

Howard Martin & Sheva Carr - Activating Your Heart's Intelligence

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, the HeartMath faculty will guide you through the fundamental spiritual skills and competencies you'll need to successfully transform the quality of your life through heart-based practices.

Each weekly contemplation and training session will build harmoniously upon the previous ones so you'll develop a complete holistic understanding of the practices, tools and principles you'll need to activate your heart.

Module 1: Increasing Your Emotional Resilience



Resilience is not just about your ability to “bounce back.” It’s also the powerful reservoir of energy inside you for managing dynamic change and stress with grace and ease.

Through the power of the heart you can learn how to increase and apply resilience in your daily life.

In this module, you’ll discover:

- HeartMath’s foundational techniques such as Quick Coherence® and Heart Lock-In® to increase heart coherence at the beginning of your day and whenever you become stressed

- Easy methods to clear negative emotions and unhappy life experiences so you have more time and more energy for what matters most to you
- A greater state of appreciation and gratitude, which helps to harmonize situations, deepen relationships and improve your productivity

Module 2: The Science of Your Heart



Your physical heart is more than a blood pump. It's also an information processing system that sends powerful healing commands to your brain and the rest of your body. You'll learn about the research behind understanding how the heart sends and receives essential information for living a healthy fulfilling life.

In this module, you'll discover:

- The science behind your heart's intelligence and thus how to better access its full power
- How your heart sends and receives essential information — and techniques you can use to improve your overall health and wellbeing
- A practical tool you can use anytime anywhere to move from chaos to inner coherence
- How to apply the science of the heart to find your own peace of mind — no matter what is going on around you or in your life circumstances

Module 3: The Intelligence of Your Heart



There's a central intelligence within you that can lift you beyond your problems even in the midst of chaos and confusion.

It's been talked about for thousands of years, and it's what we call Heart Intelligence. You'll learn more about what's meant by this and the ways you can benefit by activating this force within you.

In this module, you'll discover:

- How to activate your heart's intelligence in relationships, learning to forgive and heal old patterns, which opens you to greater love and appreciation
- Tools to cultivate intuition and knowledge that come from your heart's awareness of people and situations
- How to make more effective decisions that unfold your optimal potential involving your heart as your guide
- The relationship between your heart and your brain, and how to access the "more" of your brain most people never tap into!

Module 4: Building a Heart-based Life for Yourself

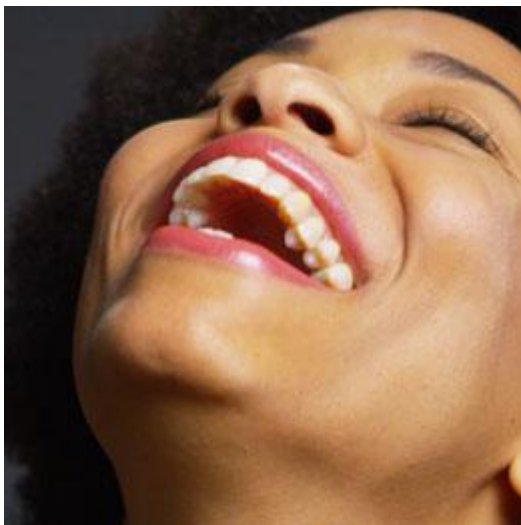


Taking the intelligence of your heart from a philosophical concept into practice is the key to your full participation in this important era of global change.

In this module, you'll discover:

- Ways to calm and center others, from your children to co-workers, through heart-based communication practices that have a global impact
- How to access your heart's intelligence to bring your work and life into greater alignment with your deeper purpose, as well as create more fulfilling relationships
- How to hear yourself and express to others your authentic truth, in ways that create lasting connections and the outcomes you want in business and personal relationships

Module 5: Harnessing the Power of Your Positive Emotions



Learning how to better regulate your emotions represents perhaps the next frontier in human evolution.

Emotions long associated with your heart don't just feel good; they have a regenerative quality in your body, intimately connecting you with others and to your environment.

In this module, you'll discover:

- The steps to shifting to a baseline of positive emotions such as compassion and appreciation that activate a coherent heart/brain interaction
- How you can "turn on" positive emotions to *turn around* a discordant situation
- Easy methods to clear negative emotions and unhappy life experiences so you have more time and energy for what matters most to you

Module 6: Activating the Global Heart



New research suggests that you live in a field of energy that reflects what you feel in your heart. Connecting through these fields to create positive change is part of the new understanding coming into our world. The earth itself is a living system affecting you energetically.

In this module, you'll learn:

- Fascinating research that measures the effects of human emotion on the planet
- How you create a collective field with others that affects the health of your community
- The benefits of connecting with the Global Heart and how to extend your own heart-coherent field

Module 7: Fulfilling Your Heart's Purpose



Aligning with your “divine blueprint” so that you can claim your fulfillment in life and serve your highest best purpose in something you long for. This requires developing a heart-connected approach to cultivating intuitive discernment, which allows you to see what needs to be done and access the commitment to see it through.

In this module, you'll discover:

- How to align with your heart's purpose and begin to manifest your deeper desires
- A heart-centered method of intuitive discernment that will help you see your commitments through
- A powerful mapping process to leverage heart intelligence for projects, visions, new ideas, and innovations that will have you truly living from your heart!

The *Activating Your Heart's Intelligence* Bonus Collection

In addition to the HeartMath team's transformational 7-part virtual course, you'll receive these powerful training sessions and materials with leading visionaries and teachers. These bonus sessions complement the course — and promise to take your understanding and practice to an even deeper level.

Navigating Rapid Change With Emotional Composure:

How to Rise Above Stress, Anxiety & Overwhelm by Connecting With Your Heart's Guidance

3-part Audio Course From Howard Martin, Deborah Rozman, PhD and Rollin McCraty, PhD

This three-part class from the HeartMath team provides valuable insight about the dynamics of social change occurring and how we can maintain our poise, composure and dignity in the midst of emotionally charged environments.

Topics include:

- How we can increase and maintain emotional composure when we feel global waves of chaos and tension
- Why extending genuine heart qualities such as gratitude, compassion, tolerance, patience, etc., can create resonance between people for more effective outcomes
- Self-compassion — one of our most important heart qualities, especially through these transitional times. As you become familiar with this practice, it will begin to feel as if you are interacting with a best friend who truly cares, understands and supports



Rollin McCraty, PhD is Director of Research of the HeartMath Research Center at the Institute of HeartMath. Dr. McCraty's research interests include the physiology of optimal function and emotions, with a focus on the mechanisms by which emotions influence cognitive processes, behavior and health. Findings from this research have been applied to the development of tools and technology to optimize individual and organizational health, performance and quality of life.

HeartMath Meditation Assistant

Ebook From the HeartMath Team



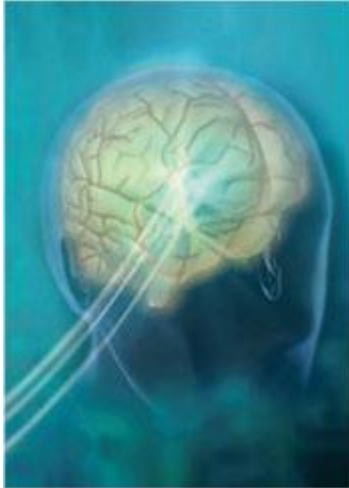
The HeartMath Meditation Assistant provides a comprehensive understanding of how to enhance your spiritual/self-help practices using the emWave or Inner Balance. Enhances any system of meditation, self-help or healing techniques.

Too often when people meditate, they actually have no idea how they're doing. There's no feedback. The beautiful thing about the HeartMath program is it gives you immediate ongoing feedback to know how you're doing. The HeartMath program actually measures where you are and can guide you to a better place scientifically... It's soothing the brain; it's state training; it's how to get into an optimal state so I can feel and function at my best.

— **Daniel Amen** , MD, Psychiatrist and Bestselling Author of *Change your Brain, Change Your Life* and *PBS Television Programs on Brain Fitness*

Brain Fitness Program

Ebook From the HeartMath Team



In this ebook, learn how the rhythmic patterns of your beating heart can improve your brain functions and help prevent cognitive decline. There are heart-based techniques that enhance the speed of information processes and the coordination of that information, sharpen your memory and enable you to be more creative and discerning.

The heart is more than a blood pump. Research shows that your heart can help power and direct your brain. The physical heart contains its own independent nervous system, or “heart-brain,” of approximately 40,000 neurons that can sense, feel, learn and remember. The heart-brain sends information to the big brain about how the body feels.

HeartMath Stopping Emotional Eating

Ebook From the HeartMath Team



This solution is not a typical weight loss program. This may be the only weight management program that doesn't focus on what you eat, but rather on what you feel. This is about understanding and eliminating emotional eating. The program is designed to show you how to manage emotional reactions and clear emotional undercurrents until a new baseline behavior — a neural habit change is achieved. This program offers instruction on how to create a neural habit change to facilitate weight loss and a better relationship with food and eating.