The Mysteries of the Heart

Did you know?

- The heart brain, like the brain proper, has an intricate network of neurons, neurotransmitters, proteins, and support cells. It can act independently of the cranial brain and has extensive sensory capacities.

- In fetal development, the heart forms and beats before the brain begins to develop.

- Scientists at the Institute of HeartMath have conducted research on emotional energetics, coherence, heart-brain connection, heart intelligence, and practical intuition.

- The human heart’s magnetic field can be measured several feet away from the body.

- Positive emotions can increase the brain’s ability to make good decisions.

- Negative emotions can create nervous system chaos, but positive emotions can achieve the opposite.

- The heart sends signals to the brain that can influence:
  - perception
  - emotional experience
  - higher mental processes

- The heart sends more information to the brain than the brain sends to the heart.

- Coherent heart rhythms help the brain in creativity and innovative problem-solving.

- The heart that has a brain of its own.

- Did you know?
  - The heart has a system of neurons that have both short- and long-term memory, and the signals they send to the brain can affect our emotional experiences.
  - The heart sends more information to the brain than the brain sends to the heart.
  - Coherent heart rhythms help the brain in creativity and innovative problem-solving.

- Your heart emits an electromagnetic field that changes according to your emotions. Others can pick up the quality of your emotions through the electromagnetic energy radiating from your heart.

- Positive emotions create physiological benefits in your body.

- Positive emotions can synchronize your immune system by focusing on positive emotions.

The Institute of HeartMath’s applied research is solution oriented.

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- These percentages are based on 5,000 assessments of individuals who used HeartMath techniques and the emWave® technology.

- Help support our continuing research. Donate to IHM’s Research Fund. Go to: http://store.heartmath.org/IHM-Research-Projects.html