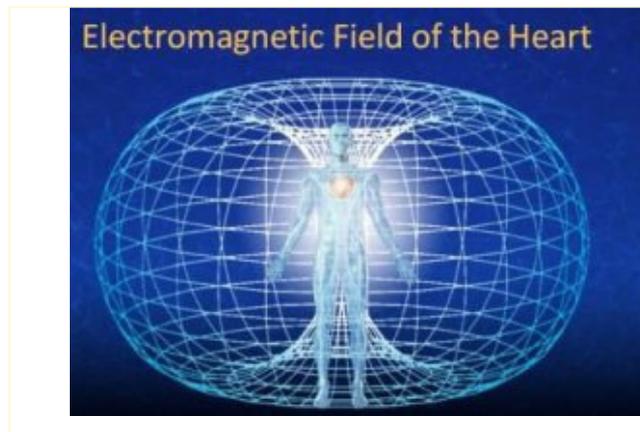


The Heart Has Its Own “Brain” and Consciousness

[by in5d.com](http://in5d.com)

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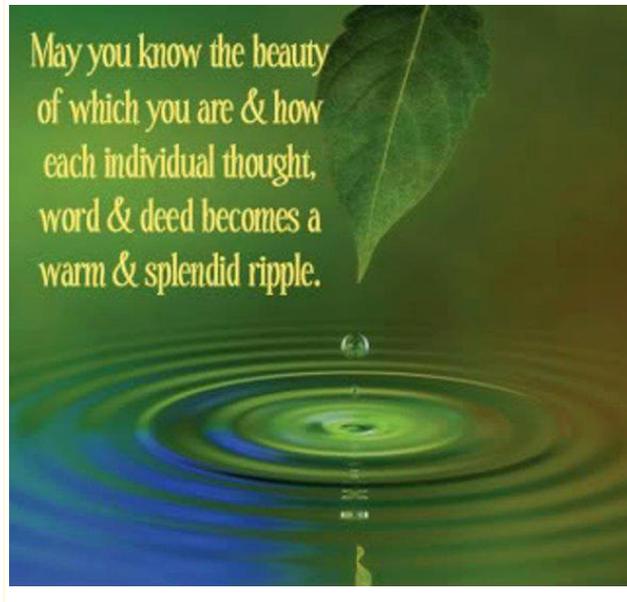
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The heart generates a continuous series of electromagnetic pulses in which the time interval between each beat varies in a dynamic and complex manner. The heart’s ever-present rhythmic field has a powerful influence on processes throughout the body. We have demonstrated, for example, that brain rhythms naturally synchronize to the heart’s rhythmic activity, and also that during sustained feelings of love or appreciation, the blood pressure and respiratory rhythms, among other oscillatory systems, entrain to the heart’s rhythm.

We propose that the heart’s field acts as a carrier wave for information that provides a global synchronizing signal for the entire body. Specifically, we suggest that as pulsing waves of energy radiate out from the heart, they interact with organs and other structures. The waves encode or record the features and dynamic activity of these structures in patterns of energy waveforms that are distributed throughout the body. In this way, the encoded information acts to in-form (literally, give shape to) the activity of all bodily

functions—to coordinate and synchronize processes in the body as a whole. This perspective requires an energetic concept of information, in which patterns of organization are enfolded into waves of energy of system activity distributed throughout the system as a whole.



May you know the beauty
of which you are & how
each individual thought,
word & deed becomes a
warm & splendid ripple.

Basic research at the Institute of HeartMath shows that information pertaining to a person's emotional state is also communicated throughout the body via the heart's electromagnetic field. The rhythmic beating patterns of the heart change significantly as we experience different emotions. Negative emotions, such as anger or frustration, are associated with an erratic,

disordered, incoherent pattern in the heart's rhythms. In contrast, positive emotions, such as love or appreciation, are associated with a smooth, ordered, coherent pattern in the heart's rhythmic activity. In turn, these changes in the heart's beating patterns create corresponding changes in the structure of the electromagnetic field radiated by the heart, measurable by a technique called spectral analysis.

More specifically, we have demonstrated that sustained positive emotions appear to give rise to a distinct mode of functioning, which we call psychophysiological coherence. During this mode, heart rhythms exhibit a sine wave-like pattern and the heart's electromagnetic field becomes correspondingly more organized.

At the physiological level, this mode is characterized by increased efficiency and harmony in the activity and interactions of the body's systems. [1]

Psychologically, this mode is linked with a notable reduction in internal mental dialogue, reduced perceptions of stress, increased emotional balance, and enhanced mental clarity, intuitive discernment, and cognitive performance.

In sum, our research suggests that psychophysiological coherence is important in enhancing consciousness—both for the body's sensory awareness of the information required to execute and coordinate physiological function, and also to optimize emotional

stability, mental function, and intentional action. Furthermore, as we see next, there is experimental evidence that psychophysiological coherence may increase our awareness of and sensitivity to others around us. The Institute of HeartMath has created practical technologies and tools that all people can use to increase coherence.



Heart Field Interactions Between Individuals

Most people think of social communication solely in terms of overt signals expressed through language, voice qualities, gestures, facial expressions, and body movements. However, there is now evidence that a subtle yet influential electromagnetic or “energetic” communication system operates just below our conscious awareness. Energetic

interactions likely contribute to the “magnetic” attractions or repulsions that occur between individuals, and also affect social exchanges and relationships. Moreover, it appears that the heart’s field plays an important role in communicating physiological, psychological, and social information between individuals.

Experiments conducted at the Institute of HeartMath have found remarkable evidence that the heart’s electromagnetic field can transmit information between people. We have been able to measure an exchange of heart energy between individuals up to 5 feet apart. We have also found that one person’s brain waves can actually synchronize to another person’s heart. Furthermore, when an individual is generating a coherent heart rhythm, synchronization between that person’s brain waves and another person’s heartbeat is more likely to occur. These findings have intriguing implications, suggesting that individuals in a psychophysiological coherence state become more aware of the information encoded in the heart fields of those around them.

The results of these experiments have led us to infer that the nervous system acts as an “antenna,” which is tuned to and responds to the electromagnetic fields produced by the hearts of other individuals. We believe this capacity for exchange of energetic information is an innate ability that heightens awareness and mediates important aspects of true empathy and sensitivity to others. Furthermore, we have observed that this energetic communication ability can be intentionally enhanced, producing a much deeper level of

nonverbal communication, understanding, and connection between people. There is also intriguing evidence that heart field interactions can occur between people and animals.

In short, energetic communication via the heart field facilitates development of an expanded consciousness in relation to our social world.

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