

# ACTIVATING THE GLOBAL HEART

## 2017 Mexico Event Program Schedule

### Wednesday, November 1

#### 8:00 to 9:30 p.m.

- Beginning the Journey – Welcome and Introductions
- Meditation to help awaken the heart of humanity.
- Creating, not waiting, for your fulfillment.

### Thursday, November 2

#### 9:30 to 11:00 a.m.

- Global Coherence Initiative: The Science of Human-Earth Interconnectivity.
- Energetic Connectivity – How we influence each other by the energetic fields we generate.
- The Global Coherence Monitoring System: Measuring Earth's magnetic rhythms.
- Unveiling of exciting new research findings.

#### 11:15 a.m. to 12:45 p.m.

- Discussions on these radical changing times and how we can collectively influence higher outcomes.
- Increasing and maintaining emotional composure when we feel global waves of chaos and tension.
- Heart Intelligence

#### 12:45 to 2:00 p.m. – Lunch

#### 2:00 to 6:30 p.m. – Free Time and Recreation

#### 6:30 to 8:00 p.m. – Dinner

### Thursday Evening

#### 7:30 to 8:00 p.m.

- Group Coherence Study HRV Recorder Hookups

#### 8:00 to 9:30 p.m.

- Heart of Humanity Awards
- Using heart-connected

communications to help reduce separation and increase cooperation.  
Group Discussion

- Meditation to help awaken the heart of humanity.

### Friday, November 3

#### 9:30 to 11:00 a.m.

- The Science of Heart/Brain Communication
- Heart Coherence
- Establishing a New Baseline for Sustained Alignment

#### 11:15 a.m. to 12:45 p.m.

- Heart-awakening tools for raising the baseline of your spiritual awareness.

#### 12:45 to 2:00 p.m. – Lunch

#### 2:00 to 6:30 p.m. – Free Time and Recreation

#### 6:30 to 8:00 p.m. – Dinner

### Friday Evening

#### 8:00 to 9:30 p.m.

- Heart of Humanity Awards
- Living a Heart-Centered and Balanced Life
- Meditation to help awaken the heart of humanity.

### Saturday, November 4

#### 9:30 to 11:00 a.m.

- Demystifying intuition – Learn easier ways to increase the connection with your intuitive heart.

#### 11:15 a.m. to 12:45 p.m.

- Aligning with our True Purpose
- Reducing trigger points and long-running whisper thoughts that lead to worry, anxiety and overwhelm.
- Shifting your frequency of awareness and recognizing when you

are in a higher vibration.

#### 12:45 to 2:00 p.m. – Lunch

#### 2:00 to 6:30 p.m. – Free Time and Recreation

#### 6:30 to 8:00 p.m. – Dinner

### Saturday Evening

#### 8:00 to 9:30 p.m.

- Group Discussion – Q and A
- Meditation to help awaken the heart of humanity.

### Sunday, November 5

#### 9:00 to 11:00 a.m.

- Co-Creating a New World
- Social Coherence
- Group Discussion – Q and A
- Meditation to help awaken the heart of humanity.

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#### HeartMath Trainer's Best Practices

### Sunday, November 5

#### 2:00 to 5:00 p.m.

- Next Steps of Co-Creating a Heart Connected World.
- Specialty Breakout Sessions

### Sunday Evening

#### 7:00 to 9:00 p.m.

- Connection of Community Trainers
- Share Your Building Businesses Success and Challenges

### Monday, November 6

#### 9:00 a.m. to 12:00 p.m.

- New Ideas for Business Building
- Group Discussion – Q and A