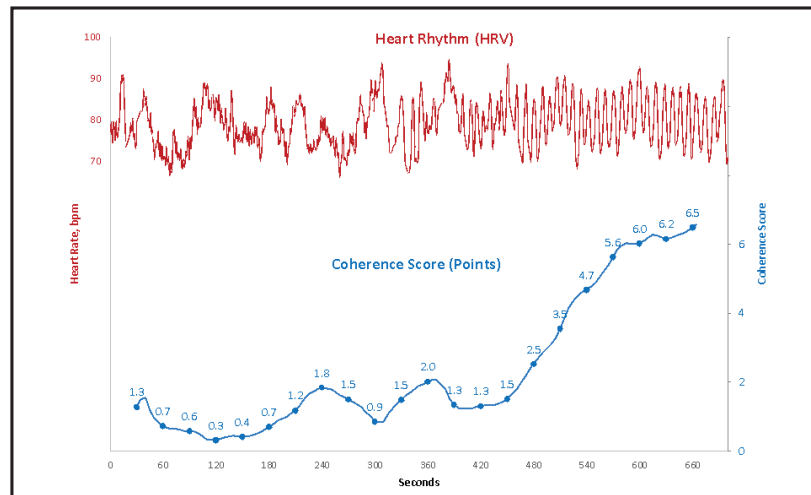
Here are some practical situations where practicing heart coherence to access intuitive guidance can be most helpful.

- Making better choices for higher outcomes
- Increasing your capacity for discerning direction in sensitive situations
- Deciding when it's time to speak up or when it's time to hold back
- Detecting when life is telling you that you need to change an attitude, disposition, etc.
- Determining what's the most effective attitude for handling a particular situation
- Empowering your intentions
- Helping guide diet or health choices
- Increasing your ability to actualize commitments to change a habit or imprint a new habit.
- Enhancing healing or self-healing methods

Coherence Technology

There's a significant advantage in using HeartMath Coherence Feedback Technology, such as the Inner Balance, emWave, or Global Coherence app. It tells you when you're *actually* in the physiological state of heart rhythm coherence rather than assuming you are. Coherence feedback is displayed as a real-time heart rhythm pattern and also as a coherence score or points. Your points and effectiveness increase as your heart rhythm pattern becomes smoother and more coherent (see graph below). Coherence feedback is designed to help train you to increase your coherence.

What is a Coherence Point?



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You don't have to worry about whether you always get a high or low coherence score, as your score will fluctuate. It does for everyone. If you go in and out of coherence during your practice it's okay, because the times you are in higher coherence will help to renew your entire system. Then by simply using a coherence technique as needed during your day, even without a sensor, you can reset your heart rhythm to maintain what we call *relative coherence* (i.e. some coherence). It's not one or the other – use the technology or a technique. What's optimal is both. Together they will help raise your vibration and increase your baseline coherence.

The Carryover Effect

Sitting in measurable heart rhythm coherence with the technology for even a few minutes has a *carryover effect* into your next conversation or activity. The carryover effect can still give you enough *relative coherence* to experience more flow and clarity during day-to-day communications and activities. You don't need to walk around like you have a book on your head to try to stay in actual physiological coherence during activities. You simply reset into some coherence just using the one-minute Quick Coherence technique. Re-setting with the Quick Coherence technique as needed involves intentionally activating a heart feeling that helps to keep your heart open, such as appreciation, care, compassion, kindness, patience, ease, etc. If you can't feel a particular heart quality, try another one as you practice the Quick Coherence technique.

Here are the simple steps.

Quick Coherence® Technique

1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.
2. As you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Quick Steps

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling

Using this simple Quick Coherence technique is especially helpful during transitions -- before meetings or answering emails, before speaking to someone about a problem, and before leaving work to go home. Many people have found that genuinely resetting their system with Quick Coherence for even a minute or two has prevented a lot of stress to clean up after. It's *remembering* to do it before a potentially stressful situation that creates the forward movement. Using a coherence technique provides a cushioning through challenges and stress triggers. By maintaining *relative coherence* you're likely to be more conscious at choice points -- moving in a state of ease and choosing your actions and reactions rather than mechanically responding in the same old stress-producing ways.

When people have a lot of mental work to do -- and most of us do -- the practice of using coherence feedback technology can give you a smoother mental ride through taking care of daily business. Getting into HRV coherence for five minutes or more at the start of your day accumulates higher vibrational energy, which translates into more consciousness (and effectiveness) in your interactions and intentions. It also releases neurochemicals that lift your emotional system and help clear your thinking. Look at using HRV coherence technology like a gas tank you are filling as you practice increasing your coherence. In higher vibrational energy we have increased capacity to manage our energies, actions, and reactions, and we experience more synchronicities and clearer choices. This often draws new or creative solutions where there seem to be none.

Increasing Your Coherence Baseline

Regular daily practice with coherence tech will prepare you for more effective living whether your coherence scores are high or low. Know that scores vary at times anyway through the month. Studies have found that with simple regular use of coherence technology, people *increase their coherence baseline* (the amount of coherence naturally occurring in their heart rhythms when at rest).

Raising your *coherence baseline* can support behavior changes you want to make. As your baseline increases, it benefits your health, wellbeing, and happiness and adds empowerment to your intentions.

Coherence Technology Benefits:

- Provides heart rhythm coherence feedback and guides you to increase your coherence
- Slows down your mental/emotional vibratory rate which increases sensitivity to your heart's intuitive feelings
- Helps you maintain focus and return to focus when it wavers
- With practice, raises your coherence baseline to provide a stronger carryover effect in your day-to-day choices.
- As you develop an internal reference of what heart rhythm coherence feels like, you can more easily reset your system when you get strung out from overload or stress.

Studies show that practice with coherence technology helps children improve emotional self-regulation, which results in deeper listening and improved learning. Heart coherence does not disesteem the mind; it increases the mind's potentials and helps it expand into balanced viewpoints that are more inclusive of the whole. Heart coherence activates higher centers of the brain that enhance compassion and the desire to help others develop their higher potentials.

Enhancing Meditation and Mindfulness with Coherence

Most of us have experienced being in meditation and being constantly interrupted by intruding thoughts, feelings, worries, or even good ideas. All of these can disrupt and scatter the focus and effectiveness of our intentions. It creates a type of *incoherence* or

internal “noise.” On the other hand, increasing heart rhythm coherence during prayer, meditation, or mindfulness practices has been shown to help us maintain a genuine heartfelt focus. Heart coherence helps to align and coordinate thoughts and emotions with our heart’s intuitive guidance, so that mixed agendas or mixed signals don’t scramble the mind. This translates into increased clarity and effectiveness.

Many people who use the emWave, Inner Balance or Global Coherence app during meditation say that the coherence feedback helps them to quickly tune to a deeper meditative state. The coherence feedback saves them time and energy, because it signals them when they drift or spin out of focus (which we all do at times) and signals them when they’re back. The coherence feedback especially helps them learn to slow their thoughts and emotions into a smooth rhythm, so that their internal systems can operate more in sync. This strengthens the connection with the heart’s intuitive feelings and guidance.

Our day-to-day experiences affect the quality of our meditations as well as our ability to focus. As we build our ability to sustain positive feeling states and attitudes longer with coherence feedback and shift back to them more quickly during our day, we boost our meditative progress. Coherence technology is not a must have, but it’s helpfully effective like training wheels on a bike.

Coherence practices also add empowerment to an inner prompting or “call to action” to do something positive for others or to help humanity. Many people are increasingly feeling this prompting. People’s spirits are nudging and supporting them in becoming more heart-coherent, as this is the optimum frequency and vibration for *creating* harmony, better choices, and fulfillment. It benefits family, co-workers, and friends. As heart, mind and emotions resonate in coherent alignment, this infuses more spirit and heart energy into our individual and collective capacities. Heart coherence is not just a personal state -- it reaches out, influences, and supports others in beneficial ways.

Using Coherence Tech to Create Higher Outcomes

When your system is focused in coherence, this is the optimal time to envision what you want to create or change for the better. There’s a difference between heart-infused intention and mind-willpower intention. You can use coherence tech to set an intention then align your heart (feeling) with your visualization or affirmation (thought) to create the highest outcome. As heart energy is added to intention, it aligns you more with the power of your spirit. You add power to your intentions, visualizations, and affirmations. As you activate the coherent power of your heart, it brings your heart, mind and nervous system into alignment to magnetize the highest best to you and your facilitation of others.

Practicing to sustain high coherence on your coherence tech for longer periods will draw in more of your spirit to strengthen your aim to follow through with your heart-directed intentions and commitments. Practice with the technology, then use coherence techniques to reset to relative coherence through your day to boost your power to manifest your highest intentions. This activates more of your higher discernment faculties – your intuition – to facilitate the manifestation of deeper heart-felt intentions in all aspects of your life. As you strengthen your experience of coherent heart feelings, such as love, appreciation, care, compassion, kindness, etc. and breathe them into your system through the day, you can intentionally imprint them into your intentions for better health, genuine communication, clearer thinking, creativity, anything you want to improve.

Practicing this heart-coherent alignment helps clear old negative patterning stored in the cells, releasing more power for creative intention and manifestation from your true self. You can't cheat or fool yourself with the technology. It keeps you honest with yourself. You're either in coherence or you're not. You can use it to help clear negative emotional patterns and self-doubts that take away from your affirmations and manifesting your intentions. Practicing heart coherence can especially help you make positive changes in areas you thought you couldn't, while having more peace and acceptance with issues you can't change.

Using Coherence Tech to “Prep” for Getting Along Better with Others

A tremendous amount of personal energy can be saved by pre-treating attitudes and behaviors while in a coherent heart before engaging in conversation. Instead of worrying about what “might happen” you can stop a lot of energy drain by using coherence tech to “pre-treat” or prep your attitude before potentially stressful conversations and situations. Use coherence tech with the heart powered intention of holding attitudes like non-judgment, calm, care or appreciation before you go into situations you know are likely to cause reactions and take you off your center. This is what is meant by pre-treating.

For example, say you tend to react to a co-worker. You can pre-treat an upcoming interaction by getting into coherence for a minute or two before you begin the conversation. You will be better able to handle any reaction, without sacrificing your intention to stay heart-centered and balanced. Pre-treating by getting into coherence before meetings or creative projects will also increase your intuitive discernment in those situations. It will especially help you listen and communicate from a deeper heart, which can save a lot of energy and prevent a lot of stress. You will also enhance and deepen positive relationships with heart coherence practices.

The more you can reconnect with coherent feelings and attitudes, the more your body's glands and organs can work together with greater synchronization and harmony. Progressively, you will experience an increase in energy, enthusiasm and well-being. Things that usually bother you won't matter as much. Decisions, priorities, and solutions will become clearer. You'll have more access to your intuitive guidance in choices and making decisions. There is so much social anxiety these days and heart coherence practice can really help. It will be easier to be your genuine self in social situations.

Social Coherence

Radiating coherent heart energy can help change the energetic environment around you. Scientific studies indicate that as we practice heart rhythm coherence, it radiates an electromagnetic field that makes it easier for others to connect with their heart's intuitive guidance – facilitating *social coherence*.

Social coherence occurs when members of a group are attuned to each other's hearts, are emotionally aligned, and their energy is regulated by care, not by threat or force from others. Increased social coherence opens the heart which increases people's capacity to get along better with each other. When people go through difficult situations, such as the pandemic, many tend to strengthen their bonds with family and friends. During the pandemic people shared how they discovered "the things in life that really matter" and feel more thankful for their families and relationships. They are also more empathetic and compassionate and take time to check in with people around them. Neuroscience has found we are wired for connections with others. When we're in positive relationships with others, our brains release feel-good chemicals that have positive effects on our whole system.

Global Coherence

Today's global problems affect us all and at times can seem insurmountable. Increasingly people today are feeling a need to increase their heart care and kindness for others. As they free themselves from their mind's preset judgments, they begin to recognize that neither global peace nor individual peace can be realized as long as judgment, blame and separation persist in relationships or between cultures. An important aspect of the planetary changes taking place is a *heart intelligence* awakening.

New positive initiatives are discovering that a deeper heart connection is needed to enrich people's lives or to solve global problems. Due to the pandemic, a momentum to become more heart-directed is in the air, bringing a sense of hope and a realization that we can do something ourselves to facilitate positive change.

As groups of people radiate heart energy while using coherence technology, their hearts collectively put out an energetic wave that helps to increase coherence in the environment. That energy goes out into the environment, whether the home, workplace, or society, and also the planet. It helps to offset the incoherence and stress waves in the global energetic field while amplifying stress relief solutions at the same time. Research has shown that 0.1 Hz (the frequency in the power spectrum at which the heart rhythm is in coherence) is the human resonant frequency – the frequency at which heart, mind, emotions, and nervous system are in sync and aligned. The more heart-coherent we are, the greater the resonant heart connection we have with people, within ourselves, and with the earth. This enhances individual and collective intuitive discernment for helping to solve personal, societal and global problems.

Scientists have seen evidence of a global effect when large numbers of people together create coherent outgoing emotional waves. Millions of people are participating in collective prayer, meditation, and compassion initiatives these days to facilitate humanity and our planet. Increasing numbers gather online to radiate heart energy (focused love) into the earth's energetic fields with the intention of lifting the heart vibration of humanity. When doing planetary transmission meditations, heart rhythm coherence feedback can help us sustain focus and increase the effectiveness of our transmissions. Ten minutes of focused coherence practice by a small group of people can be more beneficial to the planetary energetic field environment than an extended time spent in meditation by larger groups not in coherent alignment.

Nobel Laureate Ilya Prigogine demonstrated in his research that when a system is far from equilibrium, small islands of coherence in a sea of chaos have the capacity to lift the system to a higher order. There has to be enough coherence in the collective output of heart energy from individuals and groups to raise the planetary coherence baseline. The effectiveness of collective outpourings increases as the participants' *coherence baseline* increases. This increase in collective consciousness eventually can create transformative outcomes, more so than the numbers of people involved—yet numbers help, especially as more people practice increasing personal coherence.

The potential for raising the global coherence baseline is that it can bring in more intuitive breakthroughs for addressing social and global challenges. The Global Coherence app with coherence feedback was created to facilitate this collective process. Focused coherence frequencies are different from (unintentional) scatter which causes incoherence. Scatter can include drifting, daydreaming, mind processing about personal issues,

lack of focus, anxiety, and more. Even distraction from positive ideas can disrupt an intention-specific meditation. (Most all of us fall into these types of distractions in meditation practices and it's not bad, it's just a natural part of the process of learning something new.)

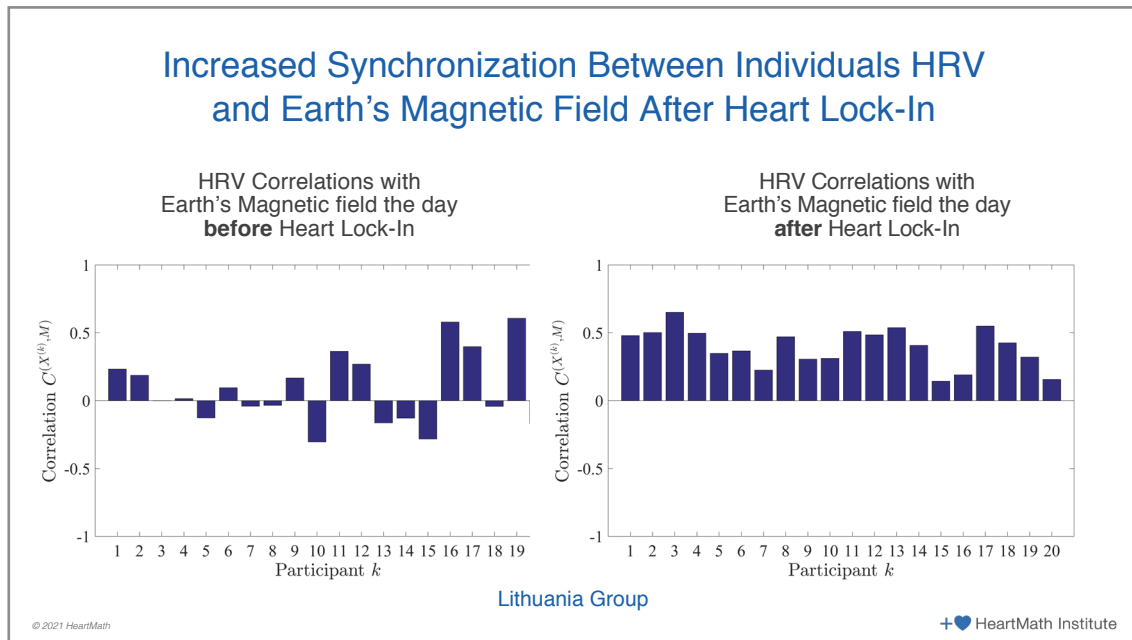
One of the goals of the Global Coherence Initiative (GCI) is to research whether large numbers of people generating focused heart-coherent states of love, care, appreciation, and compassion can create a mutually beneficial feedback loop between people and the earth's energetic fields, facilitating global coherence. An interconnectivity study of groups of participants wearing heart rate variability (HRV) recorders in locations across the world found that participants' heart rhythms were *synchronizing* to the resonant frequencies in the Earth's magnetic field. Participants who were thousands of miles away from each other showed synchronized HRV. One hypothesis is that the magnetic field of the earth that we all live in is somehow synchronizing and connecting people. The magnetic field is the medium. The primary determinant of how in sync we are with each other, regardless of distance, appears to be the quality of our emotional bonding.

Another study was done to look more deeply at the degree of synchronization between participants' heart rhythms and the earth's magnetic field. Groups of 20 people in 5 countries wore HRV recorders for 15 days. All the participants (over 100 people) practiced the Heart Lock-In® coherence technique at the same time for 15 minutes, sending love and appreciation to each other and to Earth. When researchers looked at heart-to-heart synchronization between the participants in each of the groups, they saw that their heart rhythms were much more synchronized during and after practicing the Heart Lock-In technique.

The hypothesis is that over 100 hearts radiating love and appreciation into the planetary field at the same time facilitates emotional bonding or resonance. They also observed a very slow rhythm in their HRV patterns that they hadn't seen before in research. This slow wave rhythm was synchronizing with the rhythms in the earth's fields as measured by the global coherence monitoring system or GCMS. The implication of this evidence is that the resonant frequencies in the earth's fields act like carrier waves that connect us to each other.

What they found most interesting is that just 15 minutes of people practicing the Heart Lock-In coherence techniques together at the same time appeared to have a *carryover effect that kept participants' more in sync with Earth for the next 24 hours*. (see graph below).

Increased Synchronization Between Individuals HRV and Earth's Magnetic Field After Heart Lock-In



People can join together on the Global Coherence app using the Inner Balance sensor to send heart-coherent energy into Earth's fields and radiate compassionate care to high-stress areas to help lessen suffering. Participants on the Global Coherence app can view a global map showing people at different locations using the app at the same time. Anyone can participate in the Global Coherence app and everyone's heart energy counts. Using a heart coherence sensor with the app is not required but is recommended for two reasons. It helps you track your coherence level and increase your personal coherence baseline which raises the community's collective coherence; and it enables you to participate in GCI research studies that require objective measures of participants' coherence levels.

Raising our coherence baseline with coherence technology can contribute to a new world of social and global coherence, based on the *proven intelligence* that getting along better with each other is the missing piece in our ability to thrive as a planet and find solutions for creating a world we all want to live in.