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## Empower Your Spiritual Efforts: HeartMath introduces the emWave<sup>®</sup> Meditation, Prayer and Self-Help Assistant

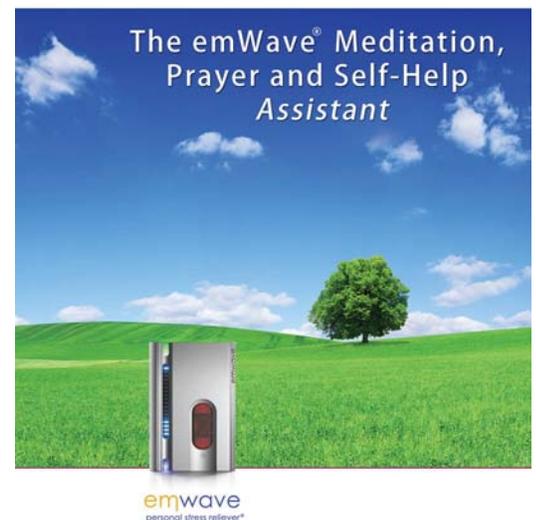
Though we live in a society that's overloaded, overwhelmed and over-stimulated, millions of Americans are striving to find inner peace and more heart centeredness. Over the past two years HeartMath has introduced the *emWave Personal Stress Reliever*<sup>®</sup> ([www.emwave.com](http://www.emwave.com)) and the *emWave<sup>®</sup> PC Stress Relief System* ([www.emwavepc.com](http://www.emwavepc.com)) to provide people with effective tools to help them reduce stress and anxiety while revitalizing the body, mind, and spirit. HeartMath is now offering the *emWave<sup>®</sup> Meditation, Prayer and Self-Help Assistant* (<http://heartmath.com/empsha/>) — an effective guide that compliments both *emWave* products in providing users with simple techniques and exercises to build more sustainable focus while deepening one's sense of peace and strengthening their power of intention. The *emWave<sup>®</sup> Meditation, Prayer and Self-Help Assistant* can facilitate any meditation, prayer, self-help or healing practices and create quicker, more lasting results.

More than 19 million Americans say they meditate while millions more are turning to prayer, yoga, visualization and affirmations as their practice for developing inner peace and deeper connections. As with most outcomes people strive for, there can be obstacles that lie between them and achieving their optimal goal. Many people can spend ten to twenty minutes or longer just trying to chill out and quiet their mind, they may fall asleep in the middle of their practice, or find that they're doing more daydreaming than actual clearing of the mind. HeartMath ([www.heartmath.com](http://www.heartmath.com)) experts say that these difficulties are largely due to the high-speed changes that are taking place in the world. People are trying to adjust to this accelerated pace but it can be hard to keep up and makes it more challenging to focus and quiet the mind and emotions.

These struggles can leave you feeling frustrated, inadequate and anxious that you're not doing it right or will never get it down. It can leave you questioning whether the time you're investing is making a difference.

HeartMath's *emWave* technologies and the *emWave Meditation, Prayer and Self-Help Assistant* are designed to give you beneficial practices and eliminate the self-doubt that can dilute intention. With the *emWave* technologies you get real-time feedback that is essentially mirroring your emotional state. The *emWave* technologies measure heart rate variability — the beat-to-beat changes in your heart rate — and teach you to increase your heart coherence by shifting your heart rhythms. The pattern of the heart rhythms reflects the state of your emotions and nervous system dynamics and sets the pace for your whole system.

Adding coherence to your meditation, prayers, affirmations or intentions does not compete with your practice of choice. It simply adds potency and focus to whatever you're doing. Coherence helps your heart, mind and emotions come into a state of balance and realignment with your deeper core heart



values like care, compassion, kindness, happiness, joy and gratitude. Using the *emWave* technologies at the start of or during your meditation, prayer or other practices helps you center in the heart and activate heart rhythm coherence.

In a UCLA study published in *Psychosomatic Medicine*, Buddhist monks meditating on generating compassionate love tended to exhibit increased coherence, and another study of Zen monks found that the more advanced monks tended to have coherent heart rhythms. While we may not all possess the virtues and discipline of a monk, we can achieve deeper levels of peace and greater levels of focus and intention by increasing heart coherence.

Tulku Thubten Rimpoche, a Tibetan Buddhist Dzogchen Master, says that practicing HeartMath is self-affirming. "It takes me to a place of a very deep quality, deep peace," he says. "HeartMath gives pure method, without the need for belief. It can allow anyone to find enlightenment without having to follow a tradition... You can be an agnostic, not believe in God even, and with HeartMath tools realize pure love..."

For many, clearing the mental static before prayer allows for more sincerity and a more fulfilling prayer experience. Bonnie St. John, Olympic Medalist, author of *How Strong Women Pray*, says, "The *emWave* helps by providing a way of really seeing what you are doing and has helped me pray more deeply. At first I thought measuring my vital signs while praying was a pretty crazy idea. But when you understand the research...it makes a lot of sense. The *emWave* and getting coherent using the HeartMath system makes my prayer time more rewarding, more true, more connected, more sincere."

The *emWave Meditation, Prayer and Self-Help Assistant* includes HeartMath's scientifically validated techniques and several exercises including one- to three-minute "On-the-Spot Meditations" which are designed to help quickly release the mental and emotional static that otherwise accumulates throughout the day. HeartMath says that this practice helps to boost your presence as you move throughout your day and creates more ease and flow when you do take time for spiritual practices.

HeartMath is bringing science and awareness together, says Howard Martin, Executive Vice President of HeartMath LLC. "People love the science behind these technologies. With the objective feedback you quickly see that you can't cheat or fool yourself, you're either in coherence or you're not. It reenergizes your honesty and self awareness, adding more power to your intentions."

HeartMath is offering a free webinar titled "How to Increase the Effectiveness of Meditation and Intention." Howard Martin, co-author of *The HeartMath Solution*, will be leading the program on Wednesday, May 21<sup>st</sup>, at 5:00 pm PDT. To register for this webinar go to [www.heartmath.com](http://www.heartmath.com) .

### **About HeartMath®:**

*HeartMath LLC is a cutting-edge performance company providing a range of unique services, products, and technology to improve health and well-being, while dramatically reducing stress and boosting performance and productivity. For more than 17 years HeartMath clinical studies have demonstrated the critical link between emotions, heart function, and cognitive performance. HeartMath's compelling solutions for stress relief have been published in numerous peer-reviewed journals such as American Journal of Cardiology, Stress Medicine, Preventive Cardiology, Journal of the American College of Cardiology, Integrative Physiological and Behavioral Science and Alternative Therapies in Health and Medicine. HeartMath's organizational clients include Duke Medicine, Stanford Business School, Stanford Hospital, Mayo Health System, Blue Cross Blue Shield, Sutter Health, Scripps Center for Integrative Medicine, BP, Cisco Systems, Redken, Kaiser Permanente, Boeing and the NASA Goddard Space Flight Center, as well as dozens of school systems and thousands of health professionals around the world.*

**About the *emWave*<sup>®</sup> technologies:**

*emWave Personal Stress Reliever*<sup>®</sup> ([www.emwave.com](http://www.emwave.com)):

This mobile interactive device is small enough to fit in your purse or pocket. Weighing just 2.2 ounces, *emWave PSR* reads your heart rhythms through its built-in finger sensor and gives immediate feedback, reflecting your emotional state through changing colored lights and sound. It includes a hands-free option and an animated instructional CD-Rom that guides you through the Quick Coherence<sup>®</sup> technique for immediate stress relief.

*emWave*<sup>®</sup> *PC Stress Relief System* ([www.emwavepc.com](http://www.emwavepc.com)):

This PC software and hardware program collects data from your heart through a finger or ear clip sensor that plugs into your computer. The program translates the information from your heart rhythms into user-friendly graphics displayed on your computer monitor. You can store and track your progress over time. It also includes interactive games designed to train you to transform stress into creative energy. Another feature of *emWave PC* is its Emotion Visualizer<sup>®</sup> which provides stunning images that emit changing degrees of color and movement as you adjust your emotional state.