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New Research Project: Global Coherence Monitoring System™

The Institute of HeartMath and internationally renowned astrophysicist and nuclear scientist Elizabeth Rauscher are partnering to build an elaborate monitoring system to measure and explore fluctuations in the magnetic fields generated by the earth and ionosphere. Among the project's goals are determining whether the earth's field is influenced by or reflected in human heart-rhythm patterns or brain activity and whether this field can indicate earthquakes, volcanic eruptions and other planetary events.



HeartMath and Dr. Rauscher will design, build and maintain the Global Coherence Monitoring System (GCMS) to track the earth's field,

which HeartMath postulates should be much more sensitive to the effects of emotion-based collective human interactions than other types of detectors.

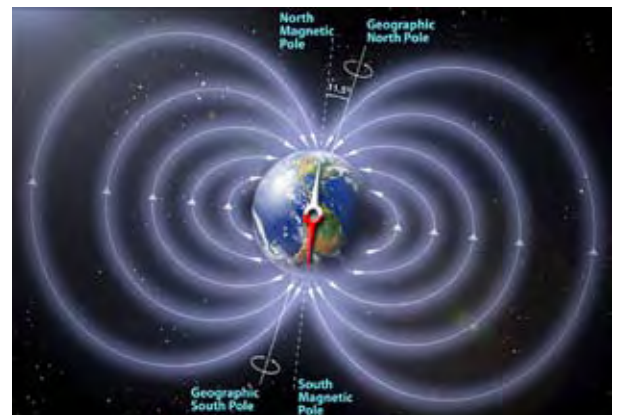
HeartMath's partner brings impressive credentials to the project: Beginning in the early 1980s, Dr. Rauscher, who has worked at the Lawrence Berkeley National Laboratory and Lawrence Livermore Laboratory and consults regularly for NASA and the Navy, built a sensitive magnetic field detector, along with her late husband, Dr. William Van Bise, an electrical engineer, to monitor geomagnetic fields, pulsa-

tions and resonances associated with the earth and ionospheric excitations.

Their research led to some significant findings, including the following: Two or three weeks prior to earthquakes and volcanic eruptions, the earth's magnetic field changes, suggesting that a multi-station monitoring system could predict earthquakes and volcanic eruptions. They predicted the 1980 massive eruption of Mount St. Helens, and during the year and a half after the event 84 percent of the seismic activity within a 100-square-mile area around a single detector.

The scope of the GCMS is establishment of a worldwide network of sensing stations for determining to what extent the earth's magnetic field is affected by and can predict earthquakes, volcanic eruptions and other planetary energetic events. The monitoring system will examine the energetic resonance between the earth's

The earth's magnetic field.



Continued on page 4

Global Outreach

HeartMath Goes to China

In February HeartMath LLC entered into an agreement with the No. 1-rated training company in China, Genesis Education Group, now our licensed representative in China. The firm will provide a full suite of HeartMath training programs and products to the business community.




HeartMath Executive Vice President Howard Martin and Genesis President Sunny Du

Genesis, with its home office in Beijing, has 300 employees, 19 offices and trains over 100,000 people annually, primarily through team building and strategic-planning courses offered to companies and government agencies. Genesis was chosen based on its success, reputation and most important, because of the extraordinary people who run it. They're full of energy, optimism and dedication.

President Sunny Du has lots of heart and caring for people. He set up a HeartMath business unit, G-Heart, which is under the direction of Vice President Ms. Cao Yang, an exceptional woman. Jennifer Li, an energetic 27-year-old whose business savvy is far beyond her years, heads up the unit. We especially like that everyone understands the business and social benefits of learning HeartMath techniques and using the emWave PC® and emWave Personal Stress Reliever®.

China is an emerging nation poised to have enormous influence in the world. The Chinese are in transition as they rapidly move from old to new. Stress is on the rise. "Heart" has been part of the culture for thousands of years, but ambition and an unprecedented drive for success sometimes clouds the heart connection. Our experience tells us, however, that people are very open to embracing heart in a new context: This is where HeartMath can make a contribution.

This is an exciting new venture/adventure that offers HeartMath an extraordinary opportunity to reach many Chinese people who are eager to "rediscover" the power of the heart. 



To learn more about HeartMath in China, visit the Genesis site: www.outward-dev.com

For more information about HeartMath Alliances, go to: www.heartmath.com/alliances

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This newsletter is not intended to provide advice on personal health matters. A qualified health-care provider should give such advice. We regret that we cannot respond to individual inquiries about personal health matters. PRINTED IN THE U.S.A.

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Using the Coherence Coach and emWave PC® with Students

"I was showing the Coherence Coach to a third-grade class that had been practicing the emWave PC. I use this for students who have had difficulty getting into coherence. Using the overhead, I explained how to use the breathing pacer by putting it on top of the heart-rhythm screen. I asked for a volunteer and a little boy I have worked with for a couple of years raised his hand. I was hesitant to choose him because he has many behavioral difficulties and is highly perfectionist. His emWave PC performance had been very unpredictable. Last year, he pounded his fist repeatedly on the table while doing the emWave PC when he couldn't achieve coherence in one of the games. He was waving his hand enthusiastically. I was reluctant to pick him but my intuition told me to call on him. He got 100% green on his coherence score and kept it there until I stopped it after a few minutes. I don't know which one of us was beaming more. I felt so pleased for him that he had made such remarkable progress and was able to do this in front of the entire class."

Barbara Hinojosa, Psychologist, Lake Worth Independent School District

Empowering Heart-Based Leadership in Healthcare



*Interview with Bruce Cryer,
CEO of HeartMath LLC*

Q What pressures are healthcare leaders facing today and how is HeartMath's approach relevant to them?

Cryer: Healthcare leaders face unprecedented demands and pressures due to the enormous complexity and frequent dysfunction of the healthcare system in the U.S. We work with dozens of hospital executives and many are short of breath and short of hope. Yet the picture is far from hopeless. By using HeartMath tools and emWave technology, they are tapping the capacity within the human system to transform stress and regain lost energy and vitality. They are empowering heart-based workplaces and this is having a significant effect on health and wellness, as well as reducing costs.

Q What is unique for healthcare leaders about HeartMath's approach?

Cryer: Most doctors, nurses and administrators go into healthcare because they care and want to help people improve their health. Unfortunately, the healthcare system can create such a burden on the spirit that it robs them of the passion to care. The irony is they are under so much stress overload, while trying to relieve patient stress. ... Leaders appreciate HeartMath's set of simple, scientifically validated tools that they can apply before, during or after stressful situations. This prevents stress from carrying over from one event to the next and rejuvenates them as they go.

Q How does a healthcare institution's costs justify a commitment to reducing stress?

Cryer: Today there is a healthy respect for the undeniable toll that occurs when chronic stress becomes the norm. Healthcare leaders recognize that today's soaring healthcare cost increases are often stress-related, as is the alarming rise in the use of medications for sleep and anxiety disorders. They also realize that nurse turnover rates, which have remained above 25 percent nationally for years, with an average cost of at least \$45,000 to \$60,000 for each nurse lost, are stress-related.

It becomes very cost effective, as well as common sense, to reduce stress in healthcare workers to achieve:

- Reductions in staff turnover
- Improvements in patient satisfaction
- Reductions in healthcare costs
- Reductions in medical errors
- Improvements in staff well-being, health and performance


Several of our clients have achieved seven-digit cost savings (over \$1 million) within the first year as a result of implementing HeartMath's transforming stress programs and empowering a more heart-based workplace culture.

Q What part does the emWave PSR technology play in empowering heart-based living?

Cryer: emWave® Personal Stress Reliever® (PSR) gives people a window into what's really going on inside of them. You may think you're not stressed, but the emWave shows you are. So you spend a minute or two using Quick Coherence®, Attitude Breathing™, or another HeartMath technique until the emWave shows you're in the green and you feel back in the flow.



Coalinga Regional Medical Center, a small hospital in rural California, provided mobile emWave Stress Relievers to each of their staff, from the CEO to the janitor. Larger institutions like Duke, Sutter

Health, Kaiser and Swedish Medical Center, have seen the HeartMath program create reductions in fatigue, insomnia, anxiety and depression, as well as improvements in productivity and communication skills in the staff. 

For more information go to: www.heartmath.com/healthcare

"I have been using the emWave PSR for about a month and have found that it helps me to slow down and calm down just at the right times. I have also been traveling quite a bit and it is a perfect travel companion. ... I would highly recommend it to other nursing leaders, and in fact to anyone looking for better health and less stress."

—Pamela B. Edwards, EdD, MSN, RN, BC, Director,
Education Services, Duke University Health System

Continued from p. 1 — Global Coherence Monitoring System

magnetic field and the rhythms of the human heart and brain activity. Also, it will explore whether the magnetic field is influenced by collective human emotional resonance resulting from major events and whether the emotional energy generated by collective intuition about major future events is measurable in this field.

The scientific community is only beginning to appreciate how energy fields generated by human, animal and plant systems interact with one another. We know the earth and the ionosphere generate a symphony of frequencies ranging from 0.01 to 300 hertz. Significantly, some of the largest of these resonances are in the same frequency range as those of the human heart and brain. Researchers have barely scratched the surface of what can be done once the GCMS is completed, but a number of important findings related to humans and the magnetic fields already have emerged.

Changes in the magnetic fields have been associated with the following:

- ▶ **Changes in brain and nervous-system activity.**
- ▶ **Performance of athletic, memory and other tasks.**
- ▶ **Sensitivity in a wide range of extrasensory-perception experiments.**
- ▶ **Synthesis of nutrients in plants and algae.**
- ▶ **Number of reported traffic violations and accidents.**
- ▶ **Mortality from heart attacks and strokes.**
- ▶ **Incidence of depression and suicide.**

Interestingly, of all the bodily systems studied thus far changes in geomagnetic conditions most strongly affect heart rhythms. Dr. Rauscher also has found evidence that in some cases people's brain waves appear to synchronize with the rhythm of the electromagnetic waves generated in the earth's ionosphere. It could be that when people "feel" an impending earthquake or other planetary events such as weather change, they may be reacting partly to physical signals in the earth's field before these events.


It may be easy to conceive that life forms embedded in the earth's complex magnetic field are affected by modulations in the field, but it's far more reaching to suggest the earth's field can be influenced or modulated by

human emotions. Nevertheless, HeartMath researchers theorize that when a large number of humans respond to a global event with a common emotional feeling it can affect activity in the earth's magnetic field. When an event evokes negative responses, this could be viewed as a planetary stress wave. Conversely, a positive wave could create a global coherence wave. This perspective is supported by research at IHM showing that emotions not only create coherence or incoherence in our bodies, but also radiate outward like radio waves and are detected by the nervous systems of those around us.

Additionally, we see evidence of a global effect when a large number of people create similar outgoing waves. Research from the Global Consciousness Project, which

utilizes a worldwide network of random number generators, provides convincing evidence that human consciousness and emotionality create a global field that can affect the randomness of these electronic devices. The greatest change in the random-number generators occurred during the Sept. 11, 2001 terrorist attacks. More intriguing was that the random-

number generators were significantly affected four to five hours prior to the attacks, suggesting a worldwide collective intuition of the impending events.

HeartMath's mission is to help establish heart-based living and global coherence by inspiring people to connect with the intelligence and guidance of their hearts. We believe the Global Coherence Monitoring System can facilitate this achievable objective by providing better understanding of the interactions between humans and the global environment. We also believe it is critically important to enlist the collaboration of groups of people to create and amplify coherent outgoing fields that interact with planetary fields to help achieve global coherence. We genuinely appreciate all who have financially and energetically supported our research and encourage support of the Global Coherence Monitoring System to help HeartMath increase planetary awareness and find new solutions for global change. 



To donate to the Global Coherence Monitoring Systems Project, go to: www.heartmath.org/GCMS or call Katherine at (800) 711-6221.

Programs for Giving

Launch of the Heart-Based Education Sponsorship Fund



It is with great passion and enthusiasm that the Institute of HeartMath announces its new Heart-Based Education Sponsorship Fund (HEBS). For many years we have explored ways to put **IHM's life-changing programs and unique, revolutionary technology into the hands of students and teachers** who otherwise would not have access to them.

Being able to provide a high quality education to our young people is increasingly difficult. However, this can now be done through this very special Sponsorship Fund.

We created this fund because over the years IHM members have inquired about a sponsorship fund and expressed great interest in supporting it. As always, we will rely on your donations to keep the fund serving those that need the program the most. You will be glad to know that we have formed an advisory board to select sponsorship recipients. In the interest of diversity, the board comprises educators, counselors, research scientists and community members. The selection criteria entails choosing teacher and student candidates based on need and their capacity to utilize the Institute's widely recognized heart-based education programs, including the Resilient Educator®, TestEdge® and HeartSmarts® and the emWave® technologies.

These scientifically tested programs provide age-specific tools to help students deal with the increasingly complex relationship issues and other emotional stressors they encounter at school and in today's society. Some sponsorships will include the emWave® PC Stress Relief System and the hand-held emWave® Personal Stress Reliever®. These proven technologies have enhanced learning, test-taking and life skills for thousands of children.



Your contribution will affect the lives of many students and teachers for a long time. The current and future programs supported by your gift will assist students to improve their learning abilities and to become better equipped to handle their stress and manage their emotions. You'll not only equip teachers with highly effective tools to help their students succeed, but you can also instill greater confidence and inspiration in the teachers themselves – at a time when so many are leaving this vital profession, disenchanted or burned out.

Please take a moment to consider the Sponsorship Fund. It's a wonderful opportunity to lend your support to helping students and teachers take advantage of cutting-edge programs. **Together we can build a new and exciting culture of heart-based learning, where healthy, happy children can prepare for their journey into the 21st century and the quest to make the world a better place for all.** ♪



Call Katherine Floriano today at (800) 711-6221 or visit www.heartmath.org/sponsorshipfund

HeartMath Energy-Savers




Business Heart: Making a Commitment

Business heart is a facet of heart intelligence that “means business.” Taking control of your life and not letting stress, negativity and being overwhelmed beat you up means acknowledging you can change. Affirm that you are accountable for your emotions, you are not a victim and you can choose how to perceive your circumstances. **By using your business heart, you recognize your anxious feelings and make a commitment to transform them.**

Gloria felt she was always drowning in too much to do. The children, job and chores around the house all battled for her time and there was no money to hire help. As the stressors stacked up and her body felt depleted, she realized one day she had to stop and take control, so she stepped back and made a commitment to reduce the emotional charge in her responses. She decided to stop reacting as she had in the past, becoming anxious and stressed out, because those reactions only made her feel hopeless. She shifted to her business heart and began breathing a feeling of ease and calm through her heart while taking the significance out of whatever was happening. As she began letting go of feeling overwhelmed, Gloria started experiencing more feelings of appreciation in her heart, for her wonderful children and satisfying job. She knew the laundry eventually would be done. By using

her business heart, it was clear it was not the to-do list as much as the emotional chain of anxious reactions that got out of control. The commitment must be complete: Gloria could not truly mean business if she continued thinking about what she hadn't done. She continued breathing ease and calm, then balance as she moved through her daily activities to prevent the feeling of being overwhelmed from returning. The number of tasks didn't change, but her perceptions and feelings toward them did. As her heart feelings became more coherent, this cleared the static from her mental screen, allowing her to be open to new possibilities and solutions.

Mean business when you shift to your heart and stay committed to feeling positive emotions such as appreciation and caring. You can do what Gloria did. When anxiety pulls at you, the business heart says, “I can't afford this.” Let positive emotions clear your mind of whatever's in there draining you. Keep telling yourself, “I don't need this anymore. I absolutely cannot afford it.” Each time you say no and follow through, you build more resilience to flex your way through challenges. Know that anxiety and being overwhelmed are not your true self. You can learn to smile at yourself and say, “I'm not giving in to my old emotional patterns and reactions. I made a choice and a commitment and I will use my heart to mean business and follow through.” 

Calendar of Events:

talks/workshops/exhibits/conferences

June 2, 2007

Santa Barbara Graduate Institute—“Physiological Coherence”, a one-day workshop by Rollin McCraty, PhD. For more information about the workshop, go to www.sbgi.edu or call (805) 963-6896.

June 10–14, 2007

Associated Professional Sleep Societies—SLEEP 2007 21st Annual Meeting of the APSS at Minneapolis Convention Center, Minneapolis, Minn. HeartMath exhibit booth # 1023. For more information, call (708) 492-0930 or go to www.apss.org.

June 25–28, August 13–16, September 14–17, 2007

The HeartMath 1:1 Provider Training at the IHM Conference Center, Boulder Creek, California—This is a unique training and licensing program for coaches, consultants and healthcare professionals on how to teach the tools of the HeartMath System. To register, call (800) 450-9111, or go to www.heartmath.com/health/professional/1_on_1_licensing.html.

July 7–12, 2007

The 20th International Conference on The First Year Experience® Hawaii, Hilton Waikoloa Village—IHM exhibiting and presenting a poster session.

For information go to www.sc.edu/fye/events/international/index.html, or contact the National Resource Center for The First-Year Experience and Students in Transition (803) 777-6029 or email fye@sc.edu

July 16–19, October 19–22, 2007

The Resilient Educator® Qualified Instructor Licensing Program at IHM Conference Center, Boulder Creek, California. For information/application go to www.heartmath.org/educator or call Christiana Bishop (831) 338-8706.

August 9–12, 2007

Institute of Noetic Sciences—Consciousness in Action: The Science and Practice of Transformation – 2007 International Conference at La Quinta Resort & Club, Palm Springs, Calif. HeartMath exhibiting/Howard Martin presenting. For information go to www.noetics.org.

August 16–20, 2007

American Psychological Association—115th Annual Convention at Moscone Center, San Francisco, Calif. HeartMath exhibit booth #1008. For information go to www.apa.org.

New Products

The emWave® PC Stress Relief System

New games, techniques and advanced features including the Emotion Visualizer

Revitalize your mind, body and spirit with the new emWave® PC Stress Relief System (formerly known as the Freeze-Framer®). This easy-to-use, noninvasive software/hardware program and learning system lets you see how emotions affect your heart rhythms and discover which emotions you can activate to manage stress and boost vitality.

The patented heart-rhythm-coherence monitor collects pulse data through a finger- or ear-clip sensor and the program translates the information from your heart rhythms into user-friendly graphics on your computer monitor. Watch your heart rhythms in real time and learn to build a buffer against stress by accessing a high-performance state called “coherence”—the mental and emotional state of being “in-sync” or “in the zone” as the heart, brain and nervous system work in harmony. The emWave PC lets you track your progress, play interactive games and experience the Coherence Coach and Emotion Visualizer.

The emWave® PC Stress Relief System Helps You:

- ▶ **Prevent, manage and reverse the negative effects of stress.**
- ▶ **Use positive emotions to harmonize your mind, body and heart.**
- ▶ **Achieve new levels of health, performance and well-being.**

The emWave PC provides a comprehensive tutorial and sophisticated help function with detailed instructions for using the program and gives a wealth of other information, including these sections: *Health and Well-Being, Health Professionals, Sports Performance, Workplace Performance and Learning and Testing*. emWave PC is one of the HeartMath® System’s many programs, tools and technologies incorporating 16 years of scientific research into the relationship between stress and emotions and how to manage them. The HeartMath System is designed to help you prepare for and quickly recover from stress triggers such as finances, meetings and deadlines, health issues and relationship conflicts.



New Features That Improve Your Experience:

- ▶ **The Coherence Coach™ Your Personal Coherence Trainer** software uses audio instruction, visual images and a variable breathing pacer for learning and practicing the Quick Coherence® technique, improving coherence scores and relieving stress.
- ▶ **Three colorful, interactive games** are designed to help you transform stress into creative energy while building your coherence scores.
- ▶ **The Emotion Visualizer™** provides stunning, colorful images that vary depending on emotions—such as love, caring and appreciation that you intentionally experience and your coherence level. These images provide feedback so you get the feel of regulating your emotions and increasing your coherence.

emWave® PC Software Upgrade Kit: If you own a Freeze-Framer, you can easily upgrade to an emWave PC. It works with the same sensor used in the Freeze-Framer. The software upgrade kit includes the emWave PC software and a quick-start guide.

Emotion Visualizer Pro: This product provides 10 more new experiences to use with your emWave PC Stress Relief System. You have the ability to edit and create your own unique experience, and you can change patterns, colors, positions and more in the Emotion Visualizer images.

The Coherence Coach™ Your Personal Coherence Trainer is included in the emWave PC or sold separately. It's easy to install and operates in Windows or Mac OS X formats.

For more information or to purchase go to: www.emWavePC.org