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HeartMath® Presents 3rd Annual Humanitarian Heart Awards

Boulder Creek, Calif., Nov. 21, 2018 – HeartMath Institute recently presented its 2018 Humanitarian Heart Awards to three exceptional individuals who have implemented HeartMath principles, techniques and technology in their service to others.

Ann Linda Baldwin, David P. Parisian and Steve Sawyer were honored during HMI and the Global Coherence initiative's seventh annual gathering Nov. 14-18 in Mexico's beautiful Riviera Maya. This year's event, *Lifting the Vibration of Our Spirit: Unleashing the Heart Power of Collective Consciousness*, drew people from distant shores who joined together to raise personal vibrational levels with the aim of helping to lift collective consciousness.

"Each year it is our great honor to recognize special individuals whose caring, service and energy for the good of others has stood out as a model of the best of our humanity," said HMI President Sara Childre.

Ann Linda Baldwin gave up her fulltime tenure nine years ago at the University of Arizona, where she remains a professor of physiology and psychology, to start her business, Mind-Body-Science. She uses Reiki, equine therapy and the latest technologies and techniques of biofeedback and HeartMath to help people and animals reduce stress.

Baldwin, a certified HeartMath coach and trainer, became interested in stress reduction at the university. Why? "Well, it was the rats!" she said. About 16 years ago she moved her labs and the rats became very stressed in their new environs. "They were stressed by the excessive noise and the business of people coming in and out of the rooms all day long."

Baldwin realized the extent to which stress could affect the body and the importance of controlling it.

"In my business ... I help people learn how to cope with stress of all types by teaching them how to regulate their emotions, using HeartMath programs and devices, and/or by giving them and teaching them Reiki, an energy-healing modality," Baldwin said.

David P. Parisian, a public school science teacher for 30 years and visiting assistant professor at State University of New York (SUNY), Oswego would like to uproot the notion that human bodies are merely machines and the heart is just a pump.

Parisian said HeartMath research "sheds light as to the energetic nature of who we are. (HeartMath is) quantifying what sages have been saying for thousands of years."

HeartMath tools have helped students in his SUNY teacher-preparation courses and high school science classes. For a sophomore honors biology student experiencing severe test anxiety with a state exam approaching, Parisian described the science behind HeartMath and the fight-or-flight stress response.

“We practiced (HeartMath’s) Quick Coherence® Technique using the emWave® Pro (self-regulation) software,” he said. He told the student to do a Quick Coherence before the exam, then at the start, to draw a heart around every fifth question. Upon reaching a “heart” question, she should do another Quick Coherence.

“A couple of weeks later the mother called, thanking me for helping her daughter and going on to say that she earned a 94 on the exam,” Parisian said.

Steve Sawyer is a psychotherapist who, after years of working within the confines of HMOs and the space restrictions of traditional office-based outpatient therapy, co-founded an alternative therapy option for youth.

The nonprofit New Vision Wilderness (NVW) Therapy, launched in Wisconsin in 2007 and since expanded to Oregon and North Carolina, combines challenging wilderness experiences that include backcountry backpacking expeditions with intensive clinical immersion for struggling preteens through young adults. NVW’s therapeutic model integrates various body-mind therapies, among them Brainspotting, canine therapy and a HeartMath self-regulation regimen.

Sawyer’s involvement with HeartMath spans many years. “I have supported many populations with implementation of HeartMath,” he said, including consulting for five school districts and 15 treatment programs. He was one of the authors of the HeartMath Interventions training program.

“HeartMath is an intervention set that a person can feel and see when using the accompanying additional technology. These tools have helped me help others more effectively in finding their inner world of stress physiology. HeartMath has helped NVW’s clients see their inner turmoil, and most importantly facilitate managing it more effectively.”

About HeartMath® Institute

HeartMath Institute (HMI), www.heartmath.org, is a 501(c) (3) nonprofit research and education organization headquartered in Central California. For more than two decades HMI has researched and developed reliable, scientifically based tools and programs through its research and education divisions that bridge the connection between heart and mind and deepen people’s connection with the hearts of others. The HeartMath methodologies offer hope of new and effective solutions for the many daunting problems that face society by restoring mental, emotional and physical balance and maximizing every individual’s potential.

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