Introduction to Deborah Rosman and HeartMath

I'm so excited to introduce our next guest. This is a person I think I met back in 2008, when I just joined the group called the Transformational Leadership Council, and was actually on a bus ride or a shuttle ride, let's call it from the Airport with Debbie.

My next guest, Deborah Rosman, and got a chance to meet her there and then found out the depth of her work, which is truly amazing. Debbie is by, by trade, a behavioral psychologist, PhD, but she's more well known as the president and co-CEO of an amazing company called Heart Math.

And that's what we're going to dig into today. Heart math does amazing work all over the world, showing people how to create more, more coherence with inside them so that they can be more responsive, more alive, and have more joy and fun in their life.

And and it's some it's a technique that I've actually used that I learned through Debbie and her organization. I've used I use their products, and they've got some really cool tracking mechanisms that you can use with your iPhone or your computer to see your level of heart coherence.

So we're going to dig into that in just a minute. And then one other thing I just want to mention, she's also the author of a fairly recently released book called Heart Intelligence Connecting with the Intuitive Guidance of Your Heart.

So welcome, Debbie. Great to have you on board. Oh, thank you Tom. It is just so warm hearted to be with you here. Thank you for inviting me. Yeah. You bet.

So first of all, tell us what heart mouth means. A lot of people, probably the first time they're hearing it. What is heart mouth? Yeah, it sounds like an oxymoron, doesn't it?

Heart and masimo. Yeah. All of those fit together. Well, when we first started looking at, how to research the connection between the heart, the brain, the nervous system, the ancient sayings from all cultures, that wisdom is in the heart, that your heart is the center of being.

We want to understand how all these things connected, if there was physiological correlates. And of course, that was just our science. We found in the Heart Math Institute research laboratory, along with some other scientists, to look at what was going on when we were feeling all of the feelings of the heart love, kindness, appreciation, compassion.

And we noticed that what was happening in the electrophysiology of the heart and brain was really different than what was happening. When you felt anxious or frustrated.

What HeartMath Is and the Science Behind It

So we developed a series of techniques to help people shift their electrophysiology. And obviously we saw you know, to take it out of this sweet, sugary idea of heart.

And we call that heart math because it's based on real mathematical principles and algorithms that we developed in our technology, and to help people connect with their heart and align their heart and mind.

Yeah. Well, that's what I love about it. It's it's real science. It's not just theory or. Yeah, you feel good when your heart's when you're feeling these emotions.

You've actually looked in. Your teams have looked into the science of what's really going on. And one of the key things that some people may have heard of, maybe not have heard of, is, is h r v r heart rate variability, which is part of that discovery that that your organization has led.

And, and now lots of people are talking about it. But for those who don't know, and actually it's kind of hard to understand for people that even practice some of the techniques.

Can you explain it to us in a way that we can understand what the heart rate variability means? I will try. So when we were doing our research just to find what the electrophysiological correlates were, we looked at the EKG, the electrocardiogram, when people in different emotional states, we looked at brainwaves, the electronic several hologram.

We looked at galvanic skin response. People may be familiar with these forms of biofeedback sensors. And we found a few things but not a lot. And it wasn't until someone suggests that we look at the B to B changes in heart rate, the intervals between heartbeats.

That was the the golden moment. And that was measured by something called heart rate variability. The variability in your heart rate B to b to b b. Now most people think their heart rate is like you take your pulse or doctor says 60 beats per minute or 70 beats per minute.

That's an average over a minute. And most people think that that's what it always is. That's what I used to call it. Yeah, exactly. Yeah. It's not a metronome like that.

Yeah. Your heart rate is actually changing with every single beat. It can be 40 beats, 60 beats, 15 beats, 80 beats. The average is out to that 60 beats a minute.

Right. And so if you begin to have a sensor that can measure the beat, to beat the beat, to beat a heart beat, your heart rate variability was only being used back in 1990, when we started looking at this in fetal monitors for the health of the fetus's heart.

And we used that one of those and began to look at it when people were in different emotional states. And we found that it was incredibly sensitive promotional state.

So when you were frustrated or angry or stressed or worried or impatient or irritable, all of those stressful feelings, the pattern of that heart rate variability got really chaotic, really jagged, irregular.

And when you were feeling love or care, kindness or compassion or gratitude, any of those more soothing, heartfelt qualities, the HIV pattern became very smooth and orderly, like rolling hills up and down, like a sine wave and a sine wave.

In physics, this polychromatic waveform. And sure enough, when the heart rhythm pattern was like that, it sent a different signal through the vagus nerve to the brain and your alpha brainwave and train to it that same rhythm, and it created coherence and synchronization in your brain all the way to the frontal lobes.

Executive center. That's how we performed better, feel better, think better. When we're in a positive emotional state, and when we're loving what we're doing and we're putting a heart into what we're doing.

These were not just metaphors. We found the electrophysiological correlate. So yes, heart rate variability has since then become analyzed by many researchers.

And what's two things they found that are important for everyone to know. One is what I just described. It's a pattern. Over time, a minute or 2 minutes or 3 minutes reflects your emotional state.

And you can with that heart rhythm biofeedback begin to feel and see and interact and learn how to shift really quickly into that coherence sine wave rhythm.

And that will help you feel better. That's one way. But the second way was also equally important. And that it's the amount of energy, how high up and how down, how much it goes up and down because it's age related.

And when we're an infant, we have the most up and down, most flexible element. And when we age, there's a natural age related decline. But if you have less variability up and down before your age, it's a predictor of health problems.

And that all cause mortality from heart disease to immune problems. And one of the reasons that's the case is what it's measuring is the interaction between your parasympathetic and sympathetic nervous system.

Sympathetic speeds up heart rate, parasympathetic slows it down. You relaxation response is slowing down more parasympathetic activity. But you need to be able to get up and jump up and run up a hill if you need to.

Then that's why you want the flexibility to have a high heart rate. But the pattern can still be smooth if you're emotionally smooth. Yeah. Is that's simple.

That that narrow range? No, that's a perfect explanation. Thank you. That was really, really well done. And I hope everyone is starting to get a better understanding.

Understanding Heart Rate Variability

So a narrow range of of variability is a predictor of poor health and even mortality. What if somebody has a narrow range right now and maybe they're in their 50s or in their 60s?

Can they improve their heart rate variability? Great question. Yes they can. And what's interesting is how the two measurements tie together. Because as you practice heart rhythm coherence, getting more into that same way, what we found in our studies is that starts to improve the range.

You start to actually gain more of that vertical range. And the reason for that is that when you're in that coherent wave form of your sympathetic comparison, that the nervous systems are not just balanced, they actually in train do each other, they harness each other.

So in that enhancement, it increases the depth, variability. So you actually and you can do this in a fairly short period of time, improve that and you'll feel that difference.

You feel in less reactive improved patients and self regulation ability to manage your emotions and just generally feeling better and doing much, much better because you're moving into the body's optimal state, which is that heart coherence, that positive emotional state.

I love it, and stay tuned because Debbie's going to show you how to how to get in coherence a little a little bit down the road. So, so very cool. In a short period of time, people can improve their coherence and their RV.

That's right. Maybe they're there on a path that is not leading them to health, but they can change that in a relatively short period of time. One of the things on your website, an amazing website, it's, give us the website, please.

Yes. Park mass here, tmz.com. Yeah. And it's got all sorts of resources. But one of the things that got my attention was that people are using your techniques for trauma, anxiety, sleeplessness, burnout, fatigue, all these maladies that people have.

Your technique can help them get a better night's sleep, recover from burnout, right? Get more energy so you're not fatigued. How does that work? Well, it can sound like a panacea for anything, and it's actually not that.

It's that we've done we do a lot of assessments pre and post in companies and hospitals with health professionals, thousand of them all over the world.

Schools for learning use this as well because as you synchronize heart, brain and nervous system, you actually open up to a bigger picture thinking. And so much of our stress response as a society, as individuals, has become habituated.

So when we're constantly in a stressful state of anxiety or frustration or anger or just that low grade angst, we are actually. Fatiguing ourselves, draining energy in balancing our hormones and balancing our nervous system that can lead to burnout.

If we have a traumatic experience and we don't recover by rebalancing the nervous system, it can keep looping. So the underlining mechanism of all the things you talked about can't shut off your mind off and sleep at night is that we need a reboot and a reboot.

Just like your computer is learning how to reset your heart rate variability, pattern your autonomic nervous system, and using techniques. When you start to feel stressed or irritated to shift back into more coherence, state so that your heart then opens up your higher brain centers to seeing your possibilities of how to handle the situation.

Otherwise, when you're in that jagged heart rhythm pattern, it's signaling the brain stress and the brain goes into fight flight. Yeah, right. Survival mode.

So we're living in this stress reaction until we know how to read the inner reset. And that's really what hard math is specialized in this techniques to do that I love it.

And this is the Global Energy Healing Summit. So energy gets gobbled up when when we are in that stress state, we have energy, but it gets gobbled up.

And some people are constantly expending energy because they're all always stressed. I know you're working with, first responders and people through the past year that have had a lot of stress, but you're helping them manage that stress and even re-energize themselves, right?

So they can take on more, more stress is that, I tell you, a quick shirt, short story, how not only law enforcement, first responders, but, where I am here in Boulder Creek, California, we had a serious fire right in the middle of the pandemic last time.

This is probably CCU fire and it burned down a whole lot of our neighborhood and Big Basin Redwoods State Park and the local fire department is all volunteer.

And so they really saved our buildings, even though we had a lot of smoke damage and had a we had the insurance replace a lot of things. But afterwards we talked to the fire chief and we realized most of those firemen, volunteers weren't paid.

They were just saving our area for 30, 40 days without any extra pay. And so we did a GoFundMe and we raised funds from the neighborhood to help support, and we were able to raise enough to give each $2,000.

But then I said to the fire chief, we would like to have one of our certified heart mouth trainers, who is a retired fire chief himself, provide resilience training with, based upon the HIV, research and the techniques we've used with the military and what we've used with other first responders to your team, virtually.

He was so appreciative. So we did that. There were actually two retired fire chiefs who were by workshop trainers. That's great. And I got a call. Actually, this happened actually even this morning.

And then this was like, you know, five, six months ago, and they're writing a book about the fire because it was amazing what happened. And they why they said, well, the chief told me to talk to you because of the resilience training.

I guess you could help them raise some funds. But what he was most appreciative of, what they're using to this day

is the techniques of math and the technology to come back to reset, to release the stress.

And then we build the resilience. And I thought that was pretty cool. So powerful. Because think of think of them not I mean, the money was great. Great job Deborah. Thank you for doing that.

The resilience training that's life changing for for these people. You know, you say they're volunteers when they go in stressful situations. They know how to get in coherence and be able to deal with it in a, in a much more productive and probably creative way.

But also the impact on their lives, things that probably people there that, that, that before they learned this technique had low coherence, didn't have a high Hrb were heading for health problems.

And everyone listening to this just understand, right? We've already discussed this. If if you don't know how to get your heart incoherence and, and if you don't have a relatively high HIV, there's a likelihood you may have health problems.

You can change that, though. That's the great thing about this. It's almost like we can change what we eat. We can change our coherence patterns in our heart, which is so beautiful.

What are the what are some of the illnesses that that have been impacted by people being able to and we're not you know, obviously there's no guarantees of cures, but like, I know, a very famous cardiologist that recommends your techniques to her patients because it's helped with hypertension, it's helped with heart disease.

It's been it's been very, very useful to so many people. What are some things where you see it being applied because you say it's being used in hospitals and and by therapists.

How are they using it with people? Well, in a variety of ways. Again, if you look at that, the technique is basically helping rebalance your inner operating system.

And then ways it applies to anything. Just about the most common things are like hypertension, anxiety, depression. If they go to heart. Bascombe. And scroll down the whole page, you'll see, over almost 12,000 pre and post.

Improving Coherence and Health Outcomes

You'll see some of the stats like 40% improvement in anxiety, 60% reduction in depression, 30% improvement in being able to sleep. It goes on and on. In terms of those stats, and these were people who said they experienced these symptoms often to always. Wow.

And so it's a global effect because you're getting right to the heart of the matter, no pun intended. And you're learning to regulate your emotional response.

The emotional feelings we have have more to do with our overall health and behaviors than we ever knew before, and most of us were never educated that we could shift emotional state, not repress it, not just vent it, but actually realign it, and that there's simple ways we can do that.

And that gives us access to new perceptions and a bigger picture. And that's what we, the world definitely needs is methods to do that, because we all get stuck in our own loops and belief systems and think that's real.

And then we live in this survival stress modality, and it's not the way we're intended to live. Right? And we don't have to once we know something different.

So everything from burn patients to reduce pain. Walter Reed, Army Hospital uses that to help get to solve the, nets off of opioids. I mean, all sorts of use cases that you can learn about at our website, but it really is starting with the mental and emotional wellness and then getting the heart, brain, body in sync that allows that healing to

happen more naturally and accelerated.

Yeah. No, I love that. Hey, Debbie, can you talk a little bit more about the heart? Because a lot of people think, the brain is what we think with, and all the neurons are in the brain.

Tell us a little bit more about the heart, though, because I think, I think it might be shocking for some people to learn what really is going on in the heart.

Yeah. Well, it was interesting. When we first started researching the heart, I was like, okay, this is just blood pump. And we knew this meditators that you would feel your sense of being there.

And we knew that there was a lot about the heart center. And we if you wanted to be a 12 person, but literally really research, it was amazing to find out that the heart is actually sending more information to the brain through the vagal nerve about how you feel and the body feels and the other way around.

And the brain is actually like this incredible pattern matching computer. It looks for what's familiar and it looks for patterns. So it looks at the signals coming from the heart and the nervous system.

In response to that. And that creates memories and familiar response patterns. And so the heart signals to the brain is actually going through two pathways.

One is to the amygdala, the emotional memory center, and one under the thalamus that synchronizes or synchronizes higher cortical function, where you can just imagine that if you're putting more coherence into both of those pathways, it's going to help see bigger picture, see alternatives, and help with PTSD and traumas and the other thing we found was actually four ways the heart communicates with the brain.

Is that the heart itself, and this was not our discovery, but we publicized that it was partly known, actually contains its own little nervous system, its own mini brain with neurons that can CL sense, learn and remember.

Yeah. And it operates independent of our hindbrain. So what we're connecting with there, what does this little brain do. And as we shift that air raid pattern it activates that little brain in different ways.

And that's amazing. That helps explain how listen to your heart. Yeah. Deep into your heart for the answer. Yeah, yeah. Hearts full of wisdom. Because this little brain is designed to modulate that type of perception and feeling.

And when it works in alignment with the head, brain, we get these downloads and inspirations. Yes, a lot of it originates or it's picked up first by the heart.

Maybe it's coming from nonlinear sources or spirit or whatever you want to call it, but the heart's receiving it and sending it to the brain. So this is amazing what we learned.

Yeah, and I love that. I love that one of the things that I work with people on is, is speaking and communicating. And when they get caught up in their head, think trying to think through every little thing, they're going to say it's not them, it's not authentic.

It's not. It's not that good, right? They're stumbling over themselves, but when they connect in here and just don't worry about being perfect but really trust, yeah, the heart will guide them.

There is that that connection. And then brilliant thoughts just start to flow. It's all amazing. Yeah. Hey cool. Yeah. So hey, listen, I know everyone's waiting like we've built them up, like, okay, this is so good.

How do I start to use some of that? Can you guide us through, a simple little coherence technique that people can start using right away to take advantage of what you're talking about? Absolutely.

Now, this technique was developed in the research lab. We have a lot of fancy equipment to see what would get

people marks quickly in the heart rhythm, coherence or HIV coherence, which is your heart rhythm.

And we also have, technology that you can get that works with your smartphone and a sensor where you can see what it's doing in real time. Yeah. And let me just put in a I'm a big fan of your technology too.

So I, I've got your technology. It's really cool. You can it's it's it's you can see what's going on and go deeper into your heart to get that nice rhythm when it, when you need to and when it gets going stay in that pattern.

So I love the technology. And you know you can they can get that at at heart math.com. Absolutely. There's the inner balance which is wired technology or Bluetooth technology.

It works with your iPad, any smart pad or smartphone. And then there's the Am two. That's a handheld with it. It's also connected to your computer. So you can play games that are based on your coherence.

Train yourself that there are some cool visualizers and games. And then there's a health professional immersion for that's pro and pro that health professionals use.

But the simple technique I'm going to share with you is called quick coherence. And it will, if you use it, gets you into that coherent rhythm. And if you have any other technology, you can see it and challenge yourself for different levels of coherence.

Yeah. So first step is focus your attention on the area of the heart okay. And you can put your hand on your heart. Take out these. Keep your attention there if you like.

That's really in the center of the chest. It's just one level that goes out to the left. We we think it's way over. Here's right now. Okay, now, should we all be doing this with you right now?

Do it with me. Let's do it. I'll do it with you, too. Yeah. All right. Focus in the area that you can do this. So, guys, close your eyes open. Just pretend like your breath is flying in and out of that area.

The heart area, the center of the chest.

Heart-Brain Communication and Intuitive Guidance

Just breathe a little more slowly. Little more deeply than normal. But find an easy rhythm that's comfortable. For you, just do this for maybe 510 breaths or so.

That immediately will start to balance your parasympathetic and sympathetic nervous systems. But that's only step one. You don't want to force anything.

You just let the breath come and go in wakes. Now step two is as you continue this heart or heart focused breathing. You want to activate a genuine feeling or attitude and appreciation for something or someone in your life, or be a pet, a person.

Time in nature, an accomplishment. Just feel that genuine appreciation or care or love for someone or something in your life. That positive feeling. And continue your heart focused breathing.

Doesn't matter what you pick person or pet time in nature, it matters that you can evolve that experience, that feeling of love or care or appreciation.

Actually, any of the heart qualities move your system into that coherent rhythm. The gratitude or appreciation are usually the easiest. When you just do that for another ten breaths or so, feeling that appreciation.

Okay, now you can open your eyes and go, great. That was awesome. Yeah, I mean, I've done this many times, but that felt good even just doing it again right now with you, with everyone watching us and hopefully all everyone

doing it too.

That was really beautiful. Thank you. Thank you for those simple and we all that from time to time, but we think it just happens to us. Yeah. We don't realize this is something we can create, that we are our that we can actually not only know the physiology, what's going on, we can actually use the physiology to power up that mood share.

Then we can actually use that mood shift to sustain that heart coherent rhythm. And you do that when before a meeting that, you know, could be contentious.

You do that before you react and respond to an email that you later regret. Yeah, yeah, you do it after if you do get triggered to reset. And once you do this, there's many other heart math techniques, but it's sort of the baseline for connecting with your heart's intuitive guidance.

We have several techniques to help you do that. Or releasing old patterns in your amygdala, your emotional memory. And I do want to suggest to people we are giving away, the Heartbeat Experience, which is a video based training program with several of the techniques, including that one, so much so they can all get that.

Yeah, I'll get that. You just got, part Match.com. I'll give you the exact you are out for it. It's heart math.com/experience. That was easy enough. Okay, great.

Oh, and, it will give you some of the science, some of the background. So their mission to create a connection with the energetic heart and the spiritual heart and physical heart and really help people move into what we call heart based living, which is really what people need, better understand each other and have more compassion and empathy and connection.

And we'll talk about that in just a second, too. But if we would have, if we would have been all hooked up to technology, we would have seen our HR v change improved during that little one or maybe two minutes, we would have all become more resilient and healthier through that little 1 or 2 minute intervention.

Right, exactly. And that's really we teach people. The hardest thing is remembering to do it. Yeah. That we teach people all over to use that to stop stress reactions or to prevent them.

And that has a huge impact on their metabolic rhythms and their sleeping rhythms. How they respond to their families. Yeah. Again, thank goodness it's something that simple, but you have to do it re pattern.

Yeah. Habits. So it's not enough just to know about it. You actually have to do it as well. You. Yeah. Okay. Good. So one more example is someone can't get to sleep.

Same thing. They just they do that coherence. The what we just did the the one step see breath coming in and out of your heart and then just attached to something I always when you when you say, attach gratitude or thankfulness or something, you feel good about it.

I always think of my, my two children when they're little babies and they would lie on my chest. That's always the image I have, and it just immediately makes me happy and feeling great.

But will that help us sleep better or fall asleep? And for many people, there's another step we can and we always encourage. People really have insomnia problems to get.

One of the technologies usually is to hand and we to because, you know, have your smartphone on just go, red, green, blue, green. When you're in high coherency, you can use audio tones if you want. But, Once you're in that coherent rhythm, what really helps is to radiate meaning, you know, like the love or the appreciation is coming right into the hearts electromagnetic field, out into the world, out into the world.

Oh, okay. And as you continue to do that, you know what I say to myself, I have some of those I, I sleep really well, but I might have a night here or there where it's harder to fall asleep, or I wake up and can't get back to sleep.

I do that and I just say, okay, if I'm up all night, at least I'm doing something productive, radiating love and care to the planet and passionate people suffering.

And at least that's productive. And usually I fall asleep within a few minutes. But again, you're not up here right? You're worrying, you are in your heart and you're creating more of that synchronization in your body.

We have a booklet called, The Mass Solution for Better Sleep. Okay. We need one of our technologies to, use that because you're changing your baseline from years, and that's needed if you really have sleep problems.

Yeah, well, I love this technique because it does get us out of our head, which is where we spend so much time. And I know I've in the past tended to overthink things, and that's when I wouldn't be able to go to sleep.

I'm thinking about all these different things, and it's super stressful to be up here all the time, and coming down to here is just so refreshing and feel so amazing.

And your technique that you're sharing throughout the world.

Quick Coherence Technique Demonstration

I know there's hundreds of thousands, probably in the millions of people that are using this technique and getting really wonderful results. That's true.

I mean, especially now, there's so many changes and happening in the world. There's so much unpredictability, so much craziness. As people would say. And we call this, there's a global shift going on.

And what we're seeing is many, many more people. It's bringing more people to their heart in a single event. I'm just getting brain fog answering clearly.

It's like the mind works best, and this comes into a real genius when it is in alignment with our heart. Yeah, and we're using both of those centers and unfolding our larger capacities.

And I feel that's what life is asking all of us to do now, because the mind by itself has created this type of separation and chaos that we see around us.

Yeah. And all the health problems it the heart is needed to inform the mind and for us to know and understand that we really are all connected and we really are all the same in the heart.

Yeah. And being able to look after ourselves and each other. So that's what we mean by heart based living. And it really does involve that type of self-management to keep shifting back to the heart.

Yeah. Resetting there so that the heart, just like the blood pump feeds the body, the heart's electrical beat. Yeah. That's what feeds the brain in the body.

No heartbeat. No. Nothing else? No. Great. You're not around anymore. Yeah, exactly. Anymore. But we're all designed to be able to have this connection with our heart that can open up the higher brain potentials, and they don't open up without that connection.

Yeah. About that. And that's a love. That is love. Yeah. And so many people, myself included, you know. You know, they think that, you know, if I'm not thinking of my I'm not doing anything. I'm not I got to be thinking, thinking, thinking.

But you're thinking with your little puny conscious awareness part of your mind, right? You've got this whole unconscious. So I call it your super conscious that I believe the heart is connected to the sky, you know, so much more capability.

But what do we do? We wake up in the morning, we get our smartphone out. We look at the news, the emails, all the different things on there. If you're wondering, where do I when do I have time to do this coherence technique?

Every time you're looking at your phone, trust me, it well not every I mean, there's some times where it's probably useful and good to do that, but so many times are you just you're on autopilot just trying to stimulate your brain, stimulate your brain, take a couple minutes off that and go do this coherence technique that we just taught all of us.

Debbie? Oh, I want to I do want to talk about something you and I talked about. And we can kind of close with this, but, you you you you mentioned it already about when we are more coherent, we can help create more coherence in others.

It actually stimulates coherence and others and and better dialog and communication and and more embracing of diversity and world peace. Talk a little bit about that because I know that's really important to you.

Yeah. Well, after researching personal coherence and seeing how what my heart rhythm pattern can show up in the brainwaves of somebody standing or sitting, not touching just in a way, and how we're affecting each other as the heart beats.

That pattern of how we feel is radiating out through the heart electromagnetic field, and the fact that we can sense it with magnetometers up to 3 to 5ft away is amazing.

So we're affecting each other by our vibes, as the kids say. Yeah. And, you know, and this is the methodology, this is the physiology. And so when we're angry and frustrated, we pick up each other's anger and frustration.

And that can create a snowball effect. And that's type of wave of emotion affects each other when we're feeling uplifted and carrying that can also create that effect.

Yeah. What do you want to create? We have a saying. What are you feeling? The field is actually impacted. Yeah. And when we started to look at the potential for social coherence in schools, classrooms, work teams, sports teams, it was quite amazing to see how quickly we can get in sync with each other, whether a couple or a parent and child, and it's really exciting because it uplifts each other's vibration.

It lifts the spirit. And, you know, we did one study, actually, we didn't do it. Another researcher did where he had 40 subjects and four on a card table.

So ten card tables. And he had them all hooked up. Three of them knew how to practice quick coherence. And to get into that coherent wave form. The first subject was off the street.

Didn't know anything except an inspiring experiment. And what we found is that almost a nine of the ten, when the other three got into heart rhythm coherence, the fourth person coherence increased.

Just doing anything just by being there. Just by being. Yeah. Wow. And of course, there's always going to be in life some people who are receptive. Yeah.

And but the fact that there is this social coherence, they can improve listening in team in connection because we are aligned in our hearts and minds, listening, not agreeing necessarily, but present and listening.

And now that improves ballgames and improves sports. It improves everything. Yeah. And more. It sort of gets the ego out of the way without having to confront it, because we're all just individually connected with who we really are.

Sleep, Stress Relief, and Heart-Based Living

So when we started research global coherence, meaning, you know, could we pick up changes in the Earth's fields and the Earth's planetary rhythms, like the Schumann resonance or the geomagnetic field?

And is that operating at anywhere near the same as the coherence heart rhythm? And we found some exciting data on that. So nature's natural resonant frequency for people and for animals and for the earth itself is what's called 0.1Hz, which is the frequency of that coherence heart rhythm.

Nice that you taught us all how to generate. And I think, I think it's super important over the past year when we've all been in our houses together and I had we had two of our grown, we have two children.

They're both grown now, but they were here in our homes during, during Covid one is now since moved out to Los Angeles. We have my 89 year old mother in law.

Now, fortunately, we have a big enough home where we can all go to different parts, but there's a lot of people that struggle because, you know, you're home all the time with people, right?

And you get on each other's nerves. But what if you got into coherence and what Debbie just said, when you go into coherence, not a guarantee that everyone is going to go into coherence, but you can start to create a higher likelihood that your family is going to feel good that your, your, your spouse, your partner, your children.

And and like Debbie said, you know, again, no guarantee. Not everyone's receptive. But hey, even if they're not receptive, you get to you get to know you're going to be better, right?

You're going to be better by doing it. And you can influence people around you. So this is really beautiful. What a great gift you gave us today. Thank you so much, Debra.

Well, you're very welcome. I mean, when I looked at this as a psych behavioral psychologist, you know, I was like, this was so exciting as far as a hope for the human race that people really can take charge of themselves and know how.

We didn't come here with an instruction manual. We had a sort of an all out. And this really, in my perception, is the next level of human intelligence and is how do we get the hearts, intelligence and the minds working together to become called superhuman, which is the better human being?

I love that that's an amazing goal. That's a big ambition. And and you guys are you guys are making it happen though. And again, the beautiful thing this is not just theory.

Oh, wouldn't it be wonderful if we all felt better and we were more in our hearts? You prove it through science, through experiments, through really seeing it work and and putting statistics to it.

I even, you know, love the name of your company heart math or heart science. Almost. Right. It's it's the heart the the touchy feely thing. We've always felt good about our heart, but then making it scientific and applying math to it and and showing how when we improve that math that the heart is creating, we feel better, we change the field around us and we live longer, right?

We're less susceptible to disease. So amazing, amazing work. Thank you so much for all the work you and heart math have done. And any final words for everyone listening.

Thank you Tom, I appreciate the opportunity to share this and I really hope everybody listening practices that simple technique I taught you can seem too simple, but if you do, it genuinely will fellowship every time.

And I do encourage you to look at her vocal, and order that.com/experience because it's free. We decided to give it away a year ago when Covid happened.

Minutes, ten minutes, nine, ten minute segments, even interactive gives you something to practice after each one and you'll have a good feeling for heart math and then what you might want to do next.

And of course, if you can get the technology because that'll really engage you and you see what's happening in

your heart. And when you get frustrated, you see what it does.

It's very motivating. Yeah, absolutely. Deborah great job. Thank you so much. Everybody please go to the heart mouth site. Get those videos, those courses that Debbie offered you and and also practice what you just learned.

I mean, the, the true value is not now that you know how to go into coherence, but do it like you did it for a couple minutes today, do it again later today, and then, you know, try it again tomorrow and then maybe get a regular rhythm and your life will change.

So Debbie, thank you for helping change lives. Well thank you. And it does become automatic. What was your re patterning your neural circuitry. Yeah. Thank you so much, Tom.

Appreciate being here. Yeah. Thanks, Debbie and look forward to seeing you again soon. Okay. Take care.