

2021 ANNUAL REPORT



Letter from the HeartMath Institute President

Dear Supporters and Friends,

As individuals, countries, and our planet are faced with continuous challenges in 2021, our heartfelt hope is that you and your families across the globe remain safe and supported through these unpredictable changes.

We sincerely appreciated your energetic care and generous financial support throughout the year. This lifts our spirits knowing that the institute can continue doing new research projects, creating free resources around the globe for alleviating stress, and developing self-regulation tools for increasing more personal coherence and self-security. Your support has served a major part in this creation for the whole.

In this 2021 Annual Report, I highlighted some of HeartMath Institute's major achievements you have helped to make possible. Our dedicated scientists, trainers, education specialists, operations staff and boards, program developers, and others work whole-heartedly to achieve one primary goal: To develop simple tools and technologies to help people discern clearer choices and solutions through these shifting times, along with education programs designed to help improve and energetically support the lives of as many people as possible around the world.

A few Highlights in the 2021 Annual Report.

- *Many parents have been stretched to their limits, so we are creating a new HeartMath Parenting Program to help ease families.*
- *As we dive deeper into interconnectivity research, we beta tested the HeartMath Tree Rhythms and are collecting data. We are also creating Random Number Generator for the Global Consciousness Project 2.0 for 2023.*
- *We have new interactive online learning for children 7-10, the Wise Heart, to be released in Fall 2022.*
- *We gifted the 10 HeartMath® Practices for Reducing the Stress in Pressured Decisions, Choices and Interactions booklet to over 15,200 people.*

Please know that we are honored to be on this journey with you. We are creating together, which is the goal for collective humanity.

With care,

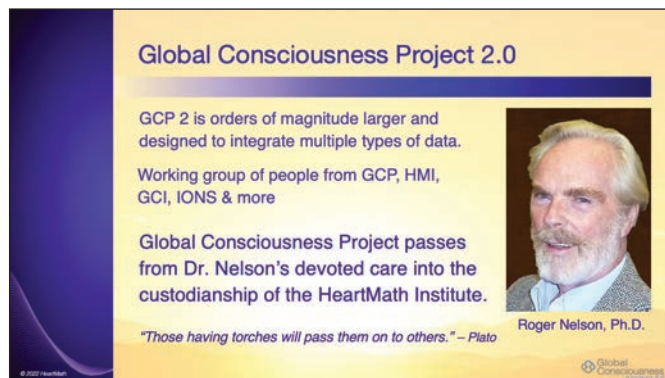


Sara Childre
Sara Childre,

Statement of Accomplishments

Global Consciousness Project 2.0™

The Global Consciousness Project (GCP) was created in 1997 at Princeton Univ. by Dr. Roger Nelson and a group of researchers working at the frontier of physics and consciousness. Its purpose is to detect, quantify and study the subtle effects of human consciousness on modulating the physical world on a global scale. In 2020, Dr. Nelson asked the HeartMath Institute to become the new home base for the GCP 2.0. HMI's research team and other scientists entered a discovery phase in 2021.



WiseHeart™

With a grant from a private donor, the new online WiseHeart program for children ages 7-10 is being created. A variety of mediums are being used to present core HeartMath practices and ideas. Included are 3D videos with animated characters, rap songs, interactive articles, instructional drumming videos, word clouds, interviews with children, pre- and post-trackers, and various fun, interactive enrichment activities.



HeartMath Institute Supporters Are Making An Impact

Thanks to our generous donors, many people experienced an uplift in 2021. HMI's donor-funded sponsorships delivered HeartMath technology, tools, and educational programs to more than 3,400 people in education, military, and community service settings. With your care and support, HMI was able to help get trauma-sensitive HeartMath training and tools to people in need who suffered from trauma, anxiety, and PTSD. We also developed and distributed HMI's resilience-building education programs, helping students, teachers, and classrooms thrive during challenging times.



Statement of Accomplishments

To Serve More People, Two Training Certifications Were Launched in 2021

Building Personal Resilience™ (BPR) Mentor Certification. This certification program trained 196 English-speaking mentors and expanded its outreach to include two important languages, training 18 Spanish and 15 Portuguese-speaking mentors. This program provides guidance in delivering to clients the HeartMath skillset, including science, techniques and practices.

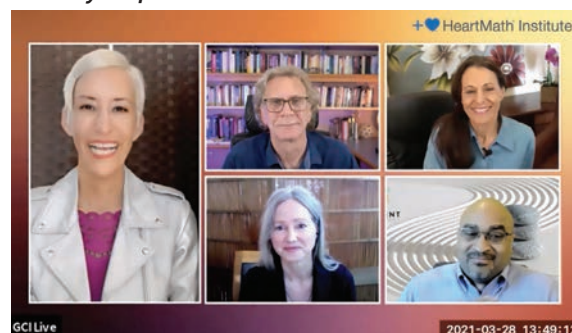
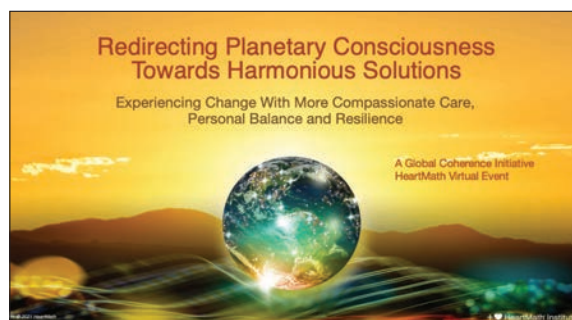
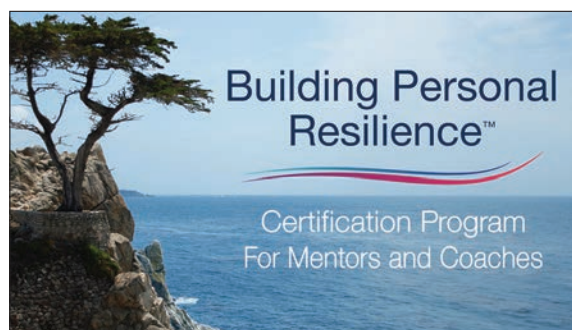
The Resilient Heart™ is a trauma-sensitive course and certification (TRH) that was launched in January 2021. Over 2,000 people took the course designed for professionals working in a therapeutic dynamic with those experiencing traumatic stress.

Global Coherence™ Virtual Event

We had our *first* Global Coherence virtual event, Redirecting Planetary Consciousness, on March 26-28, 2021. An amazing group of facilitators and guest presenters delivered the online conference: Rollin McCraty, Deborah Rozman, Howard Martin, Gregg Braden, Claudia Welss, James Miles, and host Jennifer K. Hill. The 584 attendees learned and experienced how to expand their capacity to love and how to strengthen their intuitive connection with their higher self. Daily heart-focused meditations helped attendees raise their vibration and contribute to the collective energy field. It was an opportune time to practice new tools increasing cooperation and harmonious interactions with each other, the Earth, and all its creatures.

A few comments from participants:

- *This information has given me hope for a better world and the real eye opener is that little old me can be part of this global change for the better.* – Australia
- *I know I found like-minded people, finally.* – Canada
- *The GCI conference - Redirecting Planetary Consciousness - fed me in every cell.* – Iowa, US
- *Such an awesome event, much more than I ever expected it to be! So filled with energy of Love, Kindness, and Caring.* – Hawaii, US

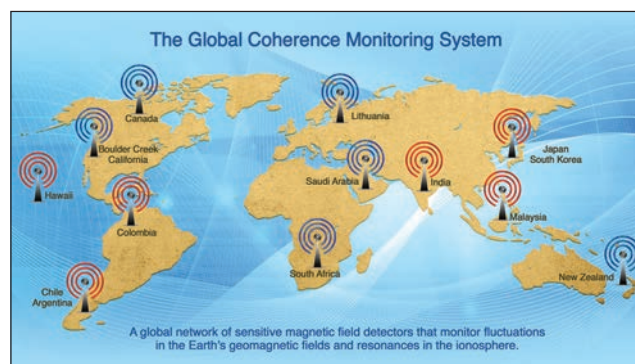


Research Accomplishments and Publications



Global Coherence™ Initiative

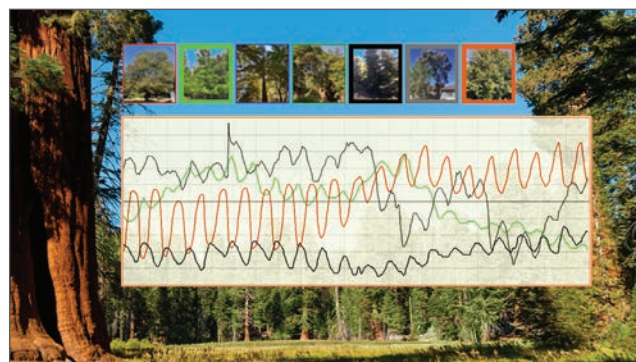
The Global Coherence Initiative (GCI) is a project created to examine the interconnectivity between the Earth's energetic (magnetic) fields and humanity. It is an international effort that focuses on creating a global community of committed people who are adding coherently focused love and compassion to the global energetic field environment to increase peace and harmony and facilitate the shift in global consciousness.



A key aspect of the research was the creation of a global network of ultrasensitive magnetic field detectors around the planet that measures fluctuations and resonant frequencies in the Earth's fields, which we suggest affect and interconnect all living organisms – humans, animals, plants, and trees – on the planet. A large number of studies were published in 2021 showing how our heart rhythms synchronize with the Earth's resonant frequencies and how the energetic environment we all live within affects human health.

HeartMath® Tree Rhythms™ – A Citizen-Scientist Project

As part of our ongoing research on energetic interconnectivity, the Global Tree Monitoring Network will explore if and how the electrical responses in multiple trees correlate with events that trigger an emotional outpouring in large numbers of people, how the biofields of trees have an uplifting effect on people, and if trees can help predict earthquakes.



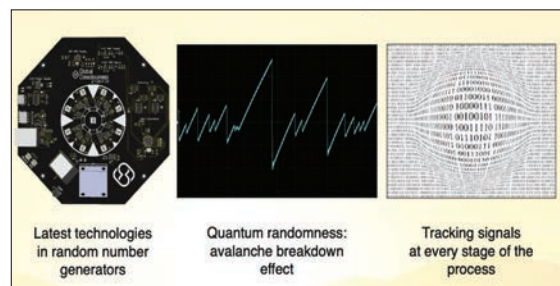
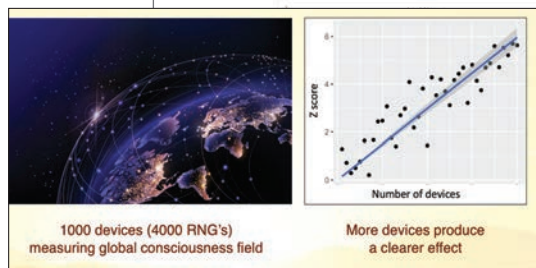
Research Accomplishments and Publications

The research team set up an assembly room for building the tree monitoring systems and created a detailed instruction manual on how to install the system. The website for collecting and displaying the tree data was completed, and in July of 2021, we started deploying a small number of systems for beta-tester hosts around the USA. This allowed us to discover any unknown issues that might emerge in the hardware or software and to evaluate the hosts' ability and any challenges they may have had with installing a system before officially launching the project internationally.

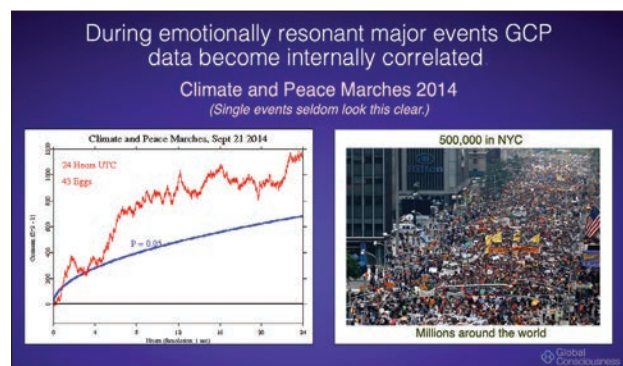


Global Consciousness Project 2.0™

After being asked to become the new home base for the Global Consciousness Project, HeartMath Institute researchers spent much of 2021 working on an updated version intended to answer vital research questions and take GCP to its next level. We are building a new network with newly designed random number generators (RNG) calling it GCP 2.0. The new devices (GCP 2.0) – a new generation of stand-alone devices that are more comprehensive and robust versions to use for a “Citizen Scientist” based endeavor – will allow us to greatly expand the number of sites around the world to have mass participation. It will collect parallel synchronous data using a different approach that should increase the sensitivity of the network to detect changes in the global field. We are designing 1000 devices with 4 RNGs per device for a total of 4000 RNGs, making it the largest RNG network on the planet. This is more than 50 times as many RNGs as GCP 1 at its peak of about 60 RNGs. It also uses the latest technology, and we are tracking signals at every stage of the process of producing a random number so that we can now dig into the effect of consciousness on the underlying electrons and voltages.



The original hypothesis of the GCP was that when large numbers of people share consciousness towards the same thing – such as a global event that draws out compassion – the network no longer behaves in a random fashion. Human consciousness impacts the devices. Our hope is that the new GCP 2.0 devices will be beta-tested in many places around the world in 2023. HMI will begin collecting data for research that will continue on the track of correlating the GCP 2.0 data with global events.



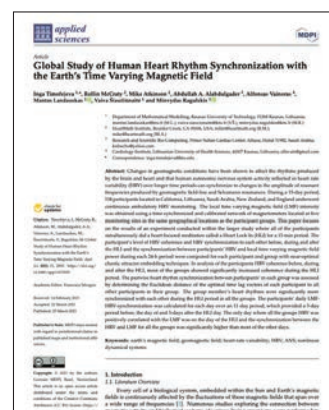
Research Publications

We invite you to browse the HeartMath Institute Research Library's extensive collection of research studies, articles, and other materials. Check out more research papers, Research Library.

HMI Co-Authored Papers 2021

Global Study of Human Heart Rhythm Synchronization with the Earth's Time Varying Magnetic Field. Timofejeva, I. et al. Applied Sciences 11, 2935 (2021). This paper focuses on the results of an experiment conducted within a larger study where 102 participants located in five countries around the world simultaneously did a heart-focused meditation called a Heart Lock-In® (HLI) for 15 minutes. The participant's level of HRV coherence and HRV synchronization to each other during the Heart Lock-In was significantly increased in all of the groups. The study also examined the degree of synchronization between participants' HRV and the Earth's magnetic field over each day of the study. The only day where all the groups' HRV was positively correlated with the Earth's magnetic field was on the day of the Heart Lock-In. On that day, all of the groups were significantly more synchronized with the Earth's magnetic field than on most of the other days. In other words, being in a heart-coherent state for only 15-minutes increased their synchronization with the Earth's magnetic rhythms for the following 24 hours.

Consciousness, The Human Heart and The Global Energetic Field Environment. McCraty, R. & Al Abdulgader, A. Cardiol Vasc Res 5, 1-19 (2021). This paper reviews the Global Coherence Initiative's key primary



hypotheses and the existing theoretical and experimental support for each of them. It discusses how every individual contributes to a global energetic field environment, and each person's attitudes, intentions, and emotional experiences count, and that anyone can become a "coherence builder" and contribute to the consciousness shift that many now perceive to be occurring. The personal benefits of greater emotion self-regulation and self-responsibility, enhanced well-being, and improved health and relationships are powerful motivators that reinforce the individual's efforts to achieve the greater planetary good. As more and more individuals become increasingly self-regulated and grow in conscious awareness, their increased individual coherence, in turn, increases social coherence, which is reflected in increased cooperation and effective co-creative initiatives for the benefit of society and the planet.

Investigation of Parallels Between Human Basal Metabolic Features and Local Earth magnetic field.

Taletaviciene, G., McCraty, R., Pestininkas, V. & Vainoras, A *Journal of Complexity in Health Sciences* 4, 31-37 (2021). This study investigated the correlations between how much energy the body needs to maintain basic functions at rest (basal metabolic rate) in humans of different ages, gender, Body Mass Index, and strength of the Earth's magnetic resonant frequencies in a population of 395 people. The results showed that when the Earth's resonant frequencies are higher, the body requires less energy to maintain life and healthy function, indicating that metabolic processes are working more coherently and effectively.

Cardiovascular System Interactions With The Local Earth Magnetic Field Fluctuations: A Cohort

Study. Ziubryte, G. et al. (2021). This study examined a total of 4,730 patients admitted to a hospital in Kaunas, Lithuania, between 2015 and 2017 due to acute coronary syndrome (ACS) and acute onset of arrhythmias and the strength of the resonant frequencies in local Earth magnetic field. When the resonant frequencies in the Earth's magnetic field were higher in the lower frequency ranges, there were fewer hospital admissions due to acute coronary syndrome and arrhythmias.

Independent Studies

Psychophysiological Coherence Training to Moderate Air Traffic Controllers' Fatigue on Rotating

Roster. Li, W. C., Zhang, J. & Kearney, P., *Risk analysis* (2021). This study demonstrated that heart rhythm coherence training could improve air traffic controllers' HRV parameters effectively and efficiently, contribute to recovery from their heavy workload, and achieve resilience to cope with fatigue.

An Experiential Evaluation of Arka Dhyana (Intuitive Meditation) from the Perspective of HeartMath and the Theory of the Six Main Levels of Consciousness.

Lindhard, Tina, Carroll Hermann, and Stephen D. Edwards. (2021). This phenomenological and experimental evaluative study explored human consciousness based on direct spiritual experiences when one starts the inner journey and suggested that the HeartMath technology offers an exciting way to help validate reported changes in consciousness described by participants.

Heart-Focused Breathing and Perceptions of Burden in Alzheimer's Caregivers: An Online Randomized Controlled Pilot Study. James, Taylor A., Dara James, and Linda K. Larkey, *Geriatric Nursing* 42.2 (2021): 397-404. The results of a two-week online Heart-Focused Breathing™ intervention for Alzheimer's caregivers are reported. The results suggest positive trends in quality of life, self-compassion, and some HRV values, but the study results were limited by a small sample population.

HeartMath Personal and Global Coherence Data Collected Before and After COVID-19. Stephen D. Edwards and David J. Edwards, *International Journal of Innovation, Creativity and Change*. www.ijicc.net, Volume 15, Issue 7, 2021. This brief report summarizes personal and global coherence patterns of data collected before and after the COVID-19 pandemic. Findings indicated that COVID-19 data was significantly different from all baseline data. The best predictors of COVID-19 data were collected from HeartMath electronic devices, the Inner Balance™ Trainer and Global Coherence Applications (apps).

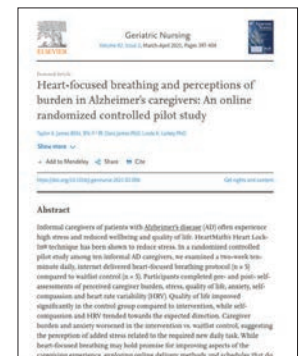
Effect of Quick Coherence Technique on Psychophysiological Coherence, Heart Rate, Stress, Anxiety, Depression and Feeling State in Young Adults in India. Jasubhai, Shilpa. *J Psychol Neurosci* 3.1 (2021): 1-9. This study found significant increases in psychophysiological coherence and reductions in anxiety and stress after a Quick Coherence training in young adults in India after five training sessions.

Resilience Building among University Students: A Heart Rate Variability Biofeedback Study. Sha'ari, NA Shahirah, and M. K. M. Amin. *IOP Conference Series: Materials Science and Engineering*. Vol. 1051. No.1. IOP Publishing, 2021. This study found that HRV coherence training increased the level of resilience in a population of 120 students from the Malaysia-Japan International Institute of Technology (MJIT).

HeartMath as Scientific Meditation Method in Dialogue with Theological Phenomena. Edwards, Stephen David, *Dialogo* 7.2 (2021): 23-34. The author discusses how the HeartMath Institute system is an interdisciplinary undertaking that bridges natural, human, social, spiritual, and ecological sciences with the goal of promoting personal, social, and global coherence.

Stress Analysis Among University Students Using Psychometric Scale and Heart Rate Variability Approach. Sufian, A.H.M., and M.A.M. Kamal, *IOP Conference Series: Materials Science and Engineering*. Vol. 1051. No. 1. IOP Publishing, 2021. This study explored how stress reduces coherence and the effectiveness of coherent breathing to increase HRV coherence in improving resilience in 30 Malaysian university students.

Daily self-regulation with biofeedback to improve stress and job satisfaction in a primary care clinic, Orlando. Frank A. et al. *Journal of family medicine and primary care* 10.2 (2021): 968. This study assessed the impact of the HeartMath self-regulation techniques and HRV coherence biofeedback on decreasing stress and improving job satisfaction among primary care clinicians and nurses.



HeartMath Coherence Model Throws New Light on Arka Dhyana Intuitive Meditation.

Lindhard, Tina, Caroll Hermann, and Stephen D. Edwards, *Healthcare*. Vol. 9. No. 9, 2021. In an experimental evaluation of an introductory Intuitive Meditation course, the HeartMath coherence technology was used to show highly significant increases in both coherence and achievement in participants who learned how to change their level of consciousness to an international audience via Zoom technology.

Heartrate Variability Biofeedback for Migraine Using a Smartphone Application and Sensor: A Randomized Controlled Trial.

Minen, M. T. et al. *General Hospital Psychiatry* 69, 41-49 (2021). This study of 52 participants with migraines who were taught basic HeartMath techniques and HRV coherence feedback found that high users of HeartMath reported a reduction in migraine scores while low users did not.



Sounds of Silence in Times of COVID-19: Distress and Loss of Cardiac Coherence in People With Misophonia Caused by Real, Imagined or Evoked Triggering Sounds.

Ferrer-Torres, A. & Giménez-Llort, L., *Frontiers in psychiatry* 12 (2021). The extreme, unprecedented situations (the fear/risk of death and confinement) caused by the COVID-19 pandemic have worsened the symptoms of misophonia (a condition in which hearing certain sounds triggers intense anger, disgust, and even severe autonomic nervous system responses) sufferers and, consequently, their physical and psychological health. This study of people with moderate to extreme misophonia who underwent confinement imposed in Spain confirmed the usefulness of home-monitored HRV. The loss of cardiac coherence was greater for patients with more severe misophonia.

The Effectiveness of Social-Emotional Learning Strategies and Mindful Breathing with Biofeedback on the Reduction of Adolescent Test Anxiety.

McLeod, C. & Boyes, M., *Canadian Journal of Education/Revue canadienne de l'éducation* 44, 815-847 (2021). This study examined the effectiveness of HeartMath and HRV coherence biofeedback on the reduction of test anxiety, emotional regulation, and academic performance. Results showed significantly increased self-efficacy, decreased stress and worry, and improved academic performance compared to a control group. Many students also described using Heart-Focused Breathing techniques beyond the classroom and in other areas of their lives, such as music performances, speeches, and sporting competitions.



Efficacy of a Brief Biofeedback Intervention on Mood, Arousal, Mental Workload, Movement Time, and Biofeedback Device Preference.

Rose, S. et al. *Applied Psychophysiology and Biofeedback* 46, 205-214 (2021). In this study that used a brief introduction to heart rate variability biofeedback, there was not a significant effect on mood, movement time, or mental workload, although it did significantly and positively impact perceived arousal. Overall, 12 participants (48%) preferred the emWave® desktop device, eight (32%) preferred the Inner Balance™ device, and five (20%) preferred the emWave portable device.

Artificial Intelligence Investigation Into Physical Health Activity During COVID-19 Lockdown.

Edwards, Stephen D., *African Journal for Physical Activity and Health Sciences (AJPHES)* 27.3 (2021): 337-348. This Artificial Intelligence assisted case study type investigation used Fitbit and Inner Balance App records before and during the initial five-week South African COVID-19 lockdown period.

Education Achievements



Ninth-grade health education and PE teachers from the Aldine Independent School implement SBWH & Inner Balance training

► Center for Disease Control (CDC) Grant Implementation Continues

In partnership with the University of Chicago and the University of Texas Medical Center at Galveston Bay, HeartMath Institute received a CDC-sponsored grant to reduce school violence as part of a large research project. Delayed by the pandemic and its many logistic hurdles, the training and actual implementation finally began in August 2021 with 15 ninth-grade health education and PE teachers in the Aldine Independent School, which serves 85,000 urban students.



The purpose of this research project was to implement Smart Brain Wise Heart™ and Inner Balance™ technology in 10 South Texas high schools to help reduce violence. Numerous assessments were implemented before and after the two-month Fall 2021 intervention. The main study goals were to help students develop greater social and emotional awareness and self-regulation skills using the Smart Brain Wise Heart™ and Inner Balance™ technology programs. These critical skills build a solid foundation for improved mental and emotional health, positive social behavior and relationships and academic excellence, all of which are essential for student success and well-being in today's fast-paced, complex world.

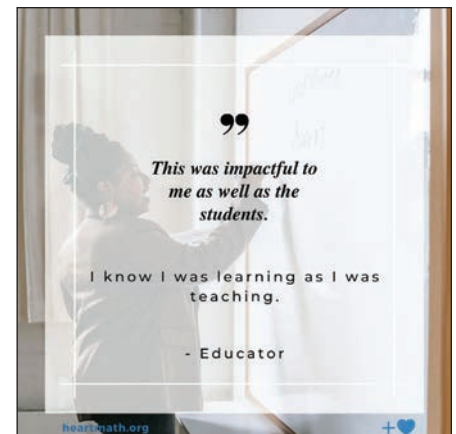
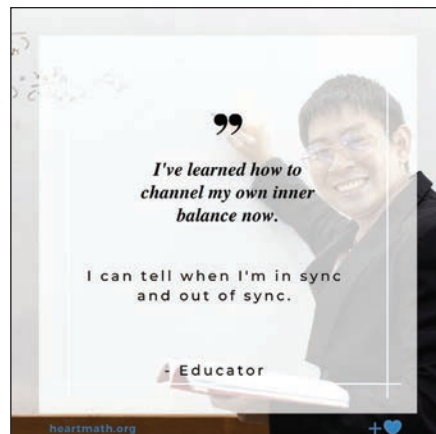
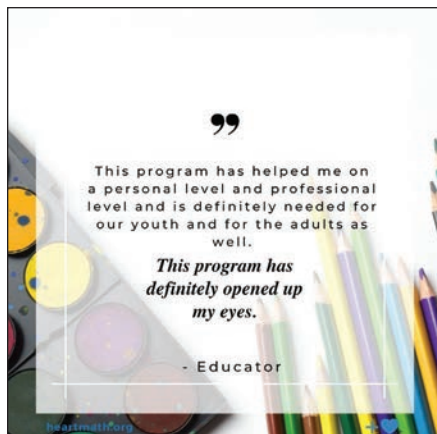
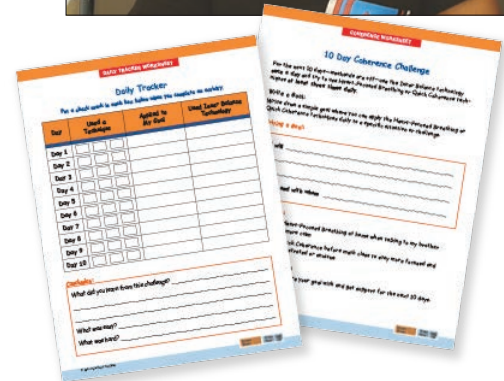


Education Achievements

The second phase with the control group began in May 2022 with more training with approximately 20 educators to further roll out the program to another large group of students and to further build on the initial success of the Fall 2021 implementation with students. Some of the district leaders want to expand the program to every classroom within the district.

While the more detailed pre- and post-data supported by around 10 assessments will not be analyzed and publicly reported until Fall 2022, the exit interviews among approximately 115 students and staff were encouraging.

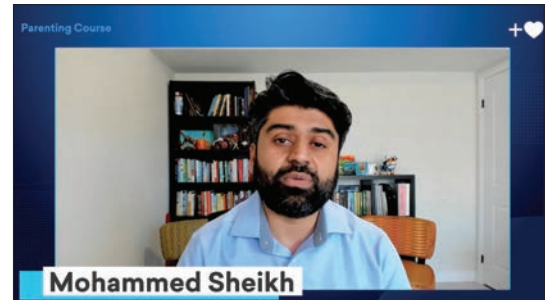
Below are several memes/images that capture the pulse of the overall experience.



Education Achievements

► Parenting Program

In 2021, we started creating a HeartMath program for parents. This online video program, designed by parents, shares HeartMath techniques, tips, and personal stories through short videos, audio guides, and activities for the whole family. Hosted by a pediatric neurologist, Dr. Jorina Elbers, and a Marriage and Family Therapist and attachment specialist, Dr. Michele Coleman, this course helps parents manage the everyday stressors of parenting in today's world. Parents learn solution-focused approaches that promote emotional awareness, self-regulation, effective communication, and decision-making skills. These skills help bring more heart and harmony into their family.



► Smart Labs

Inspired by a professor at Ohio State University's graduate counseling department and a nearby middle school counselor, SMART labs (Stress Management and Resiliency Training) was launched in 2021. Using the emWave Pro technology successfully among graduate college students at an Ohio State computer lab led to a public campaign of further education at state and regional conferences. As a result, numerous school districts within Ohio began ordering labs of emWave Pros for their schools. Included were districts such as Lancaster, Dublin, Xenia, Columbus and Pickerington, which were some of the more prominent school districts ordering hundreds of units of technology to help train and measure the coherence levels of their students.



► HeartSmarts® Adventure

As a new, free course for children ages 4-7, the HeartSmarts Adventure program continued promoting the 100,000 Coherent Kids Initiative. The 100,000 threshold of users was passed in December 2021. Currently, we have reached 129,881 children. Included were numerous schools, youth agencies and homes. Several users made videos telling their compelling stories. An online map on the HeartMath Institute web page shows 94 countries with at least one HeartSmarts Adventure user!



Training the Trainers—A Positive Force in the Lives of Others



This past year proved an ever-greater challenge for training programs. Like schools, colleges, and universities across the globe, HeartMath rose to the challenge by providing quality online training to educators, therapists, counselors, and an array of professionals.

The Resilient Heart™

A trauma-sensitive course and certification (TRH) was launched in January 2021. Over 2,000 people took the course in 2021. This course was designed for professionals working in a therapeutic dynamic with those experiencing traumatic stress. This is a self-paced course with 12 hours of trauma-focused video content and aims to strengthen a client's resilience and emotional regulation and help them gain more self-security and overall well-being. The HeartMath tools and techniques are intended to augment trauma-focused therapies, including but not limited to Cognitive Behavioral Therapy, EMDR, Hakomi, Brainspotting, Exposure Therapy and Somatic Experiencing, Wilderness Therapy, etc. This course material is not intended to replace qualified trauma processing but will enhance the trauma therapist's toolkit.

The Resilient Heart™
Trauma-Sensitive HeartMath® Course and Certification

For professionals working in a therapeutic relationship with individuals who have experienced traumatic stress

★★★★★ 4.9 12 Reviews

This certification course was especially designed by trauma specialists for professionals who provide, or would like to provide, trauma-informed care.

This trauma-sensitive certification course contains 12 hours of trauma-focused video content, parsed into 49 brief episodes. Practitioners learn how to incorporate the HeartMath skill set in a trauma-sensitive manner to build their client's capacities for resilience, emotional regulation and reconnection with their sense of self-security and well-being.

The tools, techniques and overall HeartMath skill set are taught to be used as an adjunct to support and facilitate a variety of trauma-focused therapies (Cognitive Behavioral Therapy, EMDR, Hakomi, Somatic Experiencing and more) to improve client symptoms associated with traumatic stress. It is not meant to replace or be used in isolation for trauma processing.

Watch highlight video below

THE RESILIENT HEART
Trauma-Sensitive HeartMath® Certification

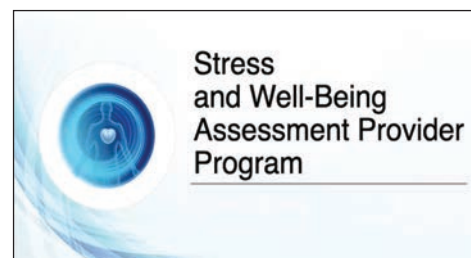
"Very professional presenters...broad and deep content, efficient tools for personal and professional use. Worthy insights into practitioner experience of different kinds (refugees, children, body psychotherapy etc.)"

– Matt, Healthcare Industry

Training the Trainers—A Positive Force in the Lives of Others

Stress & Well-Being Assessment Provider Program (SWBA)

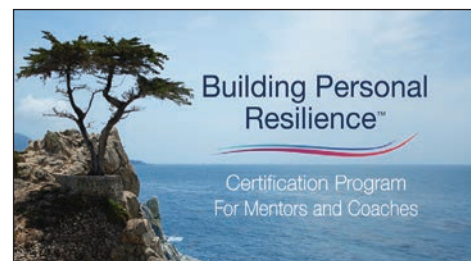
The program was piloted in 2020 with 50 people and launched as a course in 2021. This program was designed for coaches, mentors, consultants, trainers, peer support counselors, and others to help assess their clients' state of well-being. The course helps participants to integrate a powerful normed and validated individual assessment. It is made up of six modules, about 30 minutes each, providing in-depth instruction and best practices for administering, viewing, interpreting, and sharing results with their clients.



"Overall I must share that knowing this assessment has meant knowing myself. It's easy to say I'm stressed but it's not easy to pinpoint what is causing it and the impact on the different areas (in my life). Gaining clarity...is one of the greatest outcomes for me and my clients, then, it helps to build a roadmap in transforming stress." – Julin

Building Personal Resilience™ (BPR) Mentor Certification

This certification program trained 83 new coaches and 264 new mentors – a total of 347 certifications in 2020. The new BPR provides guidance in delivering to clients the HeartMath skillset, including science, techniques and practices. It teaches clients to identify areas of stress that cause energy drains – and how HeartMath tools can renew energy, enhance intuitive decision-making and create a new baseline of resilience.



"The evidenced-based information and 'elegantly simple Techniques' were easily integrated into my daily self-care living! I feel empowered to make the genetic changes within me and feel inspired to share with others. I am calmer, kinder, and able to radiate love and compassion through taking the time to bring my heart, mind, and emotions into Coherence. I used the Heart-Focused Techniques every single day and I am stronger for it and more optimistic about my positive life-sustaining changes." – JoJo, healthcare industry

Resilience Advantage™ (RA)/HMCT HeartMath® Certified Trainer Program

HMI certified 60 trainers, each qualified to provide the Resilience Advantage™ workshop. This program applies research-based self-regulation techniques and technologies that reduce symptoms of stress while promoting resilience-building capacities, mentally, emotionally, physically, and spiritually. In these challenging times, new trainers will help people in the following sectors: education, nonprofit, government, law enforcement, military, healthcare, and the general public.



Training the Trainers—A Positive Force in the Lives of Others

"This was such a great training. I loved that it was both immersive and experiential! The trainers were knowledgeable and approachable. Their guidance and feedback was helpful in understanding how to best implement the techniques and practices both in my personal life and with the populations I serve."

—Marion, First Responder Industry

Activating the Heart of Teams™ (AHT) HeartMath® Certified Trainer Program

This program saw 28 people trained through HMI in 2021. This training provides skillsets to help teams identify blocks to team goals and performance, a path to create more inter-connectedness, team harmony, and ways to anchor intelligent action moving forward.

"Comprehensive, profound, practical training which has unlocked a multitude of ways to work with my clients and high performing teams in a meaningful and impactful way. Not only that, but chock-full of techniques and approaches I personally use on a daily basis to live my life as my best Self." — Sal, Training Industry

HeartMath® Interventions Online Certification Program (HMIP)

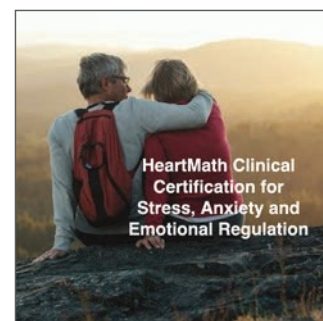
A self-paced training program of six 90-minute recorded webinars designed for health professionals to help their clients learn self-regulation and emotional management skills to help with stress, anxiety, and other conditions. It also includes how to use the emWave® Pro Plus computer-based technology in their practice and provide HRV assessments for their clients. HMI trained 210 participants in this program in 2021.

"This has been life changing for me personally, but also for me in my field of pastoral care counseling; particularly bereavement and grief counseling." — Chaplain Bob, Healthcare Industry

HeartMath Clinical Certification for Stress, Anxiety and Self-Regulation (HCC)

A program for health professionals that want to provide tools and techniques for major stressors and anxiety to help their clients self-regulate emotions and synchronize the activity between their heart, brain, and nervous system. This course provides 20 Continuing Education Credits approved by the APA. HMI trained 75 participants in this course in 2021.

"Easy to practice...All practices in the program were efficient; however, they were simple and easy to do. Thank you." — Nilufer, Healthcare Industry

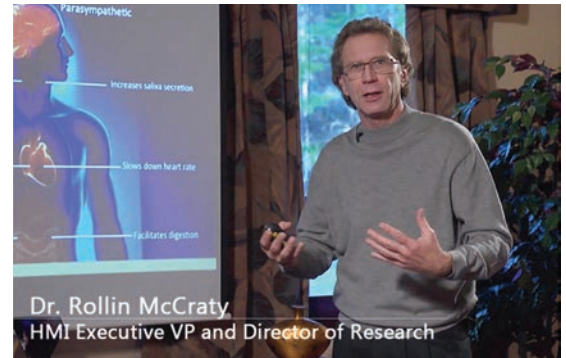


Training the Trainers—A Positive Force in the Lives of Others



Boot Campaign is a national non-profit Veteran Service Organization focused on improving the lives of military families. The Health and Wellness Department is specifically focused on providing individualized, barrier-free care for those who have served in order to address invisible wounds of war, like PTS, TBI, chronic pain, self-medication and sleep issues. They case manage, provide support, and make sure to connect and pay for treatment with medical professionals for any/all of their concerns, with a treatment plan focused on holistic wellness and tailored specifically to the individual veteran.

Spouse/caregivers of veterans are receiving HeartMath coaching exclusively. No other programs are being used for that population due to its success.



Jenny Howland, PsyD, LCP, Director of Health and Wellness states, “one of my first agendas was to make sure we were able to offer HeartMath training to our veterans and families as an amazing and powerful tool in the arsenal of healing. It has been phenomenally successful and even our toughest, crustiest veterans have fallen in love with the benefits of practicing regularly!! We have reached well over 150 veterans and a handful of spouse/caregivers and I expect that number to jump to over 250 by the end of this year. We have some amazing coaches on board for expansion of the program.”

What some of the veterans said:

“I found improvement in sleep, relationships, and general stress. My coach was patient, knowledgeable and flexible. There’s nothing that could improve the program.” – currently active LEO, USMC veteran

“I’ve been going to therapy at the VA for years and the sessions I’ve had with [my coach] have taught me so many more useful things than they have in all that time.” – USMC veteran and recently retired police LT

“I have been put through the ringer. It has been a rough couple weeks...[my police department] lost an Officer who was shot in the head and was on life support. I just wanted to say thank you and your team so much. What you have taught me has been a life saver, and what the rest of the team has helped me with. I can’t thank y’all enough. I have 2 partners right now that are having really bad issues with anxiety and PTSD and I [will be sending them to Boot Campaign!].” – Post-911 USMC Combat Veteran, currently active LEO

Training the Trainers—A Positive Force in the Lives of Others



HeartMath provided training to a Police Officer, Matt Kenney, in the City of Madison PD, and he has added HeartMath skillsets to their Pre-Service Academy's mindfulness-based training.

He says, "We provide everyone in the Pre-Service Academy... 2 ½ hours of Resilience Advantage® curriculum with an emphasis on the Heart-Focused Breathing™ and Quick Coherence® Techniques, and Prep, Shift and Re-Set and Sustain. I frontload the HeartMath breath work techniques in the Academy schedule because I want the Probationary Police Officers (PPOs) to use these techniques to down-regulate their response to the stressors of the Academy and create a habit that will serve them out in the field for the rest of their career.

"(With realistic scenario training), if they can manage themselves, then they will be more effective at managing chaotic scenes and out-of-control subjects. While the participating PPO is waiting for their turn at the scenario, we encourage them to practice their Heart-Focused Breathing. This helps the PPO stay calm and focused and manage any anxiety while they are waiting. If it is a use-of-force training scenario where they may have to physically control a resistive subject, the PPO is encouraged to shift and re-set using Heart-Focused Breathing as soon as they have stabilized the situation; the resistive subject is secured in handcuffs or otherwise physically stabilized. Breathing slowly and deeply calms the PPO and allows them to expand their awareness of the scene and their options. We teach them to take a breath before keying their radio so their voice is calm and measured and their communications is clear.

"After the training scenario is over, we debrief the student participant. It is not enough to observe the student's performance. I want to know why they did what they did. What did they perceive in the behavior of the role players in that setting that caused them to make the decisions they did which led them to the actions taken? The debrief will usually take longer to complete than the training scenario and can be just as stressful because now the student needs to recall their actions and perceptions accurately and articulate them to the Training Officer. Before beginning the debrief, we will encourage the PPO to use Heart-Focused Breathing to down-regulate. Scenarios, especially use-of-force scenarios, are stressful and I want the PPO to be calm, focused and receptive to feedback. I want their best performance and... Heart-Focused Breathing, is a way to enhance their performance."

New Products Developed in 2021 to Support Programs

Resilience Advantage Pocket Guide for Military, Resilience Advantage Pocket Guide for First Responders in Macedonian language, Smart Brain Wise Heart Pocket Guide, Updated the Inside Story e-Book.

HMI Expanded to Overseas Distributors

Increasingly, HeartMath Institute has formed partnerships with foreign distributors who work with schools, youth, and adults to help users lower stress and increase resilience. Volumes of technology purchases are made every year from Corente of Mexico, Pablo Perez of Spain, Christina Choi of South Korea, Quantum Consortium of Poland, and Gen Morita of Hawaii/Japan.

2021 Summits and Presentations

Summit: February 2021,

The Nature Talks: Reconnecting People and Planet.

Presentation: February 3-7, 2021,

Rollin McCraty, Ph.D., *"The Science of Interconnectivity."*



Summit: February 2021, The (Virtual) Breathing Festival.

Presentation: February 11-28, 2021, Rollin McCraty, Ph.D.,

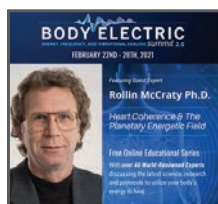
"Heart-Focused Breathing – Coherence and the Planetary Energetic Field."



Summit: February 2021, The Body Electric 2.0: Energy Frequency and Vibrational Healing Summit.

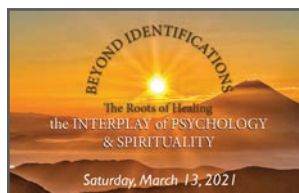
Presentation: February 22-28, 2021, Rollin McCraty, Ph.D.,

"Heart Coherence and the Planetary Energetic Field."



Summit: March 2021, Beyond Identification 2021, Heart-Based Psychotherapy Program.

Presentation: March 13, 2021, Rollin McCraty, Ph.D., *"The Importance of Heart Based Self-Regulation and Energy Management in Improving Patient Outcomes."*



Summit: March 2021, The Science of Healing Summit.

Presentation: March 15-19, 2021, Rollin McCraty, Ph.D.,

"Uplifting the Human Spirit: Accessing the Intelligence of the Heart."



Summit: April/May 2021, Journey Beyond Yourself: How to Use Your Brain and Body to Expand Beyond Your Limits.

Presentation: April 26 - May 17, 2021, Rollin McCraty, Ph.D., *"The Heart's Intelligence and How to Improve Heart-Brain Coherence."*



Summit: May 2021, 23rd ACEP International Energy Psychology Conference: The Art and Science of Transformational Change.

Presentation: May 12-17, 2021, Rollin McCraty, Ph.D.,

"The Energetic Heart: Personal, Social and Global Transformation."



Connecting with Others



Summit: June 2021, *Proven: Healing Breakthroughs Backed by Science.*

Presentation: June 1-9, 2021, Rollin McCraty, Ph.D.,

"Restoring and Protecting Cognitive Function."



Summit: June 2021, *Hidden Causes: The Fatigue & Autoimmunity Workshop.*

Presentation: June 14-21, 2021, Rollin McCraty, Ph.D., *"The Importance of Self-Regulation and Energy Management in Improving Health Outcomes."*

▶ **Summit: July 2021**, *The Chronic Lyme Disease Solution.*

Presentation: July 15-18, 2021, Rollin McCraty, Ph.D., *"Heart, Mind and Soul."*

▶ **Summit: July/August 2021**, *The Science and Practice of Heart Coherence.*

Presentation: July 19 - August 30, 2021, Rollin McCraty, Ph.D., A 7-week intensive course featuring interactive training sessions, practices and Q&A.

▶ **Summit: August 2021**, *The Power of You: a Virtual Experience – Find your Path to Deep Healing and Transform Your Life,*

Presentation: August 6-8, 2022, Rollin McCraty, Ph.D., *"The Science and Practice of Heart Coherence."*

▶ **Summit: August 2021**, *Mind, Body, and The Vagus Nerve Connection.*

Presentation: August 16-22, 2021, Rollin McCraty, Ph.D., *"Heart Rate Variability as a Measure of Vagus Function."*

▶ **Summit: October 2021**, *The Resilience Roadmap Summit*

Presentation: October 25-31, 2021, Rollin McCraty, Ph.D., *"The Coherence Advantage: Heart-Brain Dynamics and Optimizing Resilience."*

▶ **Summit: November 2021**, *The Energy Medicine Summit.*

Presentation: November 1-5, 2021, Rollin McCraty, Ph.D., *"How Love Connects Us: The Science of Global Coherence and Interconnectivity."*

▶ **Summit: November 2021**, *10th International Globe Sound Healing Conference.*

Presentation: November 10-14, 2021, Rollin McCraty, Ph.D., *"The Science of Global Coherence and Interconnectivity: How Love Connects Us."*

▶ **Summit: November 2021**, *11:11 Unified Virtual Event - Co-Creating Coherence: The Emergence of a Unified Alliance.*

Presentation: November 11, 2021, Howard Martin, GCI Steering Committee Member, *"What Global Coherence Is, Why It Is Important, and How You Can Play a Role in Creating a Better World."*



Summit: December 2021, *The Sacred Child Summit: Bridging Science and Spirit to Welcome Children Into Their First Seven Years of Embodiment.*

Presentation: December 6-10, 2021, Jeffrey Goelitz, *"The 100,000 Coherent Kids Initiative."*

Connecting with Others

2021: We released 13 new videos.

- ▶ We created a fresh, new overview video about the HeartMath Institute called “The Road to Coherence: Our Roots, Mission & What We Have to Offer”.
- ▶ For our first Global Coherence virtual event, we created two videos, one announcement, and one special Zoom discussion with our four presenters.
- ▶ To help with our fundraising efforts, we created videos for education, trauma recovery, and interconnectivity research, including one Zoom video with Gregg Braden and Rollin McCraty, Ph.D.
- ▶ To enhance learning, we created three technique videos on Ease, Inner Stillness, and Broadcasting Love.
- ▶ Another video was created to promote our membership drive, and we also created an interesting overview of heart-brain science.

You can view the videos at [HeartMath Institute website video gallery](#), [HeartMath Institute YouTube channel](#) or [HeartMath Institute Facebook page](#).

Coherence Resources About Research Training Education Membership Global Coherence Store Donations

Receive your **Free** copy of our new e-Booklet: *12 HeartMath® Tools for Reducing Stress and Staying Balanced* [Learn More](#)

HMI Video Gallery

Welcome to the HeartMath Institute Video Gallery!

HeartMath Institute invites you into the HMI Video Gallery to explore the mysteries and science of the heart in this heartwarming introductory series on our nearly quarter-century of cutting-edge research. We hope these short presentations will inspire and enlighten you with new ideas and possibilities for expanding and deepening the heart connections in your life.

Sort videos by:
Date Title Comments Featured

NEW
Free Estate Planning Tool
We've partnered with FreeWill, a free, trusted online tool to help you protect what is most important in your life.

NEW
Connecting Hearts
The meaningful bonds that can exist between people and horses have been shared widely across time and culture.

NEW
The Advantages of Activating Heart Feelings in the Morning
Taking a few moments to establish a positive emotional environment in the morning is a highly effective practice that adds lift and flow to your day ahead.

NEW
A Window Into the Energetic Lives of Trees
In an exciting scientific venture, HeartMath Institute researchers are using new technology to peer into the energetic lives of trees.

NEW
Social Coherence Explained
When people are in a state of genuine care and compassion, this has a measurable uplifting effect on the people around them.

NEW
The Rise of Collective Compassion
A Heart-Centered Approach to Creating a Heart-Centered World.

What is Personal Coherence?
Practicing personal heart coherence can help you create more balance and cooperation between your heart, mind, and emotions.

Global Heart Coherence
Join Gregg Braden and HeartMath Institute Research Director Rollin McCraty for a virtual fireside chat!

Unraveling the Science of Interconnectivity
Research conducted at the HeartMath Institute is revealing the interconnectivity of all life on Earth – including the planet itself.

The Fascinating Relationship Between the Heart & Brain
The relationship between the heart and brain is like a complex dance that sets the tone for how we experience life.

Inner Stillness – A Fresh, Practical Approach
A heart-based approach to experiencing inner stillness, along with an exercise that can help you bring the feeling of more peace and ease into your day.

How to Actualize Your Deeper Heart's Intentions
Our hearts' commitment is to help people navigate today's challenges with more calm, inner-security, and more compassion and kindness with each other.

The Inner-Ease Technique...
Inner ease is a highly regenerative, energy-saving state that helps balance our mind and emotions and can help you gain more resilience and flow in your life.

The Road to Coherence
For 30 years, HeartMath Institute has engaged in a wide range of research, training and education programs, caring initiatives and outreach efforts.

Broadcast Love – What It Means & How to Practice!
Love is an intelligent, unifying, and transformative attribute of the heart that is the key to uplifting ourselves, and our global community.

Lives We Touched Through Sponsorship

HeartMath Institute supporters are making an impact.

Thanks to our generous donors, many people experienced an uplift and the support they needed in 2021. HMI's donor-funded sponsorships delivered HeartMath technology, tools, and educational programs to more than 3,400 people in education, military, and community service settings.



The Education Projects Fund

provided 1,959 students (K-12) with HMI's resilience-building education programs and tools to help children lower stress, reduce anxiety, and learn self-regulation skills.

"Please express our gratitude to the donors! Our team is excited about integrating HeartMath into the work we do with our students. HeartMath will impact 120 [of our] students with communication, learning and/or emotional challenges. Smart Brain Wise Heart will be implemented during students' study strategies. It is our intention to build student resilience." – Speech Therapist



The Military Service Appreciation Fund

helped transform the lives of over 180 military personnel and veterans by helping them regain a sense of well-being while recovering from PTSD.

"I believe the foundations and research of the HeartMath Institute to be of invaluable measure in addressing the current endemic among the military and veteran community. I want to learn the techniques and instructions to continue my healing journey and be able to be of assistance to fellow veterans who may be struggling." – Marine Combat Veteran



The HeartMath for Communities Fund

reached over 1,300 community members, including healthcare workers, firefighters, victims of human trafficking, and communities struggling with trauma and stress.

"I work with the Vermont State Police, State Firefighters Association, Southwestern VT Medical Center, and multiple local departments... I have experienced the gift of HeartMath, and look forward to teaching it on a larger scale." – Public Safety Chaplain

"There are so many wonderful things happening with HeartMath around the world. I am grateful we are a small part of this." – HMI Donor

Financial Report

*The caring
and hopeful spirit
of contributors
like you is present
every time
HeartMath touches
someone's life.
We truly appreciate
your generosity.*

All of us at HeartMath Institute thank you, our donors and supporters, for a successful 2021. Your care and generosity make all that we do possible. Our pledge to you is to educate people about HeartMath and provide them with research-based tools, programs and services that can empower them to manage their mental, emotional and physical well-being as they strive to reach their full potential.

Donations to the institute come from individuals, corporations, other nonprofits and a wide variety of public and private institutions and organizations.

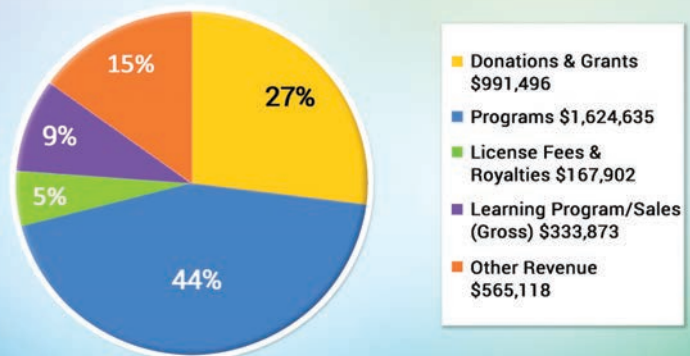
100% Donation Model

HMI is a nonprofit that uses 100% of the donations it receives to fund initiatives, public programs and research projects. We use product sales and licensing fees to cover administrative and fundraising expenses, so each contributor's donations can be used solely for projects that help people.

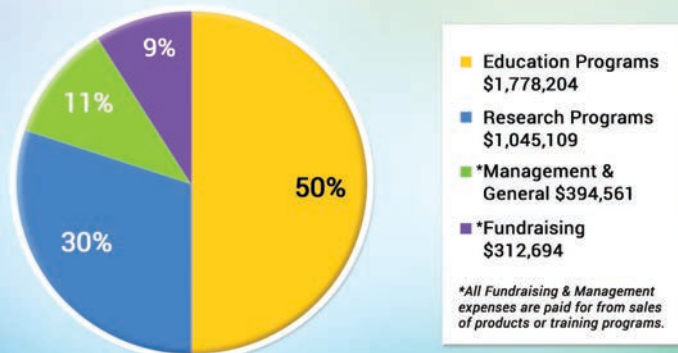
Every child, woman and man HeartMath is able to empower to improve their lives has contributors like you to thank. For them and all of us at HeartMath, thank you. We truly appreciate your generous spirit.



2021 HMI Revenue \$3,683,024



2021 HMI Expenses \$3,530,568



HeartMath Institute's Vision

There is a global shift underway in people's attitudes and how we treat one another and the planet. This shift involves forming a deeper connection with our own and each other's hearts. As these connections are established, we believe the world we live in can be transformed. Coherent, heart-centered interactions will generate a higher vibrational consciousness field globally, increasing individual, social and global coherence and resonance.

HeartMath Institute provides practical, heart-based tools and technologies that people of all ages and walks of life can use to enhance health, performance and well-being.

Ways to Support HMI and GCI With Donations

HeartMath's work and outreach continues with the generosity of supporters like you. Here are some ways you can contribute:

- ▶ Become a sustaining/monthly supporter and get free HMI Membership.
- ▶ Make a personal donation through cash, stocks, bonds, real estate or dividends.
- ▶ Participate in employers' corporate matching-gift programs.
- ▶ Make an in-memory contribution on behalf of a loved one.
- ▶ Make a donation to acknowledge special people who are doing good work, or designating a gift for birthdays, holidays or other occasions.
- ▶ Help to fulfill the HMI wish list with in-kind donations.
- ▶ Participate in HMI's Planned Giving Program, which benefits HeartMath for generations to come and donors during their lifetime.
- ▶ Include HMI in your will as part of your legacy.

Stay Connected ...

There are lots of ways to stay connected with HeartMath and keep on top of all we have to offer.

Subscribe to News and Tools on HMI's website: www.heartmath.org.

Become an HMI Member on HMI's website: <https://www.heartmath.org/membership>

Become a GCI Emmisary on HMI's website, <https://www.heartmath.org/gci>, or join others on the Global Coherence App. <https://www.heartmath.org/gci/global-coherence-app/>

Like us on Facebook: <https://www.facebook.com/HeartMathInstitute>

Don't forget our other Facebook pages at <https://www.facebook.com/GlobalCoherenceInitiative>, <https://www.facebook.com/HeartMathMyKids> and <https://www.facebook.com/HeartMathTroopsVeteransFamilies>

Watch our numerous videos on YouTube at <https://www.youtube.com/HeartMathInstitute> and <https://www.youtube.com/GlobalCoherenceInit>

Follow us on Instagram: <https://www.instagram.com/HeartMathInstitute>

Follow us on LinkedIn: <https://www.linkedin.com/company/HeartMathInstitute>

Have a question? Give us a call at (831) 338-8500 or toll free (800) 711-6221. Support HeartMath with your contributions by visiting <https://www.heartmath.org/donate> or calling us toll free at (866) 221-6339 or emailing us at info@heartmath.org

Our Volunteers and Boards



With gratitude and heartfelt thanks, we salute our many volunteers for the time and energy they donated in 2021.

We are grateful to the many individuals, with diverse backgrounds, knowledge and expertise who oversaw the operations, organization and missions of HeartMath Institute and the Global Coherence Initiative.

Your dedicated service is integral in our ability to offer programs, services and outreach.

HMI Leadership Team:

Doc Childre, founder; Sara Childre, president and CEO; Rollin McCraty, executive vice president, director of research; Brian Kabaker, chief financial officer, director of sales; Katherine Floriano, executive vice president, office of philanthropy.



HMI Board of Directors:

Chair: Katherine Floriano. Directors: Brian Kabaker, Diana Govern, Donna Koontz, and Dan Bishop.



HMI Scientific Advisory Board:

Doc Childre, Dr. Abdullah Abdulrahman Alabdulgader, Dr. John Andrew Armour, Linda Caviness, William C. Gough, David Joffe, Rollin McCraty, Ph.D., Minvydas Ragulskis, Ph.D., Dr. Richard Rahe, Dr. Deborah Rozman, Ph.D., Abdul Qahar Sarwari, Ph.D., Alfonsas Vainoras, M.D., Ph.D. and Carlo Ventura, M.D.



Our Volunteers and Boards

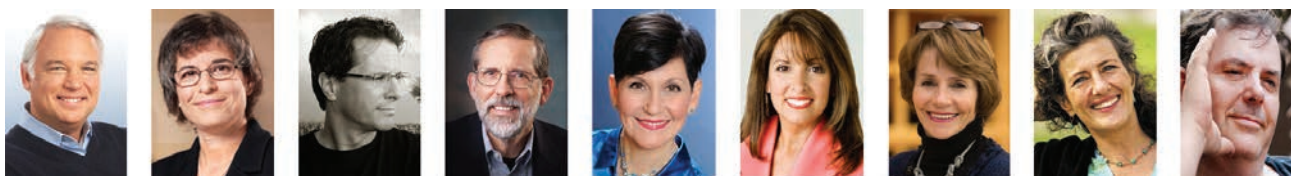
GCI Steering Committee:

Chairman: Doc Childre. Members: Gregg Braden, Jeddah Mali, Howard Martin, Rollin McCraty, Ph.D., Deborah Rozman, Ph.D. and Claudia Welss.



GCI Advisory Board:

Jack Canfield, Jill S. Dodd, Mark Hempel, Larry Kuechler, Lynne McTaggart, Marci Shimoff, Lynne Twist, Nina Rothschild Utne and David Whalen.



GCI Scientific Advisory Board:

Rollin McCraty, Ph.D., Dr. Abdullah Abdulrahman Alabdulgader, Mike Atkinson, Jude Currivan, Ph.D., Annette Deyhle, Ph.D., Bruce H. Lipton, Ph.D., Roger Nelson, Ph.D., Dean Radin, Ph.D., Marilyn Mandala Schlitz, Ph.D. and William E. Vosteen.





2021 ANNUAL REPORT

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