

The Global Coherence Project



The Global Coherence Project is a science-based initiative uniting millions of people in heart-focused care and intention, to shift global consciousness from instability and discord to balance, cooperation and enduring peace.

Few of us want to experience the “incoherence” of stress – feeling overwhelmed, time-deprived, unfocused, frustrated, anxious, forgetful, confused or depressed – which affects our relationships, our health, our productivity and the ability to achieve our intentions and goals.

What if you could really feel “coherent” between your emotions, heart, mind and body – where you feel in control, have clarity and focus, feel appreciative and caring, productive and efficient? What if you could shift into this state of “coherence” at will? And what would happen if millions of people could do this and impact the level of coherence on the planet?

This project has been initiated because people sense that this is an extraordinary time and that we are at the crossroads of change. Many people are looking for ways to use their heart, spirit-aligned wisdom and care to make a meaningful difference.

This project has been launched by the Institute of HeartMath® (IHM), a nonprofit organization recognized as a global leader in researching emotional physiology, heart-brain interactions and the physiology of optimal health and performance.

Empowering People



An increasing number of people are feeling a desire to put out more genuine heartfelt care to each other and to a planet in need.

Our goal is to enlist the collaboration of individuals and groups of people to intentionally generate heart rhythm coherence ... that interacts with planetary fields to help increase global coherence.

People worldwide are experiencing mounting concerns about climate change, terrorism, fossil fuel dependency, food and product safety, and financial insecurity. The accelerating pace of change along with increasing levels of stress is contributing to a momentum of global incoherence and instability. Research at HeartMath laboratories has shown that stress feelings not only affect personal health and well-being, but they also radiate outward from the heart like radio waves and are detected by the nervous systems of others who are in our environment.

Stressful events all over the world are repeatedly broadcast globally via television and the internet, creating and amplifying stress waves. When our nervous systems detect these stress waves, it can create a background feeling of unease. When we don't know how to manage the unease, our mental, emotional and physical systems can become overloaded and drained. Unresolved stress accumulates and depletes people's systems and creates incoherence in people's personal lives, workplaces, families, and in society.

A positive side of this increased stress is that more people are naturally going to their hearts to take a deeper look at their own inner resources and to seek deeper connections with others. An increasing number of people are looking to their hearts for guidance to adjust to the pace of change, manage the stress, and make more peaceful adjustments with stressors they can't yet change. They are becoming more aware that there is a planetary shift taking place, which is about the opening of the heart in the individual and the collective consciousness. As a result, many people are feeling a desire to put out more genuine heartfelt care to each other and to a planet in need.

Since 1991 IHM has researched the role of the heart in releasing and transforming accumulated stress. Based on this research, they designed tools to help people practice listening to their heart's intelligence for intuitive guidance through life's interactions. Using these heart-centered tools increases coherence in the heart rhythm pattern and the electromagnetic fields generated by the heart. Increased coherence enables people to more effectively access their heart intuition and manage their emotions, relationships, health, and sense of personal well being. This practice forms the foundation for what is called heart-based living: qualifying our perceptions and interactions with life through the heart.

Global Coherence Monitoring System

The Global Coherence Project is a scientifically-based initiative to facilitate heart rhythm coherence and heart-based living. Heart rhythm coherence is nature's resonant frequency and helps people feel more connected with all life. As increasing numbers of people learn to generate heart coherence, and manage the stress unease, they can collectively help shift the global stress momentum toward a global coherence momentum which, in time, can transform global consciousness. This is the vision of the Global Coherence Project and the Global Coherence Monitoring System.

The Global Coherence Monitoring System

As part of the Global Coherence Project, the Institute of HeartMath is developing a Global Coherence Monitoring System (GCMS) in partnership with internationally renowned astrophysicist and nuclear scientist Elizabeth Rauscher. The GCMS is designed to measure and explore fluctuations and resonances in the magnetic fields generated by the earth and ionosphere. Among the project's goals are measuring how the earth's field affects human heart-rhythm patterns or brain activity, and more importantly how human stress and emotions are influenced by fluctuations in the earth's field. Another goal is to test the potential of the GCMS to predict earthquakes, volcanic eruptions and similar planetary scale events.

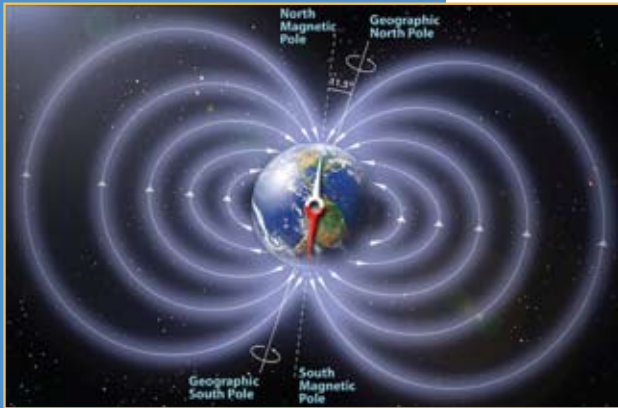
HeartMath and Dr. Rauscher will together design, build and maintain the Global Coherence Monitoring System to track the earth's field, which is postulated to be much more sensitive to the effects of collective emotion-based human energetics than other types of detectors designed to detect the interactions of collective human emotionality on a global scale.

Dr. Rauscher brings impressive credentials to the project. Beginning in the early 1980s, Dr. Rauscher (who has worked at the Lawrence Berkeley



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GCMS worldwide network



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National Laboratory and Lawrence Livermore Laboratory and consults regularly for NASA and the US Navy) built a sensitive magnetic field detector, along with her late husband, Dr. William Van Bise, an electrical engineer, to monitor geomagnetic fields, pulsations and resonances associated with excitations occurring in the earth and ionosphere.

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 two weeks prior to the event, and during the year and a half after the event they predicted 84 percent of the seismic activity within a 100-square-mile area around a single detector.

The scope of the GCMS includes the 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 also examine the energetic resonance between the earth's magnetic field and the rhythms of the human heart and brain. 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 that the earth's field may be influenced or modulated by collective human emotions. 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 stress responses, this could be viewed as a planetary incoherence (stress) wave. Conversely, a positive emotional wave could create a global coherence wave. This perspective is supported by research at HeartMath showing that emotions not only create coherence or incoherence in our own bodies, but also radiate outward like radio waves and are detected by the nervous systems of those around us.

Additionally, scientists have seen evidence of a global effect when a large number of people create similar outgoing emotional waves. Research from the Global Consciousness Project, which utilizes a worldwide network of random number generators, provides compelling evidence that human consciousness and emotionality create a global field effect that can change 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 an unconscious worldwide collective intuition of the impending events. Furthermore, two



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Collective Coherence



The Global Coherence Monitoring System can facilitate a better understanding of the interactions between human consciousness and the global environment.

space weather satellites monitoring the earth's geomagnetic field also displayed a significant spike at the time of the Sept. 11th attack and for a period thereafter, indicating the stress wave was detected in the geomagnetic field.

The Global Coherence Monitoring System is intended to facilitate a better understanding of the interactions between human consciousness and the global environment. Even before the GCMS is built, the goal is to enlist the collaboration of individuals and groups of people to intentionally generate heart rhythm coherence to help amplify coherent outgoing positive emotional energy that interacts with planetary fields to help increase global coherence. Once the GCMS is constructed, it is hoped that it will be able to measure the effects of this collective coherence.

Why is the Global Coherence Project so important right now?

The Global Coherence Project is vitally important to the health and future of our planet. It can inspire millions of people to intentionally increase heart coherence, connect with their heart intelligence and positively interact with the earth's field. If the Global Coherence Monitoring System can achieve its intention of real-time reporting of electromagnetic interactions between people and the earth's geomagnetic field, that scientific validation will motivate increasing numbers of people to practice heart coherence and heart-based living to facilitate a planetary shift to global heart coherence.

While the GCMS is being built, the Global Coherence Project will be enlisting the collaboration of groups of people to get in heart rhythm coherence, with the intention of amplifying outgoing coherent heart energy and intentionally directing that coherent energy into the earth's field and to areas of the planet in crisis, to ease the stress wave and facilitate coherent solutions. It is important to get people's hearts resonating in coherence throughout the world at synchronized times, as that's what will generate the extra power and strength needed to create a global shift.

Support Required

The success of the Global Coherence Project will depend on the support of many. It is estimated that it will take five million dollars to build and deploy the Global Coherence Monitoring System.

Take Action — You Can Help



Take Action!

- *Tell a Friend.*
- *E-mail a pdf flier:*
www.globalcoherenceproject.org
- *Post at your favorite place.*
- *Make a copy and hand it out.*

*For more information
on the Global Coherence
Monitoring System go to:*
www.globalcoherenceproject.org

*Tax deductible contributions
can also be mailed to:*

*The Global Coherence Project
14700 West Park Ave
Boulder Creek
California 95006*

Phone: (800)-998-8786

We Need Your Support

In addition to raising funds for the GCMS, funding is needed to help thousands of people learn how to generate measurable heart rhythm coherence. Heart rhythm coherence technology, such as the handheld emWave® Personal Stress Reliever® or emWave® PC, can quickly teach individuals, with real-time feedback of their heart rhythms, how to increase their coherence level through practice. In addition to mental, emotional, physical and spiritual benefits that people will gain, it will help them connect more deeply with the intuitive discernment of their own hearts and empower more heart-based living.

The goal: 100,000 people using emWaves to enter into measurable states of coherence and begin collectively sending coherent heart energy to planetary stress areas, even before the Global Coherence Monitoring System is completed.

If you are interested in being part of the Global Coherence Project, please contact us. We also encourage you to email this document to friends, family, associates, and to your database and networks; print and post it at work, at your church, gym, and other locations, and mail it to those who you feel would be interested in participating.

**For more information or to make a financial
contribution to the Global Coherence Project
go to: www.globalcoherenceproject.org
or call Katherine Floriano at (866) 221-6339**



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