

2024 Annual Report

+❤️ HeartMath® Institute
A Nonprofit Organization

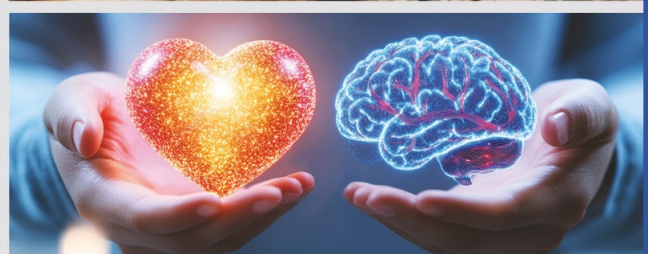


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Letter from the President

Dear Supporters and Friends,

Looking back on 2024, our hearts are full of gratitude for every supporter, partner, and friend who journeyed alongside us. Thanks to your heartfelt care and support, this was a year of profound impact and hope. Every breakthrough we celebrated, every life changed, and every community strengthened was possible because of you. Your belief in the power of HeartMath tools and techniques did more than enrich individual lives – it sparked a global movement of resilience, healing, and possibility.

Your compassion created a ripple effect, spreading strength and hope across borders and into the lives of those who needed it most. We are deeply grateful for the difference you have made. You are the heart behind every transformation.

This year, we saw our community come together in extraordinary ways – supporting new educational initiatives, championing student well-being, and standing beside families facing uncertainty. Your generosity enabled us to develop and share resources that empower individuals to navigate life's challenges with greater confidence and inner peace. The stories of hope and renewal we hear every day are a testament to the profound impact of your kindness.

As we look to the future, we are inspired by your unwavering commitment to creating a more compassionate and connected world. Together, we will continue to innovate, uplift, and inspire, knowing that each act of care strengthens the bonds that unite us all. With every step forward, we are reminded that hope is not just a feeling – it activates our heart's power for creating fulfillment in our lives. Creating hope together can change the world.

With heartfelt appreciation,



Sara Childre

President and CEO, HeartMath Institute

Why We Are Here: Our Vision, Mission and Commitment

Our Vision

A kinder, heart-centered world where we care for one another
and live harmoniously in peace.

Our Mission

To co-create a kinder, more compassionate world by conducting interconnectivity research and providing heart-based, science-proven tools for raising humanity's baseline consciousness from separation and discord to compassionate care and cooperation.

Our Commitment

Since 1991, the HeartMath Institute has been dedicated to helping raise global consciousness. Born out of a deep sense of caring for people and our planet, HeartMath partners with individuals, organizations, and communities to grow humanity's collective heart intelligence and create a more heart-connected world. We believe that when we align and connect our hearts and minds, and connect with others, we awaken the higher mental, emotional, and spiritual capacities that often lie dormant. HeartMath Institute aspires to conduct all of its work with passion, compassion, and a heartfelt desire to transform lives. This is in keeping with our commitment to help usher in an era of ever-expanding heart intelligence – Love.



RESEARCH HIGHLIGHT

Global Study of Long-Term Heart Rhythm Synchronization in Groups

This study explored whether people in different parts of the world could show similar heart rhythm patterns – even when they weren't physically together or doing anything in sync. Researchers had 104 people from five countries (the U.S., England, Lithuania, Saudi Arabia, and New Zealand) wear heart monitors for 15 days while living their normal lives. The goal was to see if their heart rhythms would naturally become more synchronized over time. They looked for two things: (1) long-term synchronization of heart rhythms within each group, and (2) whether participants followed a 7-day rhythm pattern, known as a circaseptan rhythm. The findings were surprising. Only the groups in Saudi Arabia and New Zealand showed strong, natural heart rhythm synchronization. These two groups also had a clear 7-day pattern, while the other three groups did not.

Researchers believe this synchrony may be linked to stronger emotional or social connections within those communities. Even without direct interaction, shared environments or group bonds may have influenced participants' heart rhythms. In simple terms, the study shows that our hearts can sync up with others, even across long distances, when there's a sense of connection or community. It reveals how emotional closeness can create real, measurable physical effects.

In summary, this study provides compelling evidence that social and emotional bonds can lead to spontaneous, long-term synchronization of heart rhythms. It deepens our understanding of how collective coherence and heart connection can influence human health and harmony on a global scale.

View research paper, <https://www.heartmath.org/assets/uploads/2024/11/global-study-of-long-term-heart-rhythm-synchronization-in-groups.pdf>

If you're more of a visual learner or just want a quick, inspiring glimpse into this study, we highly recommend watching the short video: "Love Synchronizes Our Hearts with Each Other and the Earth" [Click here to watch](#)



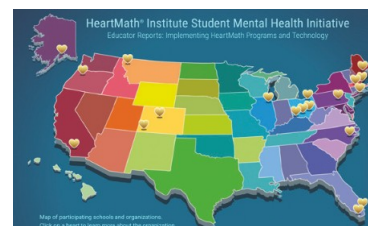
EDUCATION HIGHLIGHT

Transforming School Communities: The Impact of the Student Mental Health Initiative in 2024

In 2024, the HeartMath Institute's Student Mental Health Initiative broadened its influence, reaching more schools across the United States and deepening its impact on student well-being.



Over the course of the year, 17 comprehensive stories and reports were collected from participating schools, with an additional ten in progress. These accounts, rich in both measurable data and personal feedback, paint a compelling picture of the Initiative's effectiveness in nurturing emotional health, self-regulation, and a positive school climate.



The collective data and firsthand accounts from participating schools underscore the Student Mental Health Initiative's powerful role in shaping healthier, more resilient school communities. By combining structured curricula with biofeedback technology and real-time engagement strategies, the initiative has proven itself as a catalyst for emotional resilience, self-regulation, and a supportive learning environment.

TRAINING HIGHLIGHT

The Resilient Heart™ Trauma- Sensitive Certification Program

- **Unprecedented Demand:** Over 2,900 professionals enrolled, reflecting strong interest from therapists and healthcare workers.
- **Exceptional Satisfaction:** The program earned a remarkable 4.9 out of 5 satisfaction rating.



Resilient Heart Trauma-Sensitive Certification Program is a transformative, 15-hour online training designed for those who support trauma survivors – therapists, nurses, educators, first responders, and caregivers. The course blends trauma-informed principles with HeartMath's proven self-

Spotlight Moments of 2024

regulation techniques to help both clients and providers build resilience and recover emotional balance.

Participants learn how trauma disrupts the nervous system and how to gently introduce heart-based tools like heart-focused breathing to foster safety, empowerment, and healing. This approach honors the survivor's pace while helping restore a sense of inner stability and hope. Just as important, the program

helps professionals avoid compassion fatigue and burnout by giving them tools to renew their own emotional energy. This certification marks a shift in how we understand trauma – not as a “mental disorder,” but as an “injured heart” that can heal with the right support.



“The material in this course has changed my professional and personal lives for the better... This is the closest thing we have to magic and I truly believe this is the tool we all need in order to sustain a lifetime career of helping others recover.”

– Trauma-Informed Practitioner

GCI EVENT HIGHLIGHT

Love Unleashed 2024: A New Momentum of Heart Consciousness Unfolding

From May 16–19, 2024, HeartMath Institute hosted its first U.S.-based Global Coherence Event, *Love Unleashed*, at the beautiful Chaminade Resort in the Santa Cruz Mountains, California. With 172 in-person attendees and 287 virtual participants, the event was a powerful gathering of heart-focused individuals committed to personal and planetary transformation. Participants experienced inspiring sessions with renowned speakers



like Gregg Braden, Lynne McTaggart, Rollin McCraty, Deborah Rozman and Howard Martin, heart-coherent meditations, and practical tools for living a more heart-centered life. The shared field of care, compassion, and connection was deeply felt, both onsite and online.

The retreat's success reaffirmed a growing truth: love is rising as a new form of intelligence – one capable of healing divides, restoring balance, and guiding humanity forward. We thank all who joined us for helping spark this new momentum of heart consciousness. *Love Unleashed 2024* was just the beginning.

2024 Financial Overview: Stewarding Every Dollar with Purpose

In 2024, HeartMath Institute continued to put heart into every decision – especially how we steward the resources entrusted to us. Out of \$3.85 million in total expenses, more than half (52%) went directly to our education programs, and 31% supported pioneering research.

These numbers represent more than percentages – they reflect lives touched, hearts opened, and a world gradually shifting toward greater connection and care.



Our \$4.11 million in revenue came from a healthy balance of support: 37.7% from generous donations and grants; 41.9% from program fees, showing the deep value people find in our work; and 20.4% from licensing, training, and other mission-aligned sources that extend our reach globally.

We're especially proud that **100% of individual donations went straight into creating and delivering our programs and research.** Administrative and fundraising costs were covered through product sales and training fees – so your gift makes the greatest possible impact.

Platinum
Transparency
2024

Candid.



2024 Expenses	\$3,846,346	
2024 Education Programs	\$1,993,701	51.8% of Total Expenses
2024 Research Programs	\$1,208,856	31.4% of Total Expenses
2024 Management and General	\$476,406	12.4% of Total Expenses
2024 Fundraising	\$167,383	4.4% of Total Expenses

2024 Revenue	\$4,109,080	
2024 Donations and Grants	\$1,481,522	37.7% of Total Revenue
2024 Program Fees	\$1,827,603	41.9% of Total Revenue
2024 License Fees & Royalties	\$188,547	4.8% of Total Revenue
2024 Learning Program/Sales Gross	\$416,170	10.6% of Total Revenue
2024 Other Revenue	\$195,238	5.0% of Total Revenue

EDUCATION 2024: IMPACT STORIES

HeartMath at Spirit Horse Ranch: Healing Through Heart and Horse

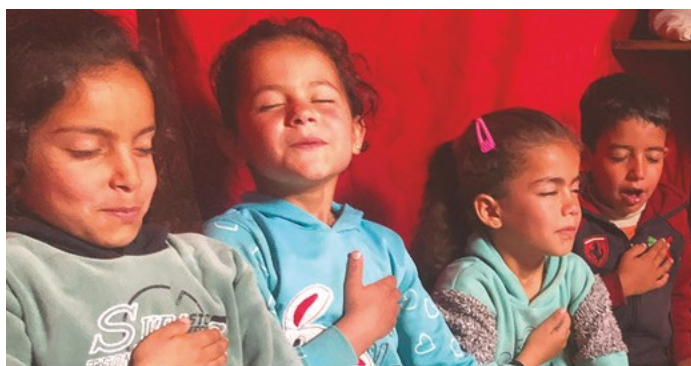


Spirit Horse Ranch has provided more than 2,250 HeartMath sessions since 2023, blending equine-assisted learning with HeartMath techniques to help wildfire survivors, youth in crisis, first responders, and mental health professionals build resilience and recover from trauma.

In 2024, the ranch trained at-risk teens and counselors using HeartMath's Inner Balance™ app, resulting in significant improvements in anxiety, depression, and peer connections. Through community events and outreach, Spirit Horse Ranch continues to empower individuals to strengthen emotional well-being and regain confidence every day.

[Read complete blog article](#)

Sharing Heart Across Borders



HeartMath's partnership with Reaching Across Borders is bringing heart-based mental health tools to children and refugees in crisis zones. In Lebanon, Reaching Across Borders became the first non-profit to integrate HeartMath's science-backed self-regulation techniques, helping over 1,800 people and earning government approval to expand the program to all public schools in the Bekaa Valley.

Now, this movement of hope has reached Western Cameroon, where HeartMath-trained psychologists are supporting war-orphaned children to build resilience and find hope. By sharing these practical, heart-centered tools, HeartMath and its partners are transforming trauma into strength and new possibilities for children worldwide.

[Read complete blog article](#)

Knotion: Knowledge in Action, Learning for Life

Knotion, a trailblazing EdTech company in Mexico, is bringing a fresh heart-centered approach to K–12 education across Latin America. By integrating HeartMath’s evidence-based tools into its curriculum, Knotion is helping over 90,000 students in more than 300 schools develop emotional intelligence and social responsibility alongside academic achievement. Their mission: to empower young people to become compassionate leaders and catalysts for positive change.

In 2024, Knotion partnered with the HeartMath Institute to launch a visionary Citizen Scientist initiative. Using Random Number Generators in eight Mexican schools, students explored heart coherence – a measurable state associated with inner balance, well-being, and resilience.



Forty teens participated in a six-week leadership and well-being focus group, working together to co-create a shared vision of a peaceful, healthy, and sustainable future where youth voices matter.

The powerful statement they crafted reflects the kind of leadership HeartMath and Knotion are inspiring. Together, they are helping to cultivate not just learners, but emotionally attuned, socially conscious changemakers for tomorrow.

“We envision a peaceful, healthy, sustainable world where young people are taken seriously and can express their ideas to help the planet.”

[Read complete blog article](#)

The Remarkable Story of SwingPals: Using the Game of Golf and HeartMath® to Impact Students



SwingPals is about more than just golf – it’s about helping young people grow into their best selves. Using the game as a starting point, SwingPals creates a nurturing space where students build confidence, emotional awareness, and mindfulness skills, all within a caring, supportive community. With the help of dedicated mentors, HeartMath tools, and programs like *Smart Brain Wise Heart™*, students learn how to manage their emotions, stay grounded, and bounce back from challenges with resilience.

Thanks to the partial help from HeartMath Institute donors, two SwingPals staff members became HeartMath Certified in 2024, deepening the impact of every session and ensuring that more students gain access to these empowering, life-changing skills.

[Read complete blog article](#)

EDUCATION TESTIMONIALS

“Smart Brain Wise Heart™ has taught me so much and has helped get through stuff by using their tips. A tip that I have learned and used is “In sync out of sync.” This has helped when I would get nervous for example it helped me today before I started my quiz in first period. I did in sync out of sync because it helped me calm down before I started the quiz. I think younger people really should use Smart Brain Wise Heart because I think it will help them get through life.”

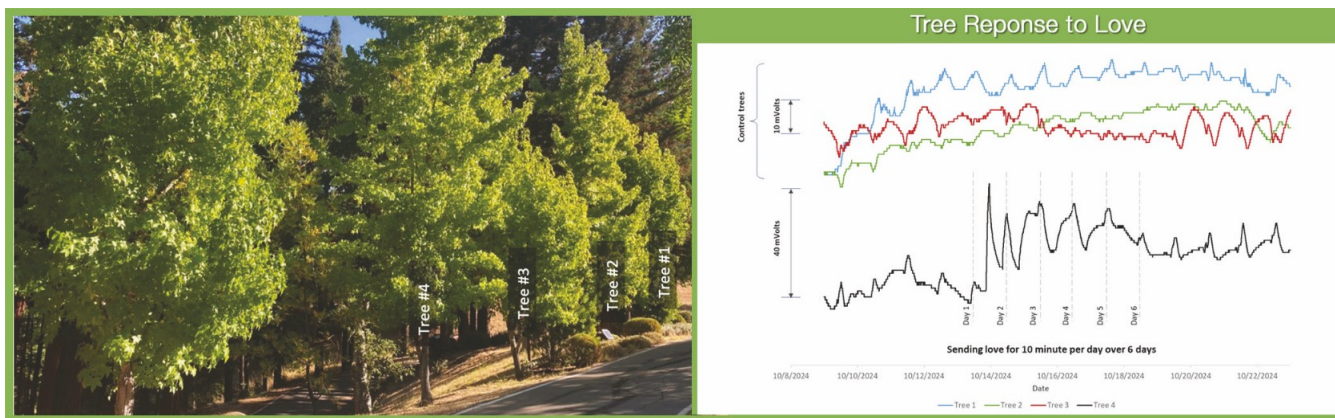
“Smart Brain Wise Heart has helped me to feel more calm and helped me calm my emotion when I need to be calm. I can use this program when I am going to have a difficult test. I do recommend this program it can change and help a lot of people in daily life.”

– 9th graders from Aldine, Texas

RESEARCH 2024: IMPACT STORIES

HeartMath® Institute’s Tree Rhythms™ – A Citizen Scientist Project

In the fall of 2024, an experiment conducted as part of HeartMath Institute’s Tree Rhythms research involved eight participants sending heart-focused love to a Sugar Gum Maple tree for six consecutive days. The results were remarkable: the targeted tree showed a noticeable increase in the amplitude of its circadian rhythm, while nearby control trees did not, suggesting a measurable response to coherent heart energy.



To learn more about this research project, visit <https://treerhythms.net/>

NEW FUN FACTS

Did You Know?

Beneath the quiet stillness of a forest lies a vibrant, interconnected world – one where trees aren’t solitary beings, but part of an intelligent, communicating network. These “silent giants” send messages, share nutrients, and support one another through vast underground systems and subtle

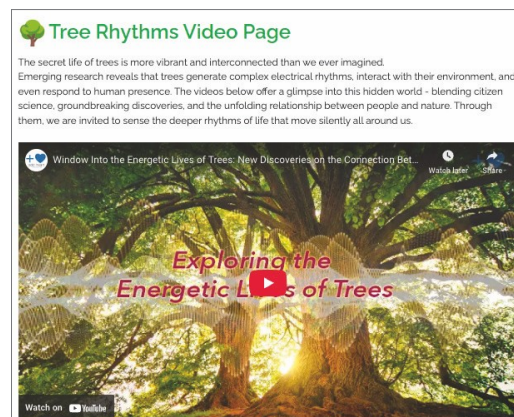
chemical signals. In this series, you'll discover five remarkable ways trees sense, feel, respond, and thrive – not as individuals, but as members of a deeply cooperative community. The more we learn, the more we realize: trees don't just grow; they listen, support, and remember.

View the Did You Know Fact and the Ways Trees Sense, Feel, and Respond:
https://treerhythms.net/did_you_know

Tree Rhythms Videos Page

The secret life of trees is more vibrant and interconnected than we ever imagined. Emerging research reveals that trees generate complex electrical rhythms, interact with their environment, and even respond to human presence. These videos offer a glimpse into this hidden world – blending citizen science, groundbreaking discoveries, and the unfolding relationship between people and nature.

View videos: https://treerhythms.net/tree_videos



Global Consciousness Project 2.0



Powerful Research to Answer Profound Questions

GCP 2.0 is a data-driven global experiment designed to study the correlation between human consciousness (attention and emotions) and changes in global consciousness and the physical world.

We're Measuring What Matters

By measuring shifts in the data from random number generators (RNGs) hosted by citizen scientists around the world, GCP 2.0 helps us begin to understand the real impact of individual and collective consciousness in our world.

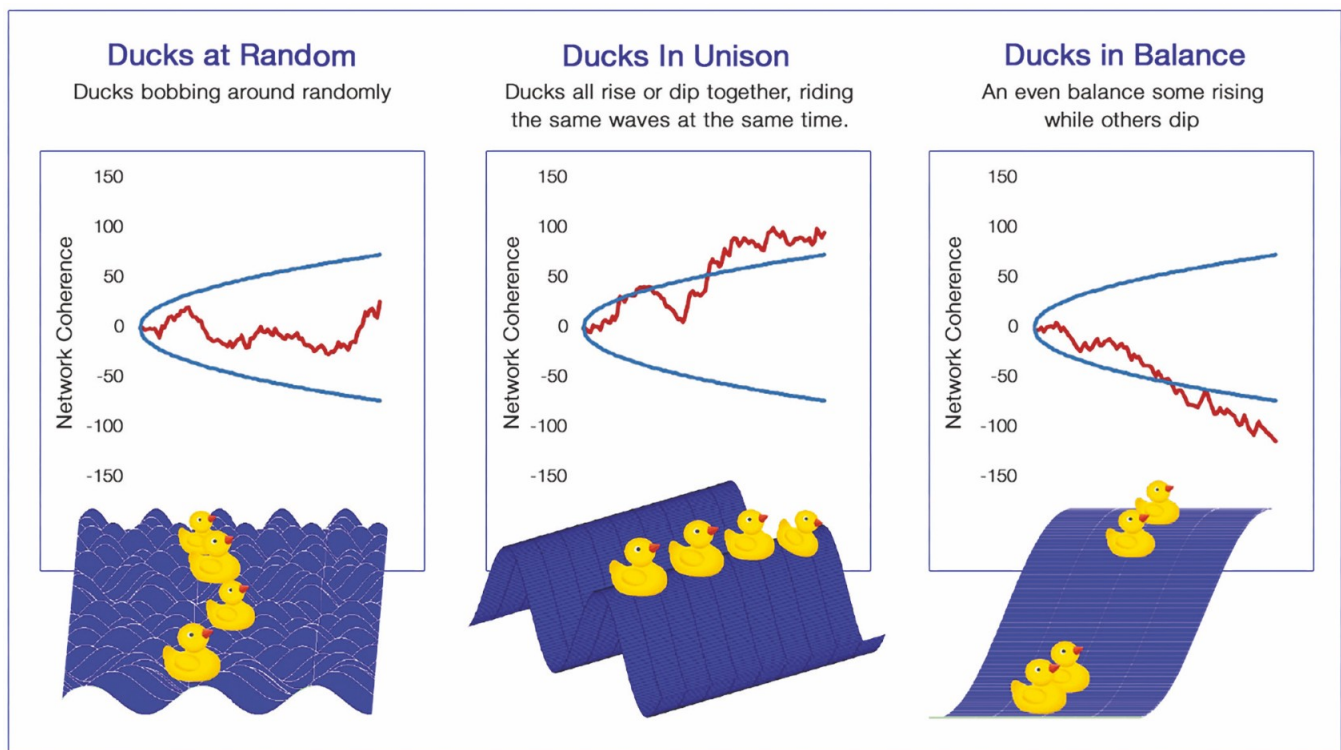
The Real-World Implications

- ▶ **Human Power:** We'll get closer to understanding the true power of love and how collective human consciousness can positively influence the world.
- ▶ **Societal Growth:** We'll inspire new ways individuals can take meaningful action and personally contribute to the positive transformation of society.
- ▶ **Global Coherence:** We will work to heal the separation underlying many of humanity's greatest challenges and help create a more connected, compassionate world.

Live GCP 2.0 Data

Interconnectivity in Action: You can watch our network of 1,428 (357 devices) active Random Number Generators (RNGs) in real time, all working together around the globe. Our goal is to grow this network to 1,000 GCP devices (each one has 4 RNGs). Since 2023, we've analyzed 15 major events – devastating, uplifting, and controversial – exploring how collective human consciousness may influence the data.

GCP 2.0 Event Analysis Results Graphs Are Measuring



Global Consciousness Project GCP 2.0 is a research-based journey into understanding the depths of our connection with the world around us. Have you ever wondered what the GCP 2.0 Event

Analysis Results Graphs are measuring and indicating? A simple explanation...

Network Coherence

— *How Random Number Generators Might Be Dancing Together* —

Imagine thousands of rubber ducks floating on waves across the globe. These ducks represent random number generators (RNGs), producing a stream of 1s and 0s every second. Usually, they bob up and down randomly, like ducks on a choppy sea, with no special patterns, meaning everything is behaving as we'd expect from chance. This shows up as the Network Coherence line bobbing around the center.

But sometimes, something amazing happens:

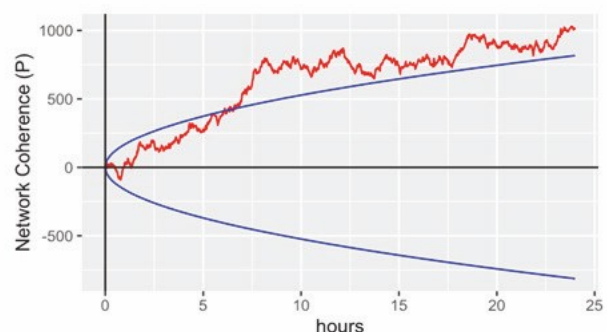
- ▶ **When the ducks all rise or dip together**, riding the same waves at the same time, it means the RNGs are in unison, —producing the same kind of result (mostly 1s or 0s) more often than expected over surprisingly long periods of time. This shows up as the Network Coherence line trending upward above the blue curve of significance.
- ▶ **When the ducks seem evenly balanced**, some rising while others are dipping at same time in a coordinated manner, the network is balancing out the 1s and 0s unusually well, —more evenly than by random chance. This shows up as the Network Coherence line trending downward below the blue curve of significance.

The *Network Coherence* is like watching how in-sync the ducks (RNGs) are on the ocean. When they start dancing together, it might mean something meaningful is rippling through the world's waves of consciousness.

Event Analysis

Following are a few of the significant events analyzed using data from our global network of Random Number Generators (RNGs):

MahaShivRatri Festival

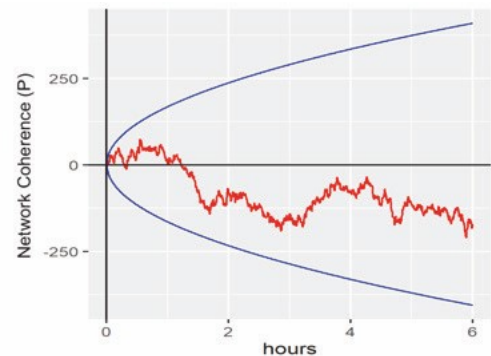


Year in Review

MahaShivRatri is an annual Hindu festival, a night of celebration and meditation, with 100 million+ global followers. Start time 3/8/24 @18:00 IST. Mahashivratri is one of the largest and most significant among the sacred festivals of India.

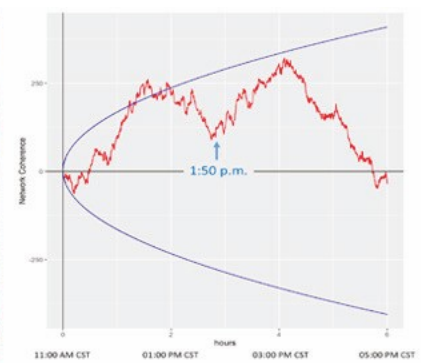
The festival celebrates the Grace of Shiva, who is considered the Adi Guru or the First Guru from whom the Yogic tradition originates. Network Coherence trends upward over the 24-hour period.

Super Bowl 2024



The Super Bowl is the final match of the American football season, with 100 million+ estimated viewers. Start time Feb 13, 2024 @6:30 pm ET, 4.5 hours. The Kansas City Chiefs were Super Bowl champions once again, having beaten the San Francisco 49ers in overtime. The game, which concluded at 25 to 22, began with a scoreless first quarter and eventually saw both teams exchanging field goals back and forth. Wide receiver Mecole Hardman Jr. scored the winning touchdown, thrown by Patrick Mahomes. This was the seventh-longest game in the history of the NFL. (*people.com*)

Kansas City Super Bowl Parade and Shooting



The Kansas City Super Bowl Parade started at 11 AM local time. Wednesday, Feb. 14.

A significant upward trend is visible after the start of the parade.

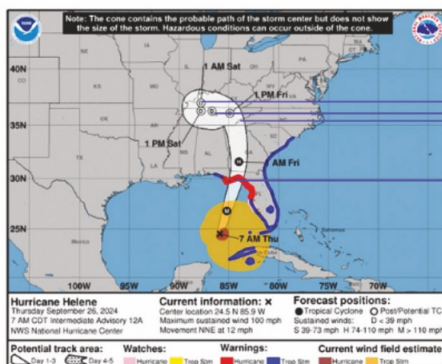
An arrow on the graph marks the approximate time of the shooting at 1:50 PM.

2024 Hurricane Helene

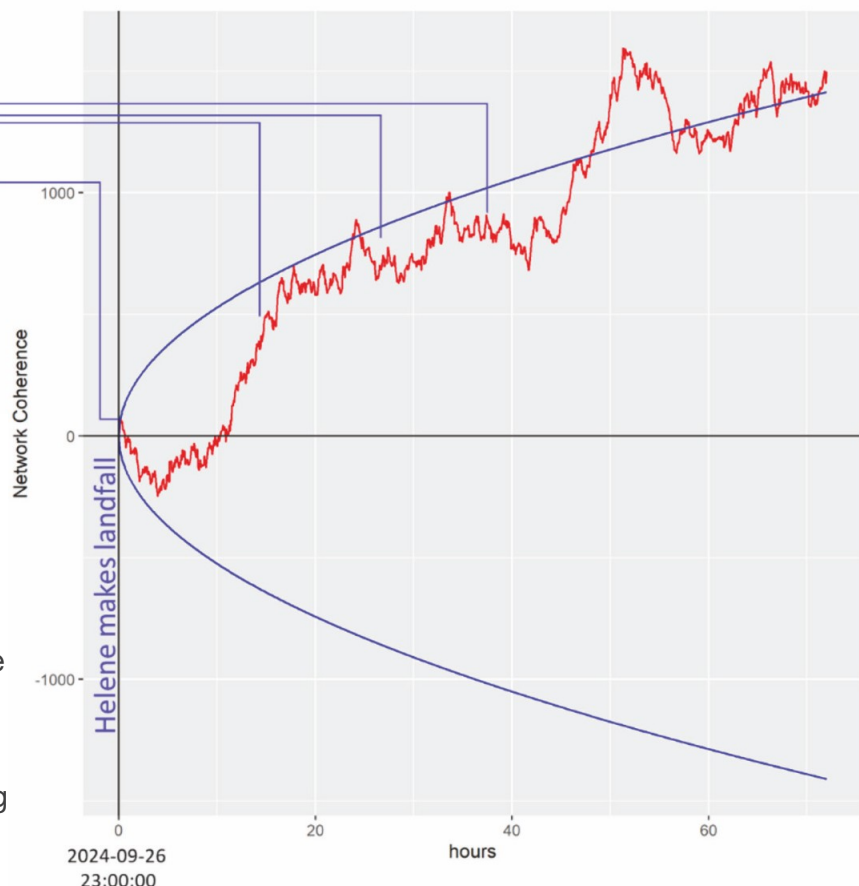
Hurricane Helene was a devastating tropical cyclone that caused widespread destruction and numerous fatalities across the Southeastern United States in late September 2024. It was the strongest hurricane on record to strike the Big Bend region of Florida, the deadliest Atlantic hurricane since Maria in 2017, and the deadliest to strike the mainland U.S. since Katrina in 2005. [Wikipedia].

Hurricane Helene made landfall at 11:10 p.m. on September 26, 2024.

(CNN) Hurricane Helene laid waste to the southeastern United States. Its sheer wind force and deadly floods left behind a path of destruction stretching over 500 miles from Florida to the Southern Appalachians. In just 48 hours, vast swaths of the region became unrecognizable. The storm caused at least 130 deaths, and officials feared the toll could rise as many people remained unaccounted for. Communities were cut off and stranded as floodwaters washed away hundreds of roads, buildings, homes, and vehicles. Communication infrastructure was in shreds. Millions of people lost power and access to water across at least six states.



In the graph, the **Network Coherence** (red line) is accumulated during the pre-specified time for the event. If it crosses the upper or lower envelope of statistical significance (blue lines), this indicates a state of high Network Coherence. This may reflect coherence among a large group of people.



View Full Event Analysis: <https://gcp2.net/data-resu>

Google Scholar

HeartMath interventions have been independently validated in more than 400 research studies. As of now, Google Scholar lists 417 studies conducted by researchers outside of HeartMath, exploring the effectiveness of our interventions across a wide range of populations, including students, healthcare professionals, veterans, and corporate teams. These findings confirm the credibility and real-world impact of our tools, innovative technology, and heart-based interventions.

HMI 2024 RESEARCH STUDIES

► Tidal Effects on the Schumann Resonance Amplitudes Recorded by the Global Coherence Monitoring System

Global Coherence Research | Published: 2024

This study examines the impact of tidal forces on the amplitudes of the Schumann resonances as measured by HeartMath's Global Coherence Monitoring System. The findings contribute to our understanding of Earth's electromagnetic environment and its interaction with geophysical and cosmic forces.

Authors: Ugnė Orinaitė, Darius Petronaitis, Arvydas Jokimaitis, Mantas Landauskas, Minvydas Ragulskis, Alfonsas Vainoras, Rollin McCraty, Mike Atkinson, and Nachum Plonka, Kaunas University of Technology, Lithuania, HeartMath Institute, Boulder Creek, California, USA. Published in *Sensors*, 2024.

[Click here to download the complete paper](#)

► New Race – A Journal of Integral & Future Studies: Human Unity

Global Coherence Research | Published: 2024

This paper, featured in the *New Race Journal – Human Unity Special Edition*, explores themes of global coherence and the evolution of human unity. It is a collaborative effort between researchers at the HeartMath Institute and the Institute of Noetic Sciences.

Authors: Nachum Plonka, Rollin McCraty, and Claudia Welss, HeartMath Institute, Boulder Creek, California, USA, Institute of Noetic Sciences, Novato, California, USA. Published by the *Institute of Human Study and the Sri Aurobindo Center for Advanced Research (SACAR)*, 2024.

[Click here to download the complete paper](#)

► The Path to Global Coherence: The Role of the Global Consciousness Project 2.0

Global Coherence Research | Published: 2024

This paper explores how the next phase of the Global Consciousness Project—known as GCP 2.0—supports the emerging field of global coherence research. The authors examine the intersection of science, consciousness, and the collective human experience.

Authors: Nachum Plonka, Rollin McCraty, and Claudia Welss, HeartMath Institute, Boulder Creek, California, USA, Institute of Noetic Sciences, Novato, California, USA
Published in the *Journal of Management, Spirituality & Religion*, pages 1–19, 2024.

[Click here to download the complete paper](#)

► Global Study of Long Term Heart Rhythm Synchronization in Groups

Global Coherence Research | Published: 2024

Summary:

This study monitored heart rhythms of 104 people in five countries over 15 days. Unexpectedly, participants in Saudi Arabia and New Zealand showed synchronized heart rhythms, despite not doing shared activities. A weekly rhythm was also found in these groups. Researchers believe the stronger social connections among these participants may explain the results. The findings suggest that heart rhythms can align over time through social connectedness, even across distance, highlighting a deeper link between our hearts and relationships.

Authors: Nachum Plonka, Mike Atkinson, Rollin McCraty, Germaine Cornelissen, A. Chase Turner, Minvydas Ragulskis, and Alfonsas Vainoras

[Click here to download the complete paper](#)

INDEPENDENT SCIENTIFIC STUDIES ON HEARTMATH – 2024

Below are some of the peer-reviewed scientific studies published in 2024 that evaluated HeartMath Institute –associated interventions or tools, conducted independently. Each research project investigated the impact of HeartMath’s heart rate variability (HRV) biofeedback and coherence training techniques in real-world or clinical settings.

► Addressing Mental Health Symptoms Among COVID-19 Healthcare Workers: A Heart Rate Variability Biofeedback Pilot Study

Authors: Sara K. Johnson, Jennifer L. Huberty, Michelle D. Bryant, & Tiffany Lin

Published in: *Frontiers in Public Health*, October 21, 2024

Summary:

This pilot study assessed the effects of HRV biofeedback using HeartMath-based techniques among healthcare workers experiencing heightened stress during the COVID-19 crisis. Over

a 4-week intervention period, participants engaged in guided HRV practices to improve self-regulation. The results showed statistically significant reductions in anxiety and depression symptoms, along with measurable improvements in perceived well-being. These outcomes support the value of HRV biofeedback tools in promoting mental resilience within high-pressure healthcare environments.

[Click here to download the complete paper](#)

► Heart Rate Variability Biofeedback Intervention Programme to Improve Attention in Primary Schools Educational Research | Published: 2024

Authors: Ainara Aranberri Ruiz, Borja Nevado, Malen Migueles Seco, and Aitor Aritzeta Galán
Department of Basic Psychological Processes and Their Development, Faculty of Psychology, University of the Basque Country (UPV/EHU), Spain

Published in: *Applied Psychophysiology and Biofeedback*, Springer, August 2024

Summary:

This study examines how heart rate variability (HRV) biofeedback can help improve attention and focus in primary school students. The intervention was designed and tested by researchers at the University of the Basque Country in Spain, offering promising results for educational and psychological development.

DOI: <https://doi.org/10.1007/s10484-024-09659-w>

► HeartMath iBhubesi Tree Rhythm Project – Umhlanga Rocks, South Africa Global Coherence Research | Published: 2024

Author: Stephen David Edwards

¹ Psychology Department, University of Zululand, Richards Bay, South Africa

Published in: *Dialogo Journal*, Volume 10, Issue 2 (2024), pages 337–345

ISSN: 2393-1744 | CDROM ISSN: 2392-9928

Summary:

This research paper, authored by Dr. Stephen David Edwards from the University of Zululand, explores the relationship between natural rhythms—such as those found in trees—and human consciousness. Conducted at the spiritually significant iBhubesi Tree site in Umhlanga Rocks, South Africa, the study adds to the growing body of research on global coherence.

[Click here to download the complete paper](#)

HMI RESEARCH TESTIMONIALS

“HeartMath’s work is eternal, and it is intentional, and it’s powerful, and most importantly, it’s measurable.” – Dr. Pat (Patricia Van Pelt, Ph.D.), Chicago, Illinois

“HeartMath is a unique and amazing organization, going where no one else has gone in the area of the heart. I am so grateful for the excellent insights and understandings that have emerged from their research, as well as the practical applications to living life well. Thank you, HeartMath team:) – Anonymous, Newcastle, CA

“I want to THANK YOU and your team for what you guys have accomplished and continue to accomplish with your research and methods to make this world a better place... I am tired of feeling stuck and anxious about where I’m going in life. I’m really excited to see where this ... takes me. So again, thank you for putting the research out there so people like me can step back into their power from within, no matter what life has thrown at them.” – Tarin Steinmetz, Wisconsin

TRAINING 2024: IMPACT STORIES

Certification Programs

► Building Personal Resilience™ (BPR)

HeartMath Institute’s Building Personal Resilience (BPR) Coach Certification program teaches individuals practical, science-based tools to build emotional resilience, reduce stress, and improve performance. In 2024, interest in the program grew significantly, with 300 new participants, nearly doubling the 156 trained in 2023, reflecting a rising demand for heart-based approaches to well-being and personal empowerment.



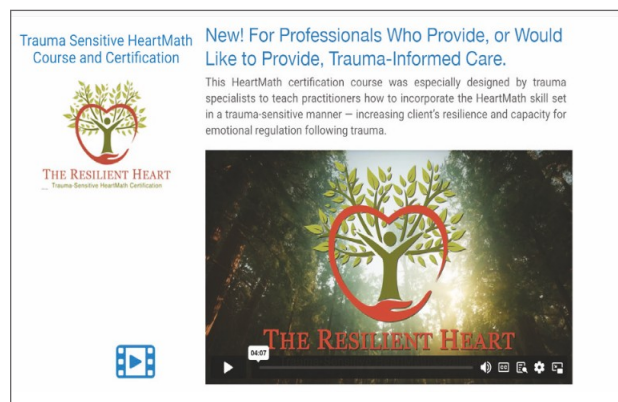
“As an ICF Certified Coach, taking this course helped me gain a different perspective on how to communicate the value of coaching to my clients. Building Personal Resilience breaks down different techniques that are easy to teach and implement into your life and that of your client.” – A.D., Richmond, Virginia

“My personal experience with HeartMath tools and techniques have opened me up to a greater understanding of my innate potential. This has empowered me like no other modality to date and better prepared me for transformational coaching.” – C.M., March 2024

► Trauma-Sensitive HeartMath Certification

The Resilient Heart™ Trauma-Sensitive Certification program is designed to help professionals safely and effectively apply HeartMath's tools with individuals who have experienced trauma, emphasizing compassion, emotional regulation, and nervous system support.

With over 2,900 enrollees and an average rating of 4.9 out of 5, the program is recognized for its depth, safety, and practical value in trauma-informed care.



“I am still in the process of learning for the certification, but as a counselor for almost 20 years, it is one of the best and most effective trainings I have ever taken. I highly recommend this course. Your clients will thank you.”

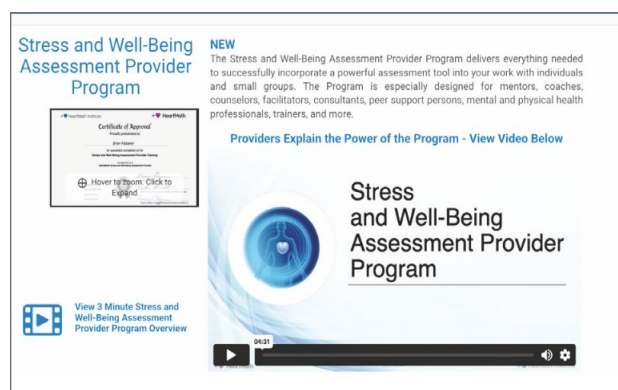
– A.S., Clinton, New Jersey

“This course is perfectly blended with physiology and practical application of how trauma shows up in our bodies, behaviors and relationships! VERY important for coaches, therapists, healthcare workers. Honestly, anyone can benefit from this course.” – Donna D., Knoxville, TN

► Stress and Well-Being Assessment Provider Program

The Stress and Well-Being Assessment is a scientifically validated tool that measures key aspects of emotional health, including stress levels, resilience, and overall well-being. Used by professionals and organizations, it provides valuable insights to guide personal growth, coaching, and wellness programs.


“The Stress and Well Being Assessment is a great tool for the client and coach, offering immediate awareness and opportunity to apply techniques to real time life situations.” – M.H., Tampa Bay, Florida



► Empowering Hearts, Transforming Lives

HeartMath Institute offers a wide range of certification programs designed to awaken the heart's intelligence and bring coherence, compassion, and clarity into every area of life.

From Building Personal Resilience and Trauma-Sensitive approaches to Coherence Advantage and Activating the Heart of Teams, each certification is more than a credential – it's a call to serve, grow, and inspire.



HeartMath Training Programs – Be a Positive Force in the Lives of Others

Our certification and training programs combine the latest science of heart intelligence with practical energy self-regulation techniques.

Those certified are able to help others experience greater mental and emotional balance, composure and intuitive flow.

Numerous independent, peer-reviewed studies have shown statistically significant and sustained improvements such as reduced stress, improved employee health, lowered healthcare costs, increased productivity and resilience.

On This Page:

- Be a Trainer
- Be a Mentor
- Be a Certified Clinician
- Be an Add Heart Facilitator
- Certification Comparison Chart


Related Links:

► Sharing Heart Across Borders





Empowering Girls & Women Empowering Communities

Humanitarian services for vulnerable communities, by community members.



HeartMath Institute partnered with Reaching Across Borders, a U.S.-based nonprofit, to help develop heart-based psychosocial support programs for children, teens, and caregivers in Lebanon. Their ten-week group programs supported over 1,800 Syrian, Palestinian, and vulnerable Lebanese refugees, with women and girls making up 64% of participants. Their success has led to national recognition, with Lebanon's Ministry of Education approving the rollout of their children's emotional learning program in all 436 public schools in the Bekaa Valley – the first of its kind in the country.





Psychosocial support programs developed by Reaching Across Borders – inspired by the profound impact of Dr. Majd Kamalmaz,

Meet Our Team: Leadership and Board Members

To Our Dedicated Trainers: Thank You!

Your commitment to learning, practicing, and sharing these heart-centered tools is transforming lives in homes, classrooms, clinics, and businesses around the world. Whether you're coaching individuals through deep personal growth or bringing emotional wellness to teams and communities, your work is helping to amplify the heart's power in a world that needs it more than ever. Once you feel the power of the heart, there truly is no going back – and we're grateful you've chosen to walk this path with us.



Doc Childre is the founder of the HeartMath Institute, a nonprofit organization established in 1991 to advance research and education in heart-brain coherence, stress reduction, and emotional self-regulation. Recognized as a global authority on optimizing human performance, Childre developed the HeartMath System and has authored several influential books – including *Heart Intelligence*, *The HeartMath Solution*, and *From Chaos to Coherence* – which have inspired programs that help individuals and organizations connect with the heart's intelligence to create a more compassionate and coherent world.

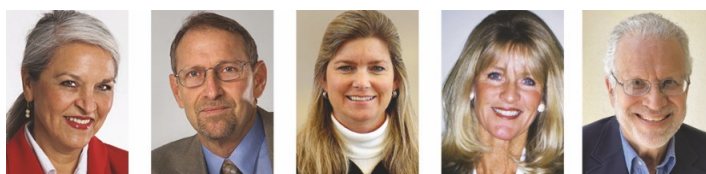
HMI Leadership Team:

Sara Childre, president and CEO; Rollin McCraty, Ph.D., 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 Govan, Donna Koontz, and Dan Bishop.



HMI Scientific Advisory Board:

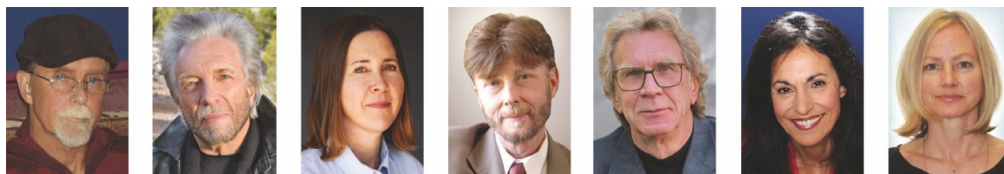
Doc Childre, Dr. Abdullah Abdulrahman Alabdulgader, Dr. John Andrew Armour, Linda Caviness, David Joffe, Rollin McCraty, Ph.D., Minvydas Ragulskis, Ph.D., Dr. Richard Rahe, Deborah Rozman, Ph.D., Abdul Qahar Sarwari, Ph.D., Alfonsas Vainoras, M.D., Ph.D. and Carlo Ventura, M.D.



Meet Our Team: Leadership and Board Members

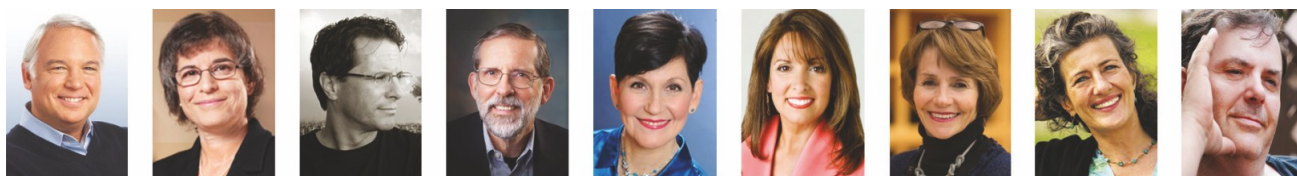
GCI Steering Committee:

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:

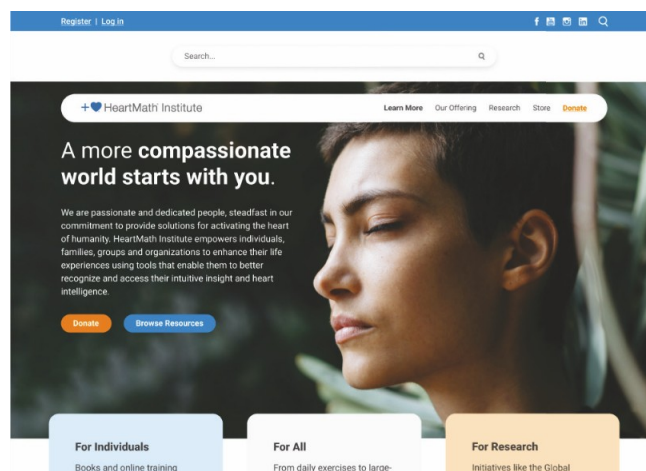
Rollin McCraty, Ph.D., Dr. Abdullah Abdulrahman Alabdulgader, Mike Atkinson, Jude Currivan, Ph.D., Annette Deyhle, Ph.D., Bruce H. Lipton, Ph.D., Roger Nelson, Ph.D., Dean Radin, Ph.D., Marilyn Mandala Schlitz, Ph.D. and William E. Vosteen.



Looking Ahead – Upcoming Projects

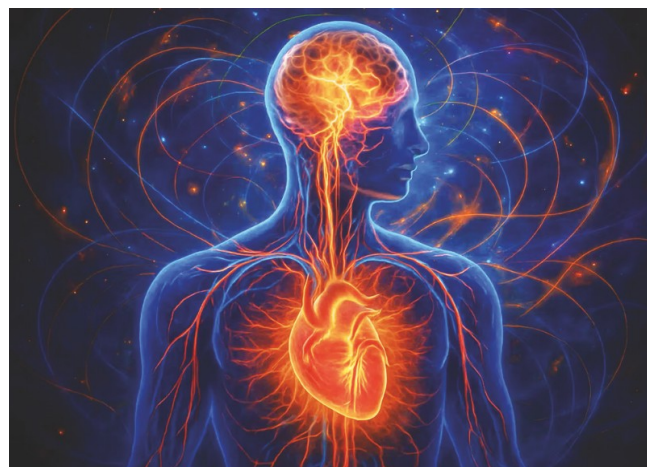
A New HeartMath® Institute Website to Reflect the Heart of Our Mission

In late 2025, you'll discover an entirely redesigned HeartMath Institute website, created to support and empower your personal journey. Made possible by a generous donor, this new digital home launches in December. It's thoughtfully crafted to connect you with heart-based science, education, and global initiatives. Its simplified navigation and inviting structure help you easily explore what resonates most – from breakthrough research to practical tools and inspiring ways to get involved. Whether you're beginning your HeartMath journey or deepening your connection, this new site is here to guide you.



Film Overview – *Heart Intelligence*

This groundbreaking film, funded by Dr. Abdullah Al Abdulgader, is a reverent and inspiring journey through time, culture, and consciousness. Blending ancient wisdom with cutting-edge science and modern medicine, the documentary *Heart Intelligence* reveals the heart not merely as a pump but as a powerful center of intelligence, communication, and connection.



Through Dr. Abdullah's personal quest, from the deserts of the Middle East to the laboratories of HeartMath and Dr. Rollin McCraty, the film traces the rediscovery of the heart's role as a bridge between cultures, technologies, and traditions. Interviews with scientists and global thought leaders illuminate how heart rate variability, coherence, and Earth's resonant frequencies point to a deeper truth: we are all interconnected through the heart.

Visually stunning scenes, include Brazilian skydivers, sacred architecture, and the rhythms of life in ancient marketplaces (souqs), evoke a universal heartbeat that transcends borders. This is more than a film – it's a call to remember what unites us.

Heart Intelligence invites viewers into a quiet movement, one guided by the wisdom of the heart. In an age of disconnection, it offers a powerful message: the future of healing, peace, and human unity begins within the heart.

Looking Ahead – Upcoming Events

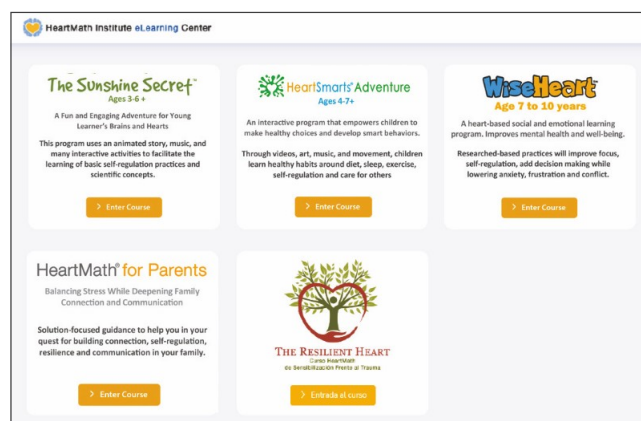
New Certification Trainings

We are on track to complete the Spanish version of the *Coherence Advantage*™ in the third quarter of 2025. This trainer certification course mirrors our English version's blended learning format, combining self-paced videos, live classes, and interactive teach-back sessions. Also in 2025, we will begin new translation projects: the *Coherence Advantage* into Japanese, and the *Resilient Heart*™ – *Trauma Sensitive Course* into both French and Portuguese.



New eLearning Site

Looking ahead to next year, we will be adding the final self-paced course for youth, *Smart Brain Wise Heart*™, before June. This will give us four programs for ages 3 through 17. For adults, the Spanish version of *Coherence Advantage*™ is scheduled to go live in September, with the Spanish version of the *Certified HeartMath*® *Coach* program, *Building Personal Resilience*™, being added before the end of the year. We will also be adding free courses, starting with our most popular offering, *The HeartMath Experience*.



Help Love Go Viral™



In a world hungry for more love and connection, Help Love Go Viral™ is more than a slogan – it's a growing momentum powered by the heart. We're reclaiming love as a force of intelligent living, where compassion, care, and kindness guide our choices.

Looking Ahead – Upcoming Projects



**As people align their hearts, minds, and emotions,
a new field of collective coherence is forming – quietly, powerfully.**

By committing to these heart-based practices, we create a magnetic field of calm and clarity that helps love truly go viral – from the inside out. This isn't a new initiative; it's a rising awareness that love, not fear, is the path forward. Together, we're part of a planetary shift – one where heart-based connection is becoming the currency of change. Let's keep helping love go viral. **#HelpLoveGoViral**

Save the Date: Love Unleashed 2026 – A Retreat for the Heart



We would love to have you join us in person for the 3rd annual Love Unleashed retreat, April 30–May 3, 2026, at the beautiful Chaminade Resort & Spa in Santa Cruz, California, or attend virtually from anywhere in the world. Come and be part of this unforgettable gathering where heart, science, and spirit converge. You'll experience powerful sessions with HeartMath master trainers and inspirational speakers who will lift spirits, unite hearts, and awaken love in action.

In past years, a profound field of care and compassion was felt by everyone – onsite and online alike. The message was clear: love is rising as a transformative force, capable of healing division, restoring compassion, and guiding humanity toward unity.

***If your heart is longing to make a difference, you can start here.
Love is calling. Answer it at Love Unleashed 2026.***

Ways to Get Involved – Support and Spread the Word

Ways to Get Involved

Your support powers HeartMath's global impact – bringing life-changing tools and resources to people everywhere. Together, we're creating a ripple of lasting positive change. Thank you for being a vital part of this transformation!

Support That Changes Lives

Donate: Your generosity powers research, outreach, and education programs. Make an Impact Today – **Scan to Donate** →



Give in Meaningful Ways

Make a greater impact with your **Donor-Advised Funds (DAFs)**, **Cryptocurrency**, or **Stock gifts**: **Scan to Donate** →



- ▶ **Employer Matching Gifts:** Check if your employer matches donations and request a match to double your gift.
- ▶ **Become a Monthly Donor:** Set up an automatic monthly donation to provide ongoing support.
- ▶ **Give in Memory:** Celebrate or honor a loved one by making a donation in their name.
- ▶ **Leave a Legacy:** Include HeartMath Institute in your will or estate plan and let your impact endure for generations.

Stay Connected

Subscribe for News & Tools: Get the latest research, helpful tools, and inspiring stories. [Sign up on heartmath.org](https://heartmath.org) and stay on the pulse of all HMI has to offer.

Become an HMI Member: Access exclusive resources, practical tools, and heart-based life strategies. Membership is your gateway to a HeartMath community committed to love, care, and creating a better world. [Learn More!](#)

Join the Global Coherence Initiative (GCI): [Sign up as a GCI Emissary](#) online, or connect with the worldwide community through the Global Coherence App. [Follow us on GCI YouTube](#)

Follow Us and Share on Social Media:

On Facebook: [HeartMath Institute](#)
[Global Coherence Initiative](#)
[My Kids](#)
[Troops & Veterans and their Families](#)

Follow us on [YouTube](#), [Instagram](#) and [LinkedIn](#) for heartwarming content and real-time updates.

Ways to Get Involved – Support and Spread the Word



Every act of support – whether you give, stay connected, or sharing –
helps HeartMath Institute advance its mission
to create a more heart-connected, compassionate world.

Be part of the movement – your involvement matters now more than ever!

Let's Connect!

831.338.8500 • info@heartmath.org

14700 West Park Avenue, Boulder Creek, CA 95006

2024 Annual Report



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