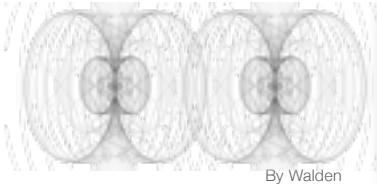


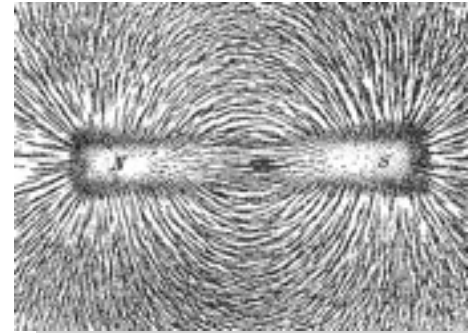
Reach Out...





...and Touch Someone

Have you ever found yourself feeling agitated, insecure or maybe a little awkward? You don't really want to expose yourself to others, so you put on a happy smile? Just then someone walks up to you and asks, "Hi, how are you doing?" "Fine," you answer, immediately followed by a tight smile. Then the inner dialogue starts. "I wonder why they asked that? Could they tell I'm feeling awkward and insecure? Does it show?" This scenario might sound familiar to most of us, if not all of us, have experienced this at one time or another. Are we transparent?



Can others pick up on our "vibes?"

The [Institute of HeartMath](#) (IHM) in Boulder Creek, California is a nonprofit research organization that has been studying emotions and the electromagnetic energy generated by emotions and the body—specifically the heart—for over two decades. A study conducted by IHM represents one of the first successful attempts to directly measure an energy exchange between people, and provides a testable theory to help explain why we can sense what other people are feeling and why we tend to know when someone is behind us without hearing or seeing them.

A connection is being made. When we care for someone, we often express our feelings quite naturally through touch. We hug our friends, we pat co-workers on the back, and when we're being introduced or greeting someone, we shake that person's hand. These are all moments of a connection being made and now science has shown that energy and emotional information is also being exchanged.

Researchers at IHM have discovered that this energy connection is quite profound, particularly when you look at how the emotions are encoded in the magnetic field generated by the heart can influence our surroundings and those around us.

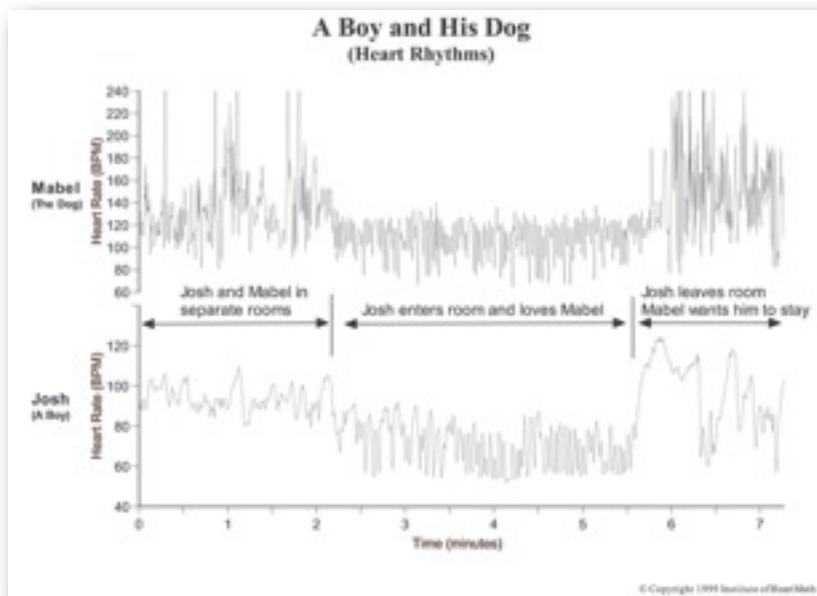
The heart generates the strongest rhythmic electromagnetic field generated in the body.

Measured with modern magnetic field meters, the heart's electromagnetic field is approximately five thousand times greater in strength than the field produced by the brain. The heart's field permeates every cell in the body and can be measured up to three feet outside the body, but actually it radiates even further, although its field strength is too low to measure with today's equipment.

A Boy and His Dog

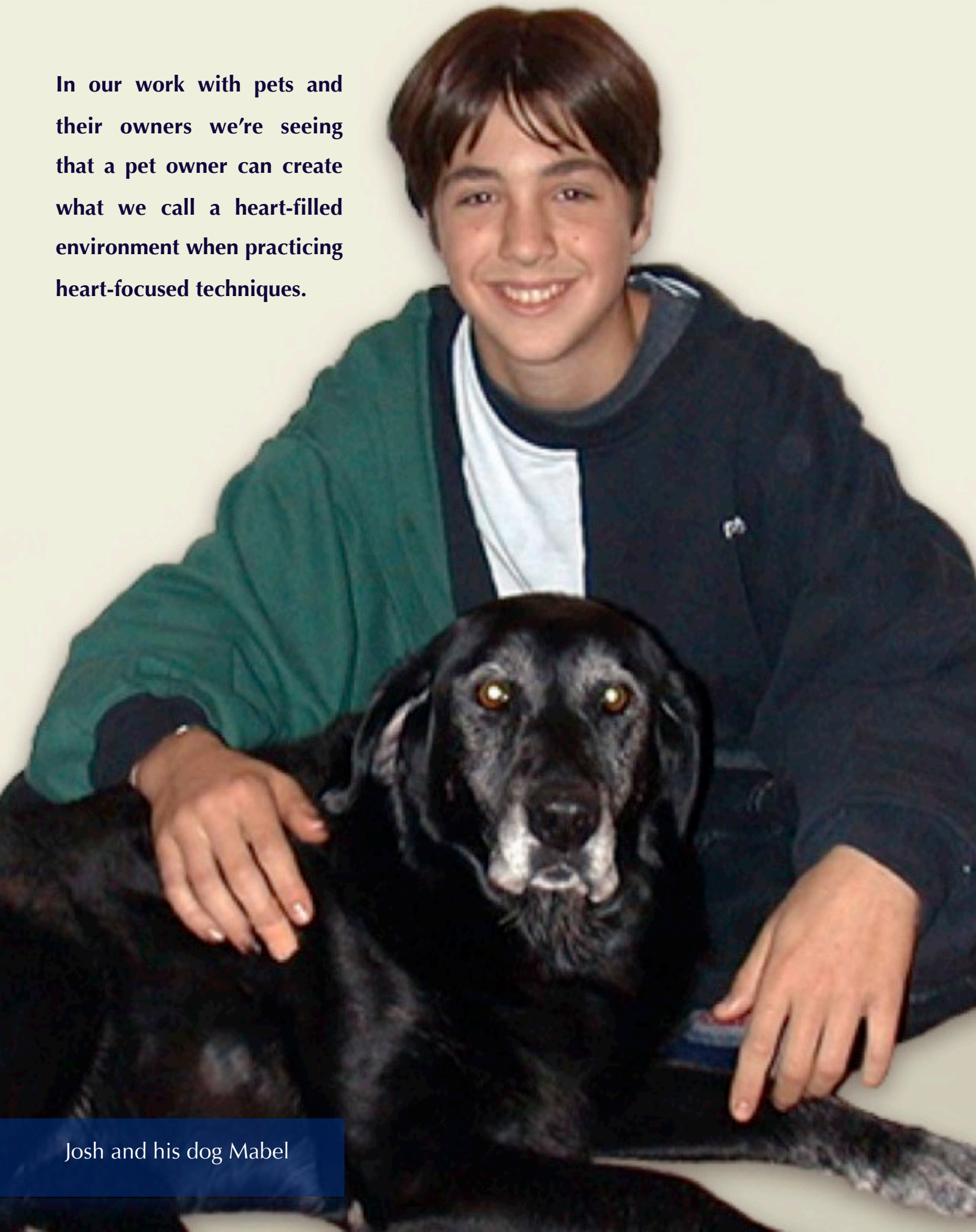
In an informal experiment, a boy named Josh and his dog Mabel demonstrate how one heart field can calm another heart down.

IHM researchers monitored the heart rhythms of both the dog and the boy. Researchers had Mabel enter a room by herself. Her heart rhythms were very jagged and erratic. Then Josh entered the room and set down in a chair taking care not to touch or interact with Mabel. Josh then shifted into a coherent state and felt love and care for Mabel. At this point not only did Josh's heart rhythms become more coherent but Mabel's heart rhythms also made a significant shift, synchronizing with Josh's heart rhythms. Mabel's rhythms stayed very close to Josh's rhythms throughout their visit. When Josh got up and left the room, Mabel's heart rhythms clearly shifted again, becoming very spiked and jagged (see graphic below).



Although the experiment was not a formal study, it appears that Josh's calm heart field connected with Mabel's heart, helping her to feel secure and relaxed. This has been shown to also be true with horses that are also very tuned in to human emotions. Read research paper, [The Electricity of Touch: Detection and Measurement of Cardiac Energy Exchange Between People](#).

In our work with pets and their owners we're seeing that a pet owner can create what we call a heart-filled environment when practicing heart-focused techniques.



Josh and his dog Mabel

Hearts Commune

...horses are also very tuned in to human emotions.



Whether we realize it or not, everyday interactions, moods and attitudes affect our own experience but they can also influence those around us.

This poses questions about our everyday interactions, such as if a parent comes home feeling edgy and stressed from the day's events, does this transfer to their children, creating stress in them? Or perhaps we're influencing our colleagues more than we know. If we're feeling uncertain and anxious about a business plan being accepted, might we be transferring this uncertainty in a meeting via a handshake, or if we feel insecure about a relationship, could we be sabotaging it by emanating our insecurities? A new independent study, [Achieving Collective Coherence: Group Effects on Heart Rate Variability Coherence and Heart Rhythm Synchronization](#), published in the Alternative Therapies in Health and Medicine Journal, July of 2010 confirmed that not only affect people around us, but that we can benefit others when we are in a coherent state.

IHM research director Dr. Rollin McCraty says, "Although more research in this area is still to be done, the research clearly shows that we do communicate with each other via biologically generated electromagnetic fields and these signals are not only detected by our nervous systems, they have real and measurable effects. It appears that there is a type of communication occurring between people above and beyond body language or verbal communication. **In our work with pets and their owners we're seeing that a pet owner can create what we call a heart-filled environment when practicing heart-focused techniques.** The pets respond by becoming more affectionate, more animated and more connected with the pet owner."

Interactions

Likewise, Dr. Deborah Rozman, a psychologist at HeartMath, believes [parents](#) can create a loving and supportive environment for their kids by using exercises like Freeze-Frame® (a simple five-step technique created by HeartMath to minimize stress and promote emotional balance.) Dr. Rozman says, "Teachers report that their students are more focused and cooperative in a classroom environment that is using heart-focused exercises. A heart-filled environment helps to promote wholeness learning."

Over 100,000 of people each year are learning HeartMath exercises and learning to create healthier vibes. Many practice increasing their connectedness in communications by learning the steps of Inner-Ease™ Technique, read a featured article, [Increasing Connected Communication](#).

Dr. Rozman adds, "If we know at some level that an energy exchange is happening between people, it makes sense to help create healthier environments by more consciously tending to what we're feeling and putting out."

Learn more about the Institute of HeartMath at www.heartmath.org or call (800) 711-6221.