

## HeartMath: The Science of it 2023

You can also affect your whole self by **connecting inside with your heart and your breathing**. You can bring your heart, brain, and nervous system into balance or “coherence” with each other, *like a song being in unison, in harmony rather than everyone singing a different note.*

Scientists have found “when people learn how to do this their emotional or feeling states get better.” The study of this is called “HeartMath.”

This **heart balance or “coherence state”** is more powerful than even relaxation and is considered the best state for learning. Olympic athletes and chess champions, or concert pianists, **perform better** when they balance in this way.

So just as you have a rhythm to your heartbeat, to your breathing, you also have a regularity of the wave of your heartbeat (show with hands).

**This is called “coherence” – *like being in tune.***

**You can influence your reactions and calm yourself down** by breathing and “centering or focusing” on your heart. Not only can you affect how you feel but- this is the cool part- **you can affect how other people feel also!**

**When we can calm ourselves down our heart energy will help other people be calm too.**

Think about walking up to a friend- can you some times know or feel they are agitated, or not happy b/4 they even tell you, sometimes even before you see their face- well-they are telling you with their heart energy.

*That is because **science has shown us that our HEART ENERGY extends out up to 8 feet from our body!!***

We do this when we give a massage. Many policeman have learned this also, to help calm down someone who might be dangerous. **Changing the heart waves evens out people who are upset.**

That’s why we feel good when people are kind to each other, when people smile, say hello-that is what creates community and helps us all to have a better life.

So let’s try this out, and then take it one step further!

