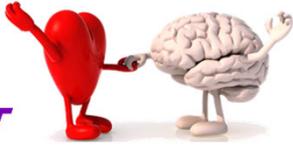


LIVING FROM THE INTELLIGENCE OF YOUR HEART

BASED ON HEARTMATH INSTITUTE



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



Week 1: The Science of the Heart/Brain



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The brain has a ready answer for what Albert Einstein considered to be the most important question of all...



"IS THE UNIVERSE A FRIENDLY OR UNFRIENDLY PLACE?"

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From Leonardo da Vinci's day, 500 years ago, until the late 1990s, people throughout 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.**



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.*

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THE HEART IS MORE THAN A PUMP

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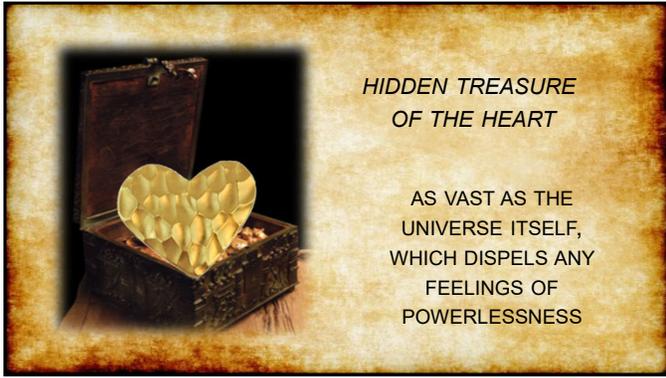
The Old Testament describes the **HEART** as:
a vast source of wisdom that requires a cultivated
understanding to make sense of.

The book of Proverbs states,
"Counsel in the **HEART** of a man is like deep
water; but a man of understanding will draw it out."

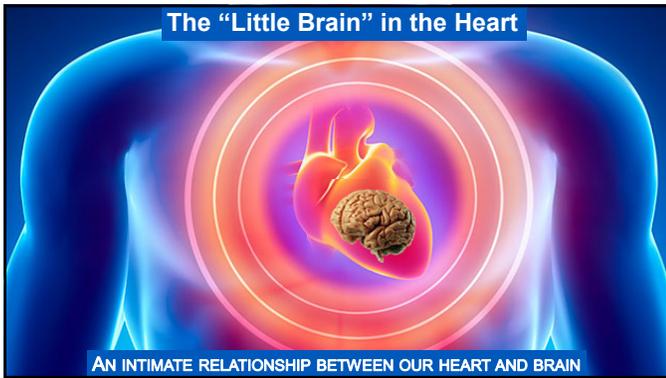
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 **HeartMath.**

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

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

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 **HeartMath.** *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

 **HeartMath.**

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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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Heart Focused Breathing™

- ✓ It's a powerful and effective tool for self-regulation.
- ✓ It's a first step in shifting to a more coherent state.
- ✓ It can help you maintain your composure in challenging situations.
- ✓ Calms stress reactions and takes out some of the significance and drama in the moment.
- ✓ Saves Energy
- ✓ You can be alert and calm at the same time.

1. Focus your attention in the area of your heart.
2. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

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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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