



Accessing the Heart's Intuition: *A key to Establishing Global Coherence*

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*Rollin will be a keynote speaker at this year's Healing Touch Worldwide Conference,
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Most people know what it feels like to be in a state of harmony and flow, one in which our hearts and minds are working together and there is a genuine connection with others. It's easy to love this experience of synergy, but often times, this happens by chance, rather than by design or intention. Wouldn't it be nice to be able to produce this flow on demand, in our day-to-day communications, projects and challenges?

So what enables our ability to increase flow and create synergy in our relationships, work and challenges? In 20 years of applied research, the Institute of HeartMath has identified a core element that we call heart coherence. Heart coherence is state in which the heart, mind and emotions are in harmonious alignment, which studies show enhances health and performance in a wide range of contexts.

Making the Shift to Coherence

Did you know the physical heart has its own nervous system? Neurocardiologists call it the intrinsic cardiac nervous system and have nicknamed it the "heart brain." The heart and the brain are constantly in communication with one another, with the heart sending more information to the brain than the brain sends to the heart. This information influences the brain centers involved in perception, intuition and emotional experience.

Research shows that when we shift into a coherent state, the heart and brain operate in synergy. We can learn how to activate and sustain this heart-brain synergy and prevent stress-producing patterns while increasing our mental clarity and discernment capacity. When we do this, our creative solutions for personal, social and global challenges become more accessible, providing us with more intuitive access and flow. Our mission is to simplify a process for intuitive connection to the soul's wisdom and guidance for unfolding who we truly are, both personally and professionally.

HeartMath's science-based, coherence-building techniques are intentionally simple. These techniques enable us to access our natural inner technology, the heart's intuitive intelligence. An interesting finding from our research is that when people hold genuine core heart feelings such as appreciation or compassion, this naturally increases their heart coherence.

Energetic Heart: A Gateway to Intuition

We use the term energetics to refer to the systems that we cannot see or touch: for example, our thoughts, emotions and intuitions. The mind and heart feelings are energetic sources that underlie our thoughts and emotions. They are primary drivers of our biological systems and have a powerful influence on our behavior, choices and the outcomes in our lives.



Ancient teachings from many diverse cultures hold that the heart is an access point to the wisdom of our soul or higher source. New studies suggest the heart indeed is connected to a source of intelligence that is not bound by the limits of time and space. This research suggests that the energetic, or spiritual heart is an access point for intuitive guidance. This intuitive intelligence can elevate our communications, decisions and choices to a much higher level of effectiveness. People have associated the intuitive, energetic heart with their "inner voice" throughout history. For instance, expressions like Just do what your heart tells you, or Your heart knows best are expressions that have been with us in one form or another for centuries.

From our perspective, the energetic heart communicates a steady stream of intuitive information to the

Interconnection in the Social Field Environment

Research conducted in HeartMath's laboratories has confirmed that when an individual is in heart coherence, the heart radiates a more coherent electromagnetic energy field that can benefit other people, animals and the environment, and this has broad implications for the healing arts.

A growing body of scientific evidence also suggests that when there is coherent group cooperation, it results in increased flow and effectiveness, and creates the potential for higher outcomes. The dynamic in a group setting appears to be that the participants not only are in sync, but they communicate on an unseen energetic level as well.

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mind and brain, but in most cases, we only access a small percentage of this information because our mind overrides it. At times, we access intuitive suggestions that could be most helpful to us, but often disregard them because they don't suit what our personality or ego desires. The ability to access the heart's intuition varies among people, but we all have it. As we learn to slow down the mind and attune to our heart feelings, our natural intuitive connection can occur.

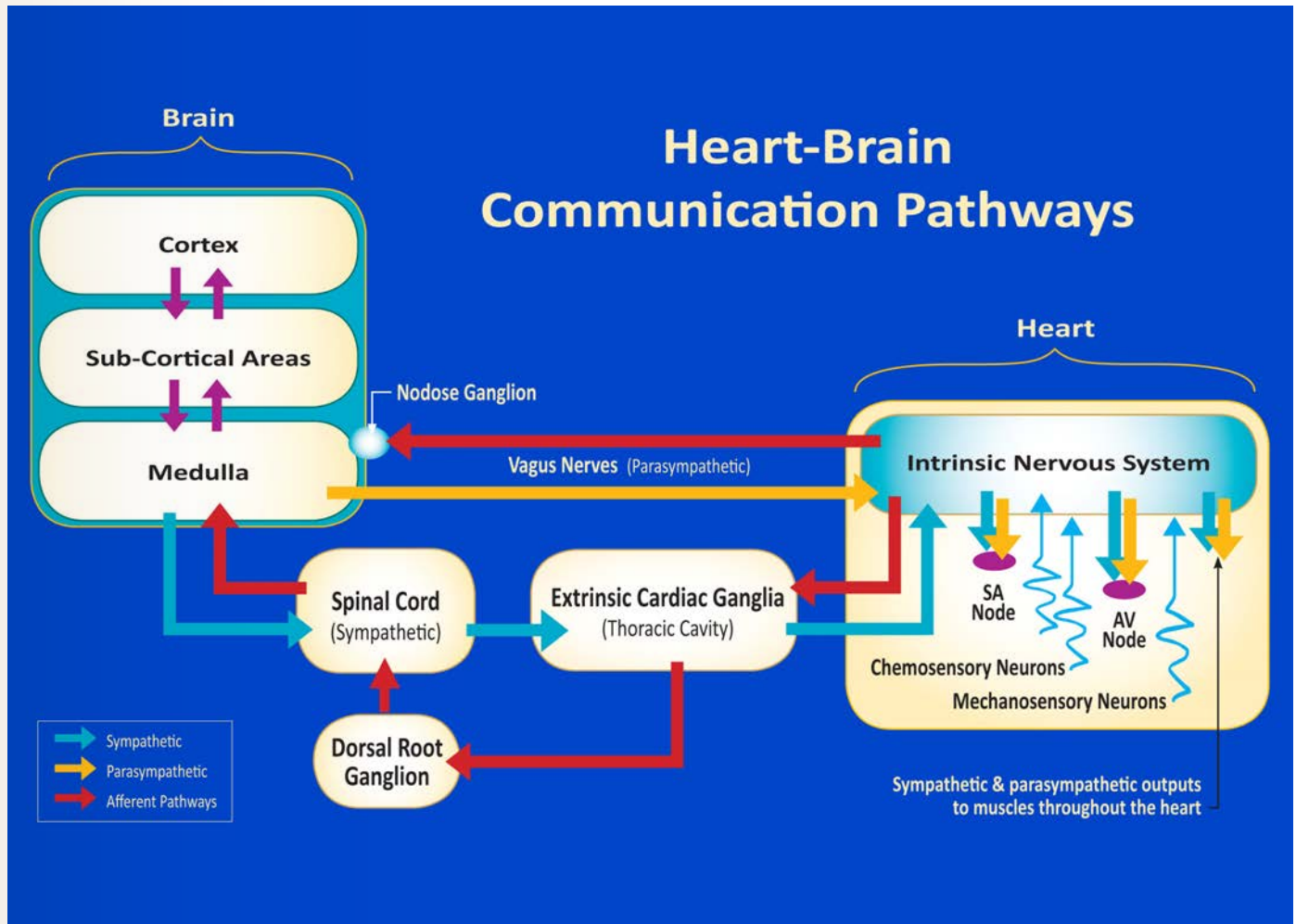
Intuition is like energetic gold: Our intuitive insights often unfold more understanding of ourselves, others, issues and life than years of accumulated knowledge. That is why interest in the state of coherence is growing rapidly. More and more people are reporting that while they're in a coherent state, they are aware of the heart's intuitive guidance within; they have greater access to this guidance; and with a little practice, they can access it more easily than they thought they could.

When we are in a personal state of coherence, we can benefit our families, co-workers, friends, pets and more simply by being in their presence. We know from our research that heart coherence is not an idle state: It reaches out, influences and supports others in many beneficial ways. It is an energetic baseline that unfolds into social coherence. Collectively, we can learn to thrive through heart-based, co-operative alignment.

An important scientific discovery in the last century was that the universe is fully interconnected. Nothing can be considered separate or alone. Scientific evidence provides support for a global field environment that connects all living systems and consciousness. Many scientists believe that a feedback loop exists between all humans and the earth's energetic systems. When enough individuals increase their heart coherence, it leads to increased social coherence, and as a critical mass of cultures and nations become more harmoniously aligned, this eventually can lead to increased global coherence.



The “Heart Brain”



The neural communication pathways between the heart and the brain. The heart's intrinsic nervous system consists of ganglia, which contain local circuit neurons of several types, and sensory neurites, which are distributed throughout the heart. The intrinsic ganglia process and integrate inflowing information from the extrinsic nervous system and from the sensory neurites within the heart. The extrinsic cardiac ganglia, located in the thoracic cavity, have direct connections to organs such as the lungs and esophagus and are also indirectly connected via the spinal cord to many other organs, including the skin and arteries. The “afferent” (flowing to the brain) parasympathetic information travels from the heart to the brain through the vagus nerve to the medulla, after passing through the nodose ganglion. The sympathetic afferent nerves first connect to the extrinsic cardiac ganglia (also a processing center), then to the dorsal root ganglion and the spinal cord. Once afferent signals reach the medulla, they travel to the subcortical areas (thalamus, amygdala, etc.) and then to the cortical areas.



Taking Responsibility: the Global Coherence Initiative

The Global Coherence Initiative, founded by IHM, is a science-based, co-creative project to unite people in heart-focused care and intention. We are working with other initiatives to realize increased effectiveness of collective intention and cooperation. There are growing numbers of systems with tools and techniques that enable and promote increased heart connection and collaboration with others. This evolves into a collective opening of the heart, which is a major step toward increasing social and global coherence.

Every individual's energy contributes to the global field environment, and each person's thoughts, emotions and intentions affects the field. A first step in increasing the vibration of the field environment is for each individual to take responsibility for his or her own energy. We do this by becoming more conscious of the thoughts, feelings and attitudes we are "feeding the field" each day and choosing to shift those that are incoherent.

Through collective heart-focused intention, we can help raise the planetary consciousness vibration, making it easier for more people to connect with their own intuitive guidance, which is one of most important steps for shifting personal and global consciousness.

We are strategically placing 14 sensors around the world to measure the earth's magnetic resonances. This global network will enable our scientific inquiry into the interconnections between the earth's magnetic field and collective human emotions and behaviors. Science has shown that the earth's magnetic field

affects humans in profound ways, but our intention is to study how humans collectively affect the earth's energetic field environment.

"As more of humanity practices heart-based living, it will qualify the 'rite of passage' into the next level of consciousness and intelligence that we are approaching at this time. Using our hearts' intuitive guidance in our discernments, choices and interactions will eventually become acts of common-sense, based on practical intelligence." –Doc Childre

We have a choice in every moment to take to heart the importance of intentionally accessing our heart's intuitive guidance and wisdom, and it helps to have practical tools and techniques to do this. €

The Institute of HeartMath is a nonprofit research and education organization founded in 1991 by Doc Childre. The Institute's techniques and research can be reviewed at www.heartmath.org.

The Global Coherence Initiative website is www.glcoherence.org. We invite you to become a member and join thousands of others worldwide to help establish planetary coherence.