

Heart Coherence

Increasing heart coherence creates an alignment of body, mind, emotions and spirit that increases balance, harmony and effectiveness in individuals and groups contributing to a global coherence.

The heart's electromagnetic field is 5,000 times stronger than that of the brain. Its electrical field is 60 times greater than that of the brain. It is an organ of communication, a transmitter and receiver of information. All info comes through the heart before the brain and body. The heart will "hear" what it is programmed to "hear". If love resides in the heart, it will attune to love. If fear, anger, or resentment resides in the heart, the heart will attune to that. What we focus upon we receive and transmit- all through the heart, carried upon the breath of our intention with the words and thoughts that we choose.

When we make a shift within towards greater love, joy and appreciation that space is also created outside of us- in the field of oneness. Coming into heart coherence helps us to feel and experience that oneness.

The Heart Lock-In® Technique

1. **Shift** your attention to the area of your heart, and breathe slowly and deeply. Begin to feel as though you are breathing in and out through your heart.
2. **Activate** and sustain a genuine feeling of appreciation or care for someone or something in your life.
3. **Send** these feelings of care toward yourself and others. Feel yourself connecting, heart to heart, with others in the space, with the center of the circle, with Lake Superior, with all water, with all sentient beings and the planet. With your breath and intention, surround these people and places with love and appreciation.

To learn more about HeartMath techniques visit www.heartmath.org.

To join with others in synchronized Heart Lock-Ins for the planet, visit www.glcoherence.org.