

HEART INTELLIGENCE

Connecting with the Heart's Intuitive Guidance
for Effective Choices and Solutions

Experience how to:

- Prevent and reduce stress, anxiety and overwhelm
- Create deeper harmonious relationships through compassionate care
- Generate hope and confidence

Doc Childre, Howard Martin,
Deborah Rozman and Rollin McCraty

HEART INTELLIGENCE

Connecting with the Heart's Intuitive Guidance
for Effective Choices and Solutions

NEW EDITION

Doc Childre, Howard Martin,
Deborah Rozman and Rollin McCraty



Waterside Productions

Copyright © 2022 by HeartMath Inc

www.heartmath.com

*New Edition: This book has been modified for today's
challenging times.*

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in articles and book reviews.

Printed in the United States of America

First Edition Printing, 2016

Second Edition Printing, 2022

HeartMath is a registered trademark of Quantum Intech, Inc.
(dba HeartMath, Inc.) For all HeartMath trademarks go to
www.heartmath.com/trademarks

ISBN-13: 978-1-956503-63-0 print edition

ISBN-13: 978-1-956503-64-7 ebook edition

Waterside Productions

2055 Oxford Ave

Cardiff, CA 92007

www.waterside.com

DEDICATION

This book is dedicated to the increasing numbers of people who are feeling a desire for a deeper connection with their heart. Our mission at HeartMath is to help people bring their physical, mental and emotional systems into coherent alignment with their heart's intelligent guidance system. We feel that establishing this alignment, along with expanding our love, kindness, and compassion, will become the new baseline for people getting along with each other and creating the world as we want it to be. Our research and tools are dedicated to simplifying this process, in cooperation with like-hearted people from around the world who hold important pieces of the puzzle.

CONTENTS

<i>Introduction, by Doc Childre</i>	<i>i</i>
1. Heart-Based Living, by Doc Childre	1
2. It's Heart Time, by Howard Martin	9
3. Attributes of Heart Intelligence, by Deborah Rozman.....	29
4. The Intuitive Heart, by Rollin McCraty	49
5. Raising our Vibration to Access Our Higher Potentials, by Doc Childre	73
6. Moving in a State of Ease, by Doc Childre	101
7. Becoming Our True Self and Finding Our Purpose, by Doc Childre	109
8. The Difference Between Care and Overcare, by Doc Childre	131
9. Compassion: The Need of the Times, by Doc Childre	149
10. Heart Coherence: Access to Heart Intelligence, by Rollin McCraty.....	161
11. Social Coherence: Learning to Get Along, by Howard Martin.....	185
12. Global Coherence: The Planetary Potential, by Deborah Rozman.....	213
13. Broadcasting Love, by Doc Childre.....	239
<i>About the Authors</i>	<i>249</i>
<i>Additional Resources</i>	<i>253</i>

INTRODUCTION

By Doc Childre

The rapid global changes we are experiencing can result in beneficial outcomes for humanity over time, but at this point the planet and humanity seem to be caught in the stress of polarizing biases while worn down by the pandemic. Most of us are experiencing heightened reactions to stress triggers along with understandable anxiety from uncertainty. Part of today's new norm for many is feeling mood swings of hope and encouragement one day, fear, anxiety, or resignation the next.

A 2021 Harris Poll survey on stress and decision-making in America found that more than one-third of adults said it's more stressful to make day-to-day decisions and major life decisions. Despite these struggles, most have retained a positive outlook.^[1]

During the pandemic people re-evaluated their priorities and connected with deeper values regarding their relationships with family and work—many became more optimistic about the future as a result. Another 2021 Harris Poll survey reported: “Sweeping research suggests the future is bright and we are rethinking, resetting, and

reimagining our futures for the better. Hope and optimism are increasing, connections with friends and family are strengthening and we are re-prioritizing towards what matters to us most.”^[2]

Caring and genuine heart connections help to offset stress accumulation from anxiety, fear, or panic, while clearing the mind for effective reasoning, especially when confronted with health, financial or societal challenges. Increasing numbers of people throughout the world are feeling a deeper desire to connect with their heart’s compassionate care and kindness and have more non-judgmental acceptance of each other. This will soon be realized as highly intelligent and efficient *street sense*. The new spiritual is to bring these qualities of the heart to the street in our day-to-day interactions with each other.

Most of us feel a desire for more harmonious interactions, but we have to step into it with our heart’s intention in order to change old hand-me-down habits of separation. We can and will eventually do this. It’s *who we are at the core*.

The objective is for humanity to go for sustaining compassion and cooperation without needing stress to motivate us. Solutions are within our hearts. Caring and sharing with each other can do much to increase

our connection with the heart's intelligent guidance and solutions. There are many levels of awareness and perceptions throughout humanity. Our minds may be different based on our beliefs, upbringing, and life situations, but we can increase our harmonious interactions with each other once our true heart desires this. Our heart intelligence knows the practical energy efficiency and effectiveness of learning to get along with others. In our deeper heart we can sense that nothing is going to change until we do.

It's in the heart that people access the qualities of love, such as compassion, care, kindness, forgiveness, and appreciation that lift us above separation, judgments, and blame. Through intentionally demonstrating these heart qualities in our lives, we connect with our heart's natural intelligence and intuitive guidance for a unique opportunity to create a future together in harmony. Yes, it takes a little attention and energy to practice these heart qualities, but not as much as it takes to recoup from stress, health and relationship problems that accrue from not including our heart's guidance in our interactions and choices.

The guiding feelings and nudges from our heart have been referred to in teachings throughout millennia. Unlocking this inner guidance enables us to navigate

through changing and chaotic times with more balance, coherence, and heart-based connections with each other. Doing this can help shift humanity's energies from separation to cooperation, resulting in higher solutions to our global, social, and economic problems.

One of our goals in writing this book is to help clarify how each person's heart intelligence (heart's intuitive guidance) can help us connect to our higher choices and untapped potentials for creating what's best for us. Learning to establish coherence between our mind, heart, and emotions expands our love and compassionate care. Increasing the love flowing through our system is one of the best kept secrets for connecting with our heart's intuitive directions. Following our heart unfolds the essence of *who we truly are*, which leads to our happiness and fulfillment. HeartMath research and tools have been designed to simplify and facilitate this process.

The HeartMath mission is to research and create heart-based tools and helpful exercises, and then to work in alignment with other systems and organizations to increase harmony, compassion and well-being throughout the planet. Many people have so much to offer during these times.

HeartMath tools and techniques are designed to be used in the moment and *on-the-go*. Our focus is to create tools that don't require a lot of time or long meditations. We may respect meditation and do longer heart meditations ourselves to broadcast love and compassion out to the planet. However, with the rise in stress, people don't have time to meditate each time a challenging situation comes up. Most of the tools in this book can be used on the spot as needed once you get familiar with them. But at first, it does take focus to intentionally practice the tool for a week or so to imprint it in memory. Then it's easier to have a natural tendency to use the tool when needed.

This new edition of *Heart Intelligence* has been updated for today's challenging and changing times. It provides an overview of HeartMath Institute's research on personal, social, and global coherence and their applications in the world. A few of our themes include: what is physiological coherence and why it's important; heart-brain synchronization; how heart intuition differs from other types of intuition; increased connection with true self; compassion and self-compassion; transforming fear; aligning with our purpose; and how to clear old energetic habits and imprints that no longer serve us.

This book is written from the tone of our research and each author’s practiced experience. Some of the content discusses information that’s familiar to many. Yet, a refresher on these subjects is often beneficial for re-boosting our commitments to changing our blocks and resistances to becoming the best of who we can be. Empowerment increases as we access and follow our own heart’s intelligence and intuitive guidance. This enables us to become our true self—with the heart power and effectiveness of our love to help change the world. Together, we can co-create a new normal—a world in which it’s common sense to be benevolent and to cooperate with each other for the highest good of all.

Doc Childre

HeartMath Founder

January 2022

NOTES:

1. *Stress in America™ 2021: Stress and Decision-Making during the Pandemic* <https://www.apa.org/news/press/releases/stress/2021/october-decision-making>
2. *Study Shows New Priorities For Compassion, Community And Career—And A Bright Future* by Tracy Brower, *Forbes Magazine*. <https://www.forbes.com/sites/tracybrower/2021/10/10/study-shows-new-priorities-for-compassion-community-and-career-and-a-bright-future/?sh=421a62d56e38>

CHAPTER 1

HEART-BASED LIVING

By Doc Childre

My intention in this book is to provide research and understandings about the “heart” as a dynamic, unifying, creative intelligence. A coherent alignment between our spiritual heart, mind, and emotions can lead to a new way of perceiving, thinking, and relating, we call *heart-based living*.

Heart-based living is a natural self-maintenance, self-transformational practice. It creates a foundation for people learning to get along with each other and work together in harmony, with increased care and cooperation for the best outcome for the wholeness. This begins with befriending the intuitive guidance within our heart and bringing it forward into how we conduct our life day-to-day.

With genuine practice, we *can* find within our heart, personal guidance and directions for the next steps along our path to becoming our empowered, true self. Our heart’s intelligence can offer us, personally and

collectively, a chance to create (not wait for) our fulfillment. Our heart's intuitive feelings and discernments regarding life's issues are natural gifts we can refer to, no matter what personal growth, religion, or spiritual path we may believe in or practice. We don't have to be on a particular path to experience the limitless benefits of our heart's intelligent directions. My approach is that of *practical spirituality*—which includes the practice of integrating heart qualities such as love, kindness, and compassion into our daily interactions with others and allowing for differences without creating separation.

The accelerating changes of these times offer us increased opportunities to advance in consciousness—by integrating our spiritual heart's wisdom with our normal intelligence into a *oneness* relationship. These times are lit with positive opportunity, regardless of how it can appear throughout the planet. The pandemic helped more of humanity to realize we are all connected, and that caring for others and ourselves is caring for the whole. More people are being prompted from within to be kinder to each other. Many are talking about and practicing compassion. There are compassion courses at universities. At the same time, there are healthcare workers and first responders who are feeling compassion

fatigue and burnout because of the extreme challenges in caring for others. It's a good time for more of us to send our compassionate care to people in these situations because it's *us* they are looking out for.

Increasingly, people are becoming more sensitive to their heart's promptings to care more, not just for the sake of being good but because it harmonizes the energetic environment. Many are practicing meditation to find inner stillness and to release identification with thoughts and attitudes that no longer serve who they want to become. Increasing numbers are exploring a deeper connection with their heart's feelings and guidance for the reason that nothing else seems to fulfill certain empty spaces in their life. They are sensing that the heart is a natural conduit to their highest love and assistance.

As collective consciousness increases, this will eventually reveal that *love* is an advanced mode of intelligent living. What I mean by *love* is simply more care, kindness, and cooperation in our interactions, along with less judgment, more compassion, and forgiveness. My intention is to give a picture of how love includes these practical and effective ways to heal separation and bitterness between people, which is driving the steady increase in

intractable stress that humanity is experiencing. For many of us, it would be safe to say that one of love's principal intentions is to help people get along with each other, which unfolds the secret of thriving and experiencing less fear and more joy.

Creating Hope for the Future

Love generates hope, and hope is a window to future possibilities that serve the highest good for the whole. Often, the light in our hope dims and is obscured by chaos and our own mental and emotional blocks, such as fear, judgment and prejudice. As we practice heart qualities like love, care and cooperation, along with becoming more responsible for our personal energy expenditures, we can become architects of a new sense of hope and live according to deeper values and higher quality choices. As we become more compassionate, more forgiving, and more eager to put the past behind us, this will draw more hopeful and intelligent solutions for the many seemingly insurmountable challenges we are experiencing.

Building trust in our heart's intuitive guidance leads to uplifting possibilities and the increased capacity to manifest them, along with many other upturns we've

long hoped for. As our hearts open more to each other, this creates a constant renewal of our sense of hope and optimism for the future. Hope is important but it's time to start *creating* along with it, and not just wait for hope to put solutions on our doorstep. A good first start is to begin expressing more care and compassion and bringing it to the street in our day-to-day interactions as the needed groundwork, then the rest will unfold. Doing this can get easier than not doing it, once we break through the inertia accumulated from our old predictable patterns and reactions. We were born to love, respect, and cooperate with each other, and collective humanity is starting to move in that direction (although it doesn't seem like it at this time).

I feel that we are in a transitional period and this won't last forever. It obviously will go on for a good while until more of us decide to open our hearts to compassionate care and create a different world from what we've created thus far. Eventually our hearts will have had enough of the old and want to pioneer these new changes.

People have just scratched the surface of awareness regarding the focused power of love and its capacity to create a heart-based environment—one where individuals

can progressively transform fear and the debilitation it brings, while manifesting their undiscovered gifts and fulfillment. Many are sensing that collective compassionate care is emerging to become the next level of love that humanity is transitioning into. This transition is calling for *heart-based* choices.

The upside is there is a growing momentum of more and more people committing to heart-directed choices, realizing their practical effectiveness for reducing stress, staying balanced and in charge through rapidly shifting times. Learning to access our heart's intelligence for discerning choices and directions will eventually be accepted as common sense. Heartfelt interactions between our own mind and emotions and with each other is the foundation for people of different races, religions, politics, and beliefs to get along harmoniously. As more of humanity practices heart-based living (or heart-first living), it will help qualify the "rite of passage" into the next level of collective intelligence.

The healing of separation is essential for a shift into the next level of intelligence for humanity—and many people are feeling that life is shaking us awake to this requirement. The increasing influence of a collective

heart opening will help dissipate separation and conflict between people and nations. Our present global situation is not the same as a storm where we bunker down and wait 'til it's over, then go back to business as usual. The ball is in our court, as we are all players in the outcome. The global intensities won't last forever. For now, we can view the chaos and unrest as neon signs which indicate it's time to open our hearts, grab our toolbox, and make some needed changes for the better. In doing so, we are repurposing the global stress and uncertainty into a positive momentum to get us off the couch. A deeper commitment to interactive kindness and compassionate latitude stand to become the new baseline for increased coherence, harmony, and cooperation between our own heart and mind, with each other, and with Earth.

“For centuries the world’s greatest teachers have been advising us to follow our heart. Finally we have a simple but powerful book that shows us exactly how to do it. Impeccable scientific research inspired by Doc Childre’s deep wisdom about the truth of who we are proves that a few simple heart-centered techniques done consistently over time can transform not only our own lives, but the whole world.

I’m not exaggerating when I say *Heart Intelligence* should be required reading for everybody on the planet.”

– **Jack Canfield, Coauthor of *The Success Principles™* and the NY Times #1 Bestselling *Chicken Soup for the Soul®* series**

“*Heart Intelligence* is a wonderful exploration of the science of the deeper heart and why we should learn to listen to it. This book is required reading for anyone who wants to get their heart and head working together to create and *not wait* for their fulfillment.”

– **John Gray, Bestselling Author of *Men Are from Mars, Women Are from Venus*, and *Venus on Fire, Mars on Ice***

“The HeartMath Institute has done it once again! By using science as the contemporary language of mysticism, they have elegantly married age old wisdom and spirituality with their latest cutting-edge research and then they provide us with the practical tools to begin our own journey into heart intelligence. This book is an impeccable representation of what we all innately believe to be true. The brain may think, but the heart knows.”

– **Dr. Joe Dispenza, NY Times Bestselling Author of *You Are the Placebo: Making Your Mind Matter* and *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One*.**

“Doc Childre and the HeartMath team have written a powerful book from a place of deep love and care for people. They offer profound insights to access the intuitive intelligence we each need to make our highest choices during these changing times. I believe *Heart Intelligence* will make a big difference in the lives of many people.”

– **Lynne Twist, Co-founder, The Pachamama Alliance, author of the award-winning book *The Soul of Money***

“This book is destined to help many people learn how to live from their heart’s intuitive guidance to connect the puzzle pieces of their purpose and fulfillment. I love HeartMath and have used its methods to connect with my intuitive heart with great success. In fact, learning to listen to and follow my heart has been the secret to my success.”

– **Marci Shimoff, #1 NY Times Bestselling Author, *Happy for No Reason, Love For No Reason, and Chicken Soup for the Woman’s Soul***

“*Heart Intelligence* is a fascinating, powerful way to learn how to relieve stress and improve the overall health of your mind and body. I highly recommend it.”

– **Daniel Amen, MD, author of the NY Times Mega Bestseller *Change Your Brain, Change Your Life*.**

“*Heart Intelligence*, is an informative work and an excellent resource to use as a compass in divining the path of your life.”

– **Bruce Lipton, PhD., author of *The Honeymoon Effect* and of the bestseller *Biology of Belief*.**

“*Heart Intelligence* is a must read for those wanting to enrich their own lives and our shared experience of life. It unlocks the wisdom and potential within all of us to transform our personal lives, our relationships and the future through profound heart and mind connections. Buy this book for yourself and give copies to those you care about.”

– **Simon Mainwaring, CEO We First, author of *We First***

“Between these covers lies the key to resilience in times of change, uncertainty, and stress. *Heart Intelligence* is a must read.”

– **Barnet Bain, director *Milton’s Secret* (Eckhart Tolle movie to be released fall 2016), producer *What Dreams May Come*, author *The Book of Doing and Being*.**

“*Heart Intelligence* is a must read! For bio-hackers, performance junkies or anyone interested in a better life, the ideas in the book are critical.”

– **Steven Kotler, NY Times Bestselling Author of *The Rise of Superman, Bold and Abundance*.**

“Heart Intelligence: Connecting with the Intuitive Guidance of the Heart encourages us to roll our sleeves up and do what we feel we already know but are too busy to give attention to. This informative book teaches us how to connect with our heart’s intuitive guidance *moment-to-moment* to make better choices *even* in the middle of challenging situations. It’s a must read.”

– **Dr. Ivan Misner, BNI Founder & NY Times Bestselling Author**

“Heart Intelligence: Connecting With the Intuitive Guidance of the Heart is a concise handbook for heart-based living. In a conversational style that’s easy-to-read, the authors lead us on a journey of empowered living — for us, our families, our communities, and ultimately, for our world. From engineers to homemakers, from politicians to healers, *Heart Intelligence* gives new meaning to the role of your heart—while awakening the deep intuition that can empower the best choices you will ever make. I love this book!”

– **Gregg Braden, NY Times Bestselling Author of *The Divine Matrix* and *Resilience From The Heart***

“Heart Intelligence: Connecting with the Heart’s Intuitive Guidance for Effective Choices and Solutions is going to help so many people as it’s an easy read and when you’re done it’s changed you — you’re more in your heart and your heart prompts you. Just by reading this book I’m feeling heart nudges, heart reminders.”

– **Gayle Gladstone, Film and Music Producer**