

HeartMath® Institute

expanding heart connections

April 20, 2015 – Boulder Creek, California – The HeartMath Institute (HMI) is participating in the Pledge to Plant initiative. This grassroots effort is an **Earth Day** event designed to plant seeds and trees as a gesture of giving back to the earth. HMI is just one of many contributors for the [Pledge to Plant](#) initiative.

There is an old Native American tradition that when you take something from the Earth, you give something back. This Earth Day 2015 will be a global "give back to Earth" event, as a gesture for our all that our planet gives us.

Being mindful and sustaining an active appreciation for all that the earth gives us is an important personal attribute. Together we create the collective awareness needed to generate sustainable and creative processes to secure a healthy future for our planet.



“We all play a role and we can all take measures to contribute, said Sara Childre, President of the HeartMath Institute.”

Ryan Dana, part of the HMI customer care team, along with others at HMI, have planted a tree in honor of our planet this Earth Day.

The HMI staff are hoping that others join in as well by planting a tree or seeds, or by partaking in other clean-up our earth events, by using recycled products as well as exploring ways we can each contribute on a daily basis to loving and caring for our earth.

As we go about this Earth day and every other day, the staff at the HeartMath Institute wants to encourage people to pause and appreciate the beauty and resources that the earth gives us.

“When we truly appreciate all that our earth provides for us, says Sara Childre, our desire to increase our care for our planet becomes a natural extension of this gratitude.”

The HeartMath Institute’s mission and their methodology is largely focused on facilitating people in bringing their physical, mental and emotional systems into balanced alignment with their heart’s intuitive guidance.

Their research, training and technologies are aimed at guiding all of humanity toward the realization of its full potential and to rely on the qualities of the heart in its role as caretaker of future generations and our planet.

To learn more about the HeartMath Institute’s work and research you can visit their website at www.heartmath.org.