The HeartMath Experience

Chapter Summary

Chapter Eight – Social Coherence

Key Learning from this Chapter

Over thousands of years, ancient cultures across the planet (Mesopotamians, Egyptians, Babylonians, Chinese, Greeks) and many other ancient cultures shared a similar belief and knowledge about the heart as a source of intelligence and inner guidance—and now modern science is confirming that.

Today, we have new scientific advancements that corroborate the view that the heart is a source of intelligence. We now know the physical heart is an information processing center in the body sending important signals to the brain and the rest of the body. It has a complex nervous system, called the heart-brain, that talks to your head brain. It produces a powerful electromagnetic field that is imprinted by your emotions.

The heart's intelligence encompasses some of the highest core values we have as humans. Many of the highest quality feelings we experience are associated with the heart. They would include emotions like appreciation, care, love, kindness, patience, compassion.

The heart is also associated with a deeper source of wisdom, an intuitive knowingness that bypasses normal logical, linear thought patterns.

"We need to pin our hearts to each other. We need to approach situations with everyone's collective interest in mind. Not just our own or an individual, not just our own group or even a nation. We are a collective consciousness and we need to start acting like it."

Sierra Turner
HeartMath Education Team

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Chapter Summary

Chapter Eight – The Intelligent Heart

TECHNIQUE #5 HEART LOCK-IN®

1. Focus your attention on the area of the heart. Imagine your breath is flowing in and out through your heart or chest area, and breathe a little slower and deeper than usual, in an even rhythm.

2. Activate and sustain a regenerative feeling, such as appreciation, care or compassion.

3. Radiate that renewing feeling to yourself and others.

    - Try to radiate that feeling outward into the environment that you're in right now, then out to the community that you're in; or perhaps radiate your heart energy to a person, someone you care about, someone you know needs more heart in their life.

    - Expand and radiate the feeling to the world, to humanity itself or to an area on the planet in need of more of your heart's compassion.

    - If your mind wanders, just gently bring your attention back to the heart and try to stay with the feeling. As you practice this, eventually, the heart energy you are radiating will lock-in to a flow toward your highest intention.

Quick Steps:

1. Heart-Focused breathing
2. Activate and sustain
3. Radiate

"Once we begin to use techniques that help us activate coherent communication that can help lift each other's vibration, we can see what outcomes we can create together that can be more harmonious. We can solve a lot of miscommunications and a lot of social problems."

Deborah Rozman
HeartMath CEO and Author

Additional Resources for Learning More About These Subjects

- What is Social Coherence video: https://www.heartmath.org/resources/videos/social-coherence/

- Heart Intelligence book—Chapter 5: https://store.heartmath.com/heart-intelligence