

HEART-BASED LIVING

A new way of perceiving, thinking and relating

Words by Doc Childre, founder of HeartMath.
Introduced by Louis Bohrtlingk

In the first article of Doc Childre in Vol 2, he said: "As more of humanity practices heart-based living (or heart-first living), it will help qualify the "rite of passage" into the next level of collective intelligence."

We can slowly but surely shift from a lack of heart-based living towards **heart-based living as the new normal**. Acts of kindness in our present world are still seen as special moments. In a world where heart-based living becomes our way of being, we will experience the application of kindness and care in all sectors of our societies.



Doc Childre, again: "My intention is to provide research and understandings about the 'heart' as a dynamic, unifying, creative intelligence. A coherent alignment between our spiritual heart, mind, and emotions can lead to a new way of perceiving, thinking, and relating, we call heart-based living.

There is a momentum happening on the planet, with more and more people around the globe reporting that they are just tired of the separateness, the resentments, and of people, cultures, and countries not getting along with each other.

"Particularly among younger generations, there is a growing feeling of 'enough is enough' and wanting to help the world by doing something different. Instead of waiting for governments or political parties to change, they realise that we are the ones who have to create the change.

There is a heart-directed momentum developing in the midst of the wars and climate crises. It's a kindness and compassion movement across the planet and in different religions — **a universal feeling that opening our hearts to each other is the one thing in the collective that hasn't been tried yet**. By allowing our hearts to lead, we can transform our care into actions that serve the whole.

This will soon be realized as highly intelligent and efficient street sense. The new spiritual is to bring these qualities of the heart to the street in our day-to-day interactions with each other.

Many of us feel a desire for more harmonious interactions, but we have to step into it with our heart's intention in order to change old hand-me-down habits of separation. We can and will eventually do this. It's who we are at the core.

*Following our heart unfolds
the essence of who we truly are,
leading to happiness and fulfillment.*

HeartMath tools and techniques are designed to be used in-the-moment and on-the-go. Our focus is to create tools that don't require a lot of time or long meditations. Most of the tools we have created can be used on the spot as needed, once you get familiar with them. But at first, it does take focus to intentionally practice the tool for a week or so to imprint it in memory. Then it's easier to have a natural tendency to use the tool when needed.

We provide a unique combination of science-based techniques, coherence technology, learning programs, and helpful certified HeartMath professionals."

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