

## emwave<sup>®</sup> pc Emotion Visualizer<sup>®</sup> Pro

### Taking Traditional Biofeedback Practices to a Whole New Dimension *HeartMath<sup>®</sup> introduces the Emotion Visualizer<sup>®</sup> Pro: a new software add-on for emWave<sup>®</sup> PC Stress Relief System*

Last year HeartMath<sup>®</sup> introduced their revolutionary real-time feedback program called **emWave<sup>®</sup> PC Stress Relief System** ([www.emwavepc.com](http://www.emwavepc.com)). This unique lifestyle tool was designed to help people reduce stress, reset their inner balance and gain greater control of their emotions without making major life changes. More than 10,000 health professionals have adopted *emWave PC Stress Relief System* as an effective stress-reducing feedback practice for their patients. Today, HeartMath is introducing a new, sophisticated software add-on for *emWave PC* that significantly enriches the user's experience – it's called the *Emotion Visualizer<sup>®</sup> Pro* (<http://www.heartmathstore.com/cgi-bin/category.cgi?item=1525&type=store>).

With *Emotion Visualizer Pro* you can add to the library of visual experiences on your *emWave PC Stress Relief System*, or you can create your own customized visual experiences, edit them and even add your own images and selections of music. Essentially, you become your own special-effects designer and director, adjusting colors, patterns, positioning and more so you can experience even deeper levels of physiological coherence and refine your skill at regulating your emotions.

“This innovative software add-on offers endless possibilities for the user,” says Howard Martin, Executive Vice President of HeartMath LLC. “It makes our technology even more personal. The add-on allows people to feature their own favorite images and music that evoke positive emotional experiences. For example, a child might choose a picture of their puppy or of themselves scoring a winning goal for their team.”

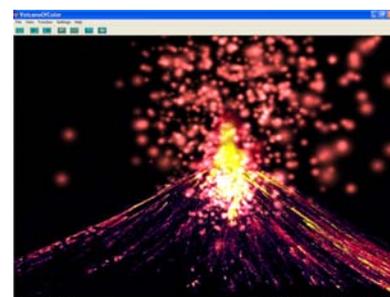
With the *Emotion Visualizer Pro* you'll experience beautiful 3D animation that is controlled by your physiology in real-time, just like with the standard version of *Emotion Visualizer* included with *emWave PC*.

Martin says that therapists using *emWave PC* to help soldiers with stress and anxiety disorders have really taken to the *Emotion Visualizer Pro*. “They love the fact that their military clients can use images of their loved ones and select music that makes them feel good. It makes their *emWave PC* experience even more meaningful.”



With the *Emotion Visualizer Pro* you can choose from any of the eleven new visualizations created by HeartMath, including a school of tropical fish swimming beneath the ocean's surface; a sunflower with sparkling lights that dance around it; a volcano that erupts vibrantly glowing lava; snow falling softly on a warmly lit woodland cottage; or a soothing spherical animation suspended above a tranquil lake. For the imaginative user, you can also create an unlimited number of particle

visualizations by using your own content and controlling more than 50 different visualization settings. The program allows you to link over 25 particle settings to any five feedback measurements, allowing your physiological responses to control a wide variety of visualizer particle system properties.



*emWave PC Stress Relief System*, formerly the award-winning *Freeze-Framer*<sup>®</sup> program, is based on HeartMath's 17 years of scientific research demonstrating the critical link between emotions, heart function, and cognitive performance. Science has shown that when we experience and sustain heartfelt emotions like appreciation or care, it has a profoundly beneficial effect on our heart, cognitive functions, and overall health.

*emWave PC* essentially mirrors your emotional state by collecting information from your heart through a finger or ear-clip sensor that plugs into your computer via USB. *emWave PC* trains you to achieve a high level of physiological coherence – a measurable state that occurs when the heart, brain, and nervous system are working in harmony. HeartMath research shows that when we activate this state we feel and perform better and can recover from stressful situations quickly ([www.emwavepc.com/emwave\\_pc\\_science\\_research.html](http://www.emwavepc.com/emwave_pc_science_research.html)).

#### **Emotion Visualizer Pro Quick Facts:**

- Create any number of your own custom visualizations and share them with other Emotion Visualizer users.
- Create visualizations that are very visually active, or visually simple, depending on your preference.
- Create visualizations that display any number of the measurements available, all simultaneously, and intuitively, to create complex, interesting feedback experiences.
- Choose any JPEG, BMP, TGA or DDS image as a background for your visualization.
- Choose any WAV, MP3 or MID (Midi) audio file as background music for your visualization and link the audio to any of the five feedback properties.

#### **About HeartMath**

HeartMath LLC ([www.heartmath.com](http://www.heartmath.com)), a wholly-owned subsidiary of Quantum Intech ([www.quantumintech.com](http://www.quantumintech.com)), 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.