

Module 1: How Love Connects Us: The Science of Global Coherence and Interconnectivity

Humanity is profoundly interconnected through the earth’s magnetic fields and the earth’s geomagnetic activity affects our physiology, psychology, behaviors and wellbeing. Sending coherently focused love to the global field helps strengthen and stabilize the mutually beneficial feedback loops between human beings and Earth itself.

The Global Coherence Initiative (GCI), was launched by the HeartMath Institute as a science-based, international effort that seeks to help awaken the heart of humanity and promote peace, harmony and facilitate the shift in global consciousness. The term coherence reflects harmony and order at the personal, social and global levels. GCI suggests that the earth’s magnetic fields provide a mechanism that interconnects and distributes information to all living beings on our planet and why it’s so important to “feed the field” with more love and compassion. Pulsing the field with our collective heart energy can ease and soften the impact of planetary stress and discord while holding an intention of deeper connections among people and more harmonious cooperation for the good of the whole.

■ Why do you feel it is important for you to be here?

“When a system is far from equilibrium, small islands of coherence in a sea of chaos have the capacity to lift the system to a higher order.”

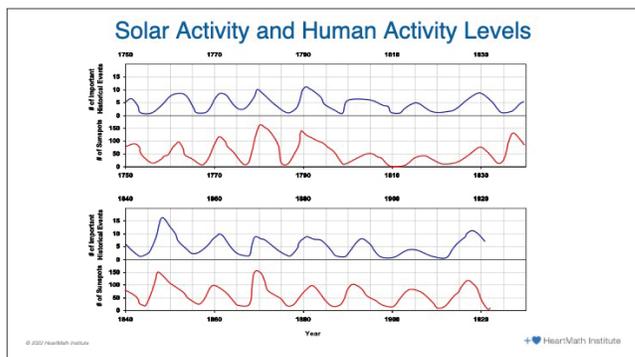
– Ilya Prigogine, *Physical Chemist, Nobel Laureate*

Global Coherence Initiative (GCI)

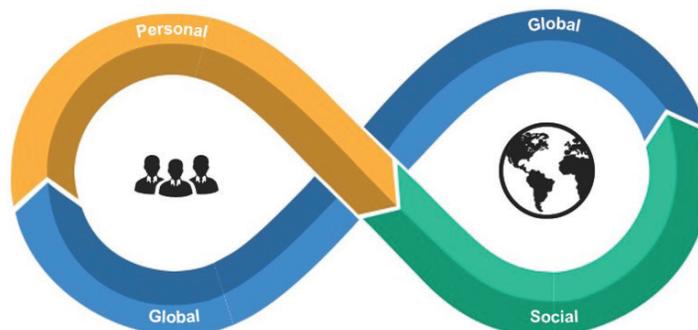
The GCI Mission

A science-based, co-creative project to unite people in heart-focused love and intention, facilitating the shift in global consciousness from instability and discord to compassionate care, cooperation and increasing peace.

- The earth is constantly bathed in electromagnetic fields.
- These fields affect and connect every living organism on the planet – including human beings.
- We are all living in a common vibrational field. Each of us contributes our own positive or negative vibrations to the field– based on our thoughts, feelings and interactions.
- Large numbers of people creating heart-centered states of love, and compassion will generate a more coherent field environment that can benefit others and help offset the current planetary-wide wave of fear and incoherence.



The periods of greatest levels of Human flourishing creativity in science and the arts were clearly shown to occur during solar activity peaks.



Heart Lock-In® Technique

The Heart Lock-In® Technique is a powerful technique for creating beneficial and sustained changes at the physiological level. Building a new baseline is like downloading a new operating system. In practical terms, it means things that once triggered you, don't bother you as easily. You "operate" from a new set point. It can also help you accumulate energy and renew and recharge your system with these steps:

Step 1

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

Step 2

Activate and sustain a regenerative feeling such as appreciation, care or compassion.

Step 3

Radiate that renewing feeling to yourself and others.

Once you are familiar with practicing the steps above, try the Quick Steps:

Quick Steps

1. Heart-Focused Breathing™
2. Activate and Sustain
3. Radiate

Heart Lock-In Applications

- Reset neural patterns to form a new, healthier baseline.
- Practice it anytime you want to instate emotional composure, confidence or ease and to anchor intentions.
- Practice when your resilience is low or you're not feeling well; it can be helpful for self-care.
- Use with meditation, mindfulness and healing arts' practices.
- Radiating a renewing feeling to others can help establish a deeper heart connection with them.

About the Heart Lock-In® Technique

Sustaining coherence heart rhythms for a longer period of time can regenerate your mental, emotional and physical systems and help you recharge and accumulate energy. This makes it a powerful method for helping you shift your baseline to create beneficial and sustained changes at the physiological level, which is imperative for building a new baseline of resilience. Activating and sustaining coherence trains the nervous system to a new “normal” where calm, composure, confidence and patience become the new baseline.

The Heart Lock-In Technique also can help you make a deeper connection with your heart where you can experience things such as expanded awareness, a sense of connection with others and the richer textures that reside in your heart.

■ What is your main takeaway?

Practice Opportunities

- Do a 10-minute or longer Heart Lock-In and radiate love to the planetary field environment each day.
- Radiate love in between activities.
