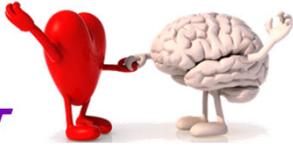


**LIVING FROM THE INTELLIGENCE OF YOUR HEART**

BASED ON HEARTMATH INSTITUTE



Mid-week Inspiration Series  
with Spiritual Leader  
**David Hulse**



**INTRODUCTION**  
May 26, 2021



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“If the 20<sup>th</sup> century has been the Century of the Brain... then the 21<sup>st</sup> century should be the Century of the Heart.”

Gary Schwartz, Ph.D., & Linda Russek, Ph.D.  
Authors of The Living Energy Universe

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The voyage of discovery is not in seeking new landscapes but in having new eyes.

Marcel Proust



BrainyQuote®

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In the last 500 years the western- educated world believed that the **BRAIN IS THE "CONDUCTOR" LEADING THE SYMPHONY** of functions that keeps us alive and well. It's what we've been taught. It's what we've been led to believe. It's what teachers have stated with authority.

According to [The Anatomy of the Brain](#) on the site for the Mayfield Clinic, it beautifully illustrates this perspective.

It states: **This mysterious three-pound organ [the brain] controls all necessary functions of the body, receives and interprets information from the outside world, and embodies the essence of the mind and soul. Intelligence, creativity, emotion, and memories are a few of the many things governed by the brain.**



The belief that the brain is the control center for the body, the emotions, and memories has been so universally accepted and so deeply ingrained in our psyches that it's been taken for granted almost without question—that is, until now.

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### THE HEART IS MORE THAN A PUMP

- ♥ While our hearts obviously do pump the blood that nourishes our organs and each of the 50 trillion or so cells that make up our bodies, recent discoveries suggest that the purpose of the heart may reach far beyond the function of a pump.
- ♥ The benefits of harmonizing our hearts with our brains to empower us with deep intuition, precognition (knowledge of future events), and the direct wisdom of heart intelligence can immediately catapult us beyond traditional thinking when it comes to the way we live and solve our problems.
- ♥ It's these capabilities, as well, that provide the resilience to embrace big change in our lives and to do so in a healthy way.

Resilience from the Heart – Author Greg Braden

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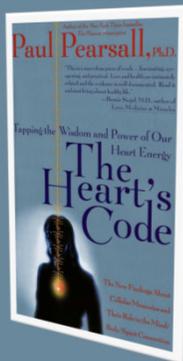
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### The Heart's Code Paul Pearsall, Ph.D.

Tapping the Wisdom and Power of our Heart Energy

The new findings about cellular memories and their role in the Mind/Body/Spirit Connection



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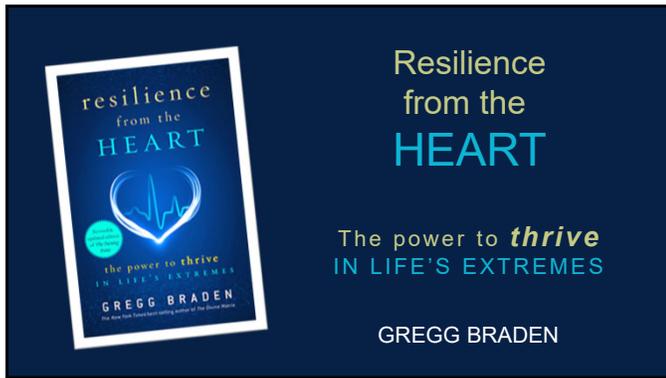
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## Resilience from the HEART

The power to *thrive* IN LIFE'S EXTREMES

GREGG BRADEN

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**MISSION:**  
*Expanding Heart Connections*

Our dedicated staff is committed to helping activate the heart of humanity. We suggest that by creating an alignment and connection between our mind and heart, and with each other's hearts, we awaken the higher mental, emotional and spiritual capacities that are dormant within us. Compassion, Resonance and Transformation are the core values that underlie our business and our mission to collectively usher in an era of ever-expanding heart intelligence that ensures the world turns on a new heart-centered axis.

[www.heartmath.com](http://www.heartmath.com)

14700 West Park Avenue; Boulder Creek, California 95006 (831) 338-8700

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*Mission Outcomes*

**HeartMath results:**

- ✓ Ability to think clearly and find more efficient solutions.
- ✓ Maintain poise and composure during challenges.
- ✓ Improved family and social harmony.
- ✓ Reduced fatigue and exhaustion.
- ✓ Facilitates the body's natural regenerative processes.
- ✓ Improved coordination and reaction times in sports.
- ✓ Improved meditation and focus
- ✓ Improved ability to learn and achieve higher test scores.
- ✓ Access moment-to-moment intuition throughout the day.

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Improvements in Mental & Emotional Well-Being in over 5500 people in just 6-9 weeks using HeartMath training and technology:

- ✓ 50% drop in fatigue
- ✓ 46% drop in anxiety
- ✓ 60% drop in depression

Improvements in Physical Stress in over 5500 people in just 6-9 weeks using HeartMath training and technology:

- ✓ 44% improvement in body aches (joint pain, back aches, etc.)
- ✓ 43% improvement in indigestion, heart burn or stomach upset
- ✓ 63% improvement in rapid heartbeats
- ✓ 44% improvement in muscle tension
- ✓ 44% improvement in headaches
- ✓ 30% improvement in sleep




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## HAVE WE LOST OUR HEARTS?

- ♥ Our ancestors knew that the heart had energy (a powerful energy) and that it conveyed deep wisdom.
- ♥ However, as the human species developed its brain, it began to lose sight of its heart.
- ♥ At this point in history as we venture into space, create global communication, and invent all sorts of technological tools and toys, we are poised to destroy ourselves, our children, and everything around us.
- ♥ Have we simply lost our minds, or have we lost something deeper?
- ♥ Have we lost our hearts?

The Heart's Code – Author Paul Pearsall, Ph.D.

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Luke 21:26(KJV)

Men's hearts failing them for fear, and for looking after those things which are coming on the earth:  
for the powers of heaven shall be shaken.

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**Week 1: THE SCIENCE OF THE HEART/BRAIN**

- ♥ New research shows the human heart is much more than an efficient pump that sustains life.
- ♥ Our intelligence is not in the human brain.

**Week 1 Technique: Heart Focused Breathing™**

- ✓ Saves Energy
- ✓ Reduces intensity or “turns down the volume” of depleting emotions
- ✓ Establishes a calm but alert state
- ✓ Maintains Composure
- ✓ Shifts and sustains balance

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**Week 2: ENERGY MANAGEMENT WITH RESILIENCE & COHERENCE**

- ♥ What is resilience and what does Energy Management have to do with it?
- ♥ A capacity to recover from stress.

**Week 2 Technique: Quick Coherence®**

- ✓ Builds coherence and composure
- ✓ Regulates energy expenditure
- ✓ Increases resiliency capacity

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**Week 3: ACCESSING HEART INTELLIGENCE**

- ♥ Language of the Heart – Connecting to a feeling of the heart which is not attached to a thought in the brain.

**Week 3 Technique: Inner-Ease™**

- ✓ Sustains coherence
- ✓ Slows down mental and emotional rhythms
- ✓ Generates Active Calm or “inner stillness on the move”
- ✓ Creates an Inner pause
- ✓ Increases ability to make better decisions

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Week 4: **HEART CONNECTING RELATIONSHIPS**

- ♥ How relationships of the heart are assignments and opportunities for growth.

Week 4 Technique: **Heart Lock-in®**

- ✓ Accumulates and sustains resilience
- ✓ Builds a new resilience and coherence baseline
- ✓ Improves and builds a coherent field environment

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Week 5: **HEALING FROM THE HEART**

- ♥ Healing with the heart is not "trying to heal" but allowing the heart's natural healing energy and all the memories of healings that have every occurred to resonate with you.

Week 5 Technique: **Freeze Frame®**

- ✓ Reduces energy drains
- ✓ Increases ability to quickly develop solutions and problem solve
- ✓ Increases clarity and access to intuitive intelligence
- ✓ Improves mental functions
- ✓ Increases access to creativity and "out of the box" solutions

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Week 6: **HEART TO HEART**

- ♥ Bringing it all together
- ♥ Review of techniques
- ♥ Special meditation
- ♥ Heart Clearing

Week 6 Technique: **Coherent Communication™**

- ✓ Fosters mutual respect
- ✓ Creates more harmonious interactions
- ✓ Reduces stress, drama and energy drains
- ✓ Shortens meeting times in the work place

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**LIVING FROM THE INTELLIGENCE OF YOUR HEART**  
 with Certified HeartMath Coach, David Hulse

**7-WEEK CLASS BEGINS:  
 WEDNESDAY, MAY 26 @ 11 AM**



1. INTRODUCTION TO SERIES – WHAT IS HEARTMATH?
2. THE SCIENCE OF THE HEART/BRAIN
3. ENERGY MANAGEMENT WITH RESILIENCE & COHERENCE
4. ACCESSING HEART INTELLIGENCE
5. HEART CONNECTING RELATIONSHIPS
6. HEALING FROM THE HEART
7. HEART TO HEART

Free-Will  
  
 Offering

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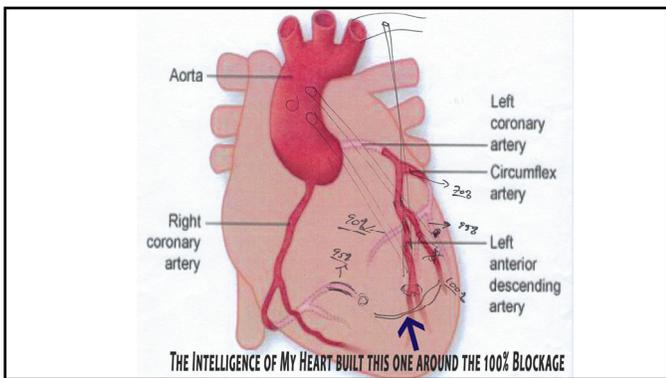
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