

GLOBAL COHERENCE

Science is beginning to acknowledge that we are all part of a vast web of connections that encompasses not only life on this planet but the solar system and beyond.

Words by Deborah Rozman, behavioral psychologist, President and co-CEO of HeartMath Inc.
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The term coherence implies order, structure, harmony—an alignment within and amongst systems—whether quantum particles, organisms, human beings, social groups, planets, or galaxies.

Heart Coherence: a state of cooperative alignment between all parts of us — the heart, mind, emotions and physical systems — bringing out the very best in us.

Global Coherence: means all parts are working together globally in a complex harmoniously coordinated and synchronized manner, creating the best for all.



As I was waking one morning and before I opened my eyes, these thoughts flooded into my consciousness: The world needs as much care and compassion as it can get. What if we could collectively put out enough pure radiant love into the earth's energetic fields that it would create a multiplier effect? What will it really take to shift the consciousness of humanity? These thoughts stayed with me through my morning meditation as I radiated as much pure love, care, and compassion to the planet and humanity as I could.

There are thousands of groups and organizations all around the world using various forms of meditation or prayer to energetically help make things better for others. They conduct synchronized meditations, prayers, intention experiments to facilitate healing or to create a more harmonious world. Numerous studies have shown that group or collective meditation, prayer, and focused intention directed towards a specific positive outcome can have increased beneficial and measurable effects.

For example, a study conducted in 1993 in Washington DC, showed a 25 percent drop in crime rate when 2,500

meditators meditated during specific periods of time with that intention, which means that a relatively small group of a few thousand was able to influence a much larger group—a million and a half.

THE 1980 ISRAEL-LEBENON WAR

An experiment was done during the peak of the Israel-Lebanon war in the 1980s. Drs. Charles Alexander and John Davies at Harvard University organized groups of experienced meditators in Jerusalem, Yugoslavia, and the United States to meditate and focus attention on the area at various intervals over a 27-month period.

After adjusting for variant influences, such as weather changes, Lebanese, Muslim, Christian and Jewish holidays, police activity, fluctuation in group sizes, etc., during the course of the study, the levels of violence in Lebanon decreased between 40% and 80% each time one of these meditation groups was in place, with the largest reductions occurring when the numbers of meditators were largest.

During these periods, the average number of people killed during the war per day dropped from 12 to 3, a decrease of more than 70%. War-related injuries fell by 68% and the intensity level of conflict decreased by 48%.

Quantum physicist, John Hagelin, concluded from this research on the "Power of the Collective" that "since meditation provides an effective, scientifically proven way to dissolve individual stress that it seems like common sense to use meditation to similarly diffuse societal stress."

HOW WE AFFECT THE COLLECTIVE FIELD

Every individual's energy affects the collective field environment. This means each person's emotions and intentions produce an energy that affects the field. Therefore, a first step in diffusing societal stress in the global field is for each of us to take personal responsibility for our own energies.

We can do this by increasing our personal coherence and raising our vibratory rate, which helps us become more conscious of the thoughts, feelings, and attitudes that we are “feeding the field” each day. We have a choice in every moment to “take to heart” the importance of intentionally managing our energies.

Each of us is also responsible for allowing thoughts and feelings of frustration, worry, separation, or blame to run unmanaged in our system. These attitudes and emotions keep our inner rhythms incoherent and out of sync, which has a depleting carryover effect on our hormonal, immune, and nervous systems.

THE HEART COHERENCE

Heart coherence practices and technology can assist us in quickly resetting our emotional energy and shifting into a harmonious inner rhythm. Heart coherence practices help to increase our vibratory rate and coherence baseline, so our spirit, heart, brain, and nervous system operate in sync and with increased efficiency.

This coherence carryover effect enables us to be more conscious and intuitive at choice points—to move in a state of ease and choose our actions and responses rather than mechanically reacting and creating stress.

Through raising our vibratory rate, we become conscious that our energetic heart is coupled to a deeper part of our self. Many call this their “higher power” or their “higher capacities,” which links us to a non-local quantum field of information and energy which physicist David Bohm called the “implicate order” and “undivided wholeness.” When we are in heart coherence, we have a tighter alignment with the heart intelligence that connects us to that source.

THE GLOBAL COHERENCE INITIATIVE

In 2008, the HeartMath Institute launched the [Global Coherence Initiative](#) (GCI). GCI is an international cooperative effort to help activate **the heart of humanity** and facilitate a shift in global consciousness. I am honored to be a member of the Global Coherence Initiative Steering Committee and to contribute to this vision. GCI has three primary focuses:

- To invite people to participate by actively practicing heart coherence and adding more coherent love, care, and compassion into the planetary field.
- Scientific research on how we are energetically interconnected with each other and the earth.
- To educate people on how we can utilise this interconnectivity to more quickly raise our personal and collective vibratory rate to create a better world.

Discover why the heart’s electromagnetic field is an important carrier of emotional information and how compassionate living from a state of heart coherence can positively affect and lift the vibration of those around us and our planet.

Here is a Heart Coherence technique from GCI to increase and sustain your personal coherence. This powerful tool has the six steps:

- Breathe and calm yourself in whatever way you choose.
- Choose something you appreciate — a person, pet, nature, etc., and radiate the feeling of appreciation to them for about two minutes. This helps open the heart more and increases your effectiveness when you start sending care to the planet or to a situation that needs it.
- Evoke genuine feelings of compassion and care for the planet.
- Breathe the feelings of compassion and care going out from your heart.
- Radiate the genuine feelings of compassion and care to the planet or to a specific area of immediate need.
- See yourself joining with other caretakers to participate in the healing process and generate peace.

Increasing our individual heart coherence can contribute to a new world of social and global coherence, based on the proven intelligence that getting along with each other is the missing piece in our ability to thrive as a planet and draw solutions for creating a world we all want to live in.



COHERENCE : A DOORWAY TO HEART-BASED LIVING

At HeartMath we use the phrase heart-based living as a “street” term for coherent living. The term heart-based is randomly used by many people as a generic reference to “leading with the heart” or something similar. We didn’t coin the term, but we like it because it’s easy to say and it casually projects its meaning.

HeartMath is only one of many systems and practices that promote aspects of heart-based or heart-centered living. There are numerous taglines and expressions which refer to living from the heart; but regardless of what label we put on it, **practicing it can make a life-changing difference.**