

# COHERENCE

IS THE NATURAL STATE OF THE UNIVERSE

LEARN HOW TO APPLY THE LAW OF NATURE FOR HUMANITY







### **Change happens when we Connect**

Through science, community and consciousness, we can make a critical shift on this planet – one that empowers us to create a harmonious, coherent relationship with the natural world, with our inner selves, and with each other.

**It is Possible!**



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# OUR WORLDVIEW

As humans, we have learned to solve our problems and deal with the events of our lives, based upon the way we think of our relationship to ourselves, to the people around us, to the world around us, to our past and to our future.

In the Western world, for three hundred years, science has led us to embrace a story based upon separation – We are separate from ourselves, separate from our own bodies, separate from one another, separate from the world and we are essentially powerless victims when it comes to the things that happen in the world. All that we can do is respond and react to what happens rather than to participate in the events as they unfold.

**We've asked science to tell us about ourselves and how the world works. Science has done that.**

Now the choice is, will we embrace the deepest truths what science is telling us about ourselves and apply that to what's happening in our lives, or will we look the other way and fall back into the familiar habits and patterns of the past that are no longer serving us?



**WHAT DO YOU BELIEVE TO BE TRUE?**





# CHANGING OUR WORLDVIEW

Changing our worldview, requires us to be open, and willing to admit that what we've always believed was the truth, might be different. It also requires us to quiet our ego and judgements, and to connect with our hearts and become coherent.

*"It ain't what you don't know that gets you into trouble. It's what you know for sure, that just ain't so."*

Mark Twain



# WHAT IS COHERENCE?

## Definition (English Dictionary):

*“Coherence is a natural state or situation in which all the parts or ideas fit together well so that they form a united whole.”*

Science has shown that breathing into the heart centre, while activating positive emotions can result in clarity, health, and performance. In a coherent state, the body, mind and spirit are synchronized in a symphony of wellness. Individuals can achieve increased personal coherence by learning to consistently regulate their emotions from an intuitive, internal reference point.

There are 40,000 neurons present in the semi-autonomous system of the heart. These neurons are closely linked to the emotional brain and jointly they create a “heart-brain system.” The heart plays a vital role in this system. Through direct training of the heart, we can train our emotions too. The main aim of heart coherence is to tame our cardiac rhythm, so that it enters a condition of “coherence.” This condition comprises of

healthy and improved heart rate variability as opposed to “chaos”, which has decreased healthy variability, as is its usual pattern. The conditions, reduced heart rate variability and chaos, occur in a state of negative emotions such as anxiety, depression, stress, and anger. It is also a prominent forecaster of many medical conditions such as hypertension, heart disease, diabetes and sometimes even death.

As the semi-autonomous network of neurons of the heart is closely related to the brain, both the heart and brain affect each other all the time. The heart rate is irregular in conditions like anxiety and stress, i.e. the heart rate becomes “chaotic.” When a person is in a healthy state or feels positive emotions such as happiness and compassion, then the variation of heart rate is regular and becomes “coherent.”

The state of heart coherence can be achieved easily by picturing that you are breathing by means of your heart. You should sense your heartbeat when doing this. If you are not able to sense your heartbeat, then holding your breath until you start feeling or sensing your heartbeat helps.

Studies show that when the technique of cardiac coherence is practiced regularly, it can benefit a person by the way of improvement in health, thought process, intellectual functioning, emotional stability and can help cope better with the challenges at home and workplace.



# IMPACT ON THE FIELD

We have all experienced the impact that the field has on each of us personally, with family, friends, co-workers, and collectively, by what we see and feel happening on our planet. Maybe you thought it was a great day at work, or alternately, an uncomfortable meeting or conversation with someone close to you. Believing that the reasons for the outcome were because of events or conditions outside of yourself. Science is showing without a doubt, the connection we have to all living things, Mother Earth, and the 'collective heart'.

Our personal field sends information to those surrounding us, and in turn we are receiving their field information, many times, giving us a picture of what they are feeling without words even being spoken. Your personal field is measurable, is generated by your heart, and sends out messages based on your emotions, feelings, and state of coherence.

To understand the concept that the field is impacted by what we are literally sending out, and in turn, by what the field is sending back to us, like a feedback-loop, on every level, and that's where it all starts.

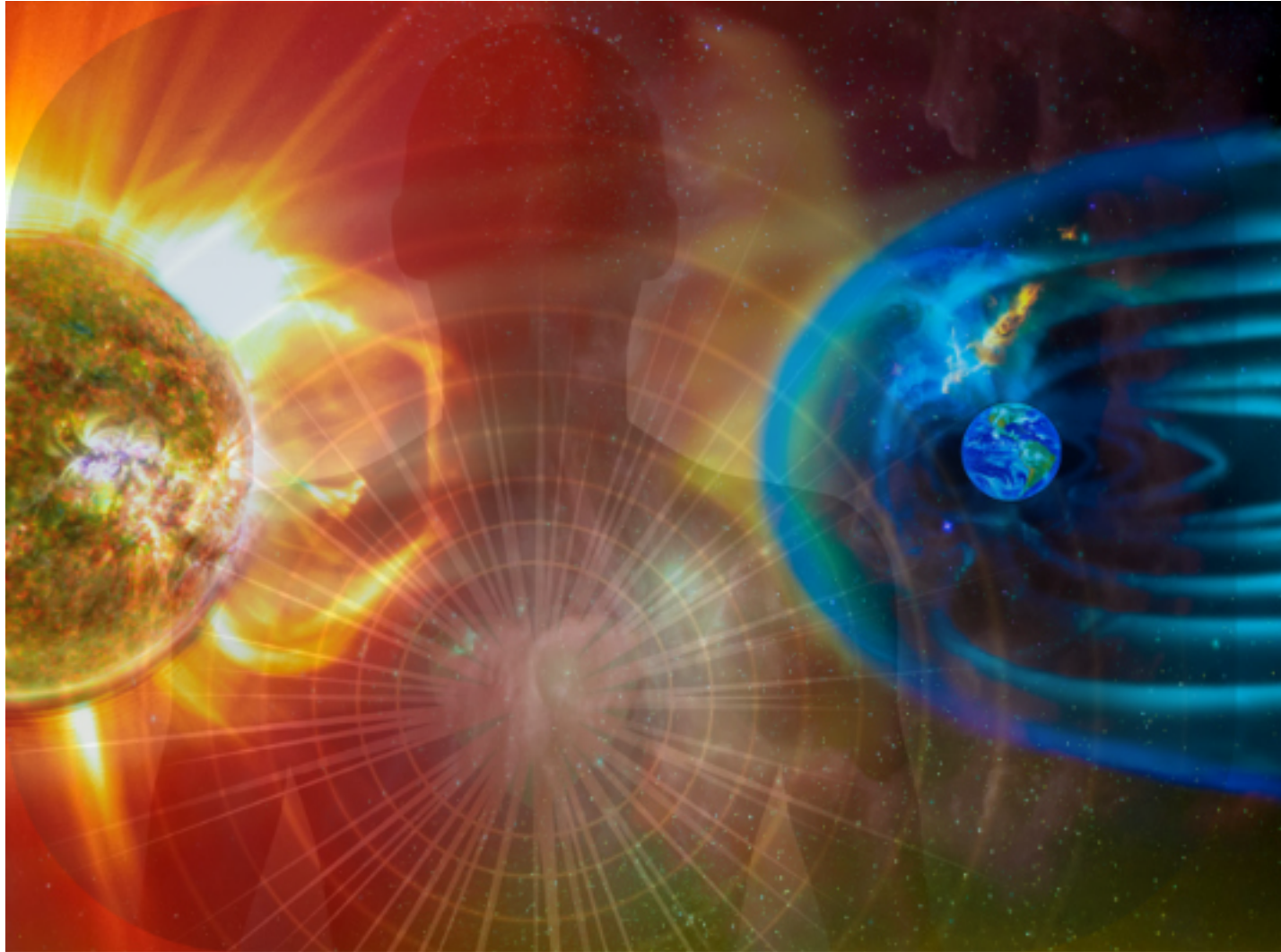


When we consciously choose to become coherent on a personal level, grow it to a larger group of people, communities, countries, and feed the field on a universal level, the field around our planet will also shift into a more coherent state. It is time to use the power of our collective heart, with the wisdom and intelligence that lies within all of us.





# SCIENTIFIC PROOF



The idea that the earth, sun and other planetary bodies influence human health and behavior and, on a larger scale, social unrest and significant global events, has been discussed among scientists for decades.

Scientists use sensors which continuously monitor resonant frequencies in Earth's magnetic field. They track changes in geomagnetic activity caused by solar storms, changes in solar wind speed, disruption of the Schumann Resonances and, potentially, the signatures of major global events that have a strong emotional component.

It is well established that the resonant frequencies in the earth's magnetic fields directly overlap with those of the human brain, cardiovascular and autonomic nervous systems. Therefore, it should not be surprising that numerous physiological rhythms in humans and global collective behaviors are not only synchronized with solar and geomagnetic activity, but that disruptions in these fields can create adverse effects on human health and behavior. When the earth's magnetic field environment is disturbed it can cause sleep disturbance, mental confusion, unusual lack of energy or a feeling of being on edge or overwhelmed for no apparent reason.

Scientists also believe that information about a person's emotional state is encoded in the heart's magnetic field, which is communicated throughout the body and into the external environment.

Source: <https://www.heartmath.org/research/global-coherence/>







# A NEW PARADIGM

When science reveals a bigger picture of interconnection than what we have ever imagined, what is our response?

When you discover all of the ways that you are physically and energetically connected to the Universe, would you agree that it's impossible to look at yourself or your world the same way again?

*"We're not just a drop in the ocean. We are the entire ocean, in a drop."*

Rumi



# LEARN AND SHARE...

## **MIND YOUR WORLDVIEW**

Are you ready to challenge your Worldview? Join our online program and community:

**More**

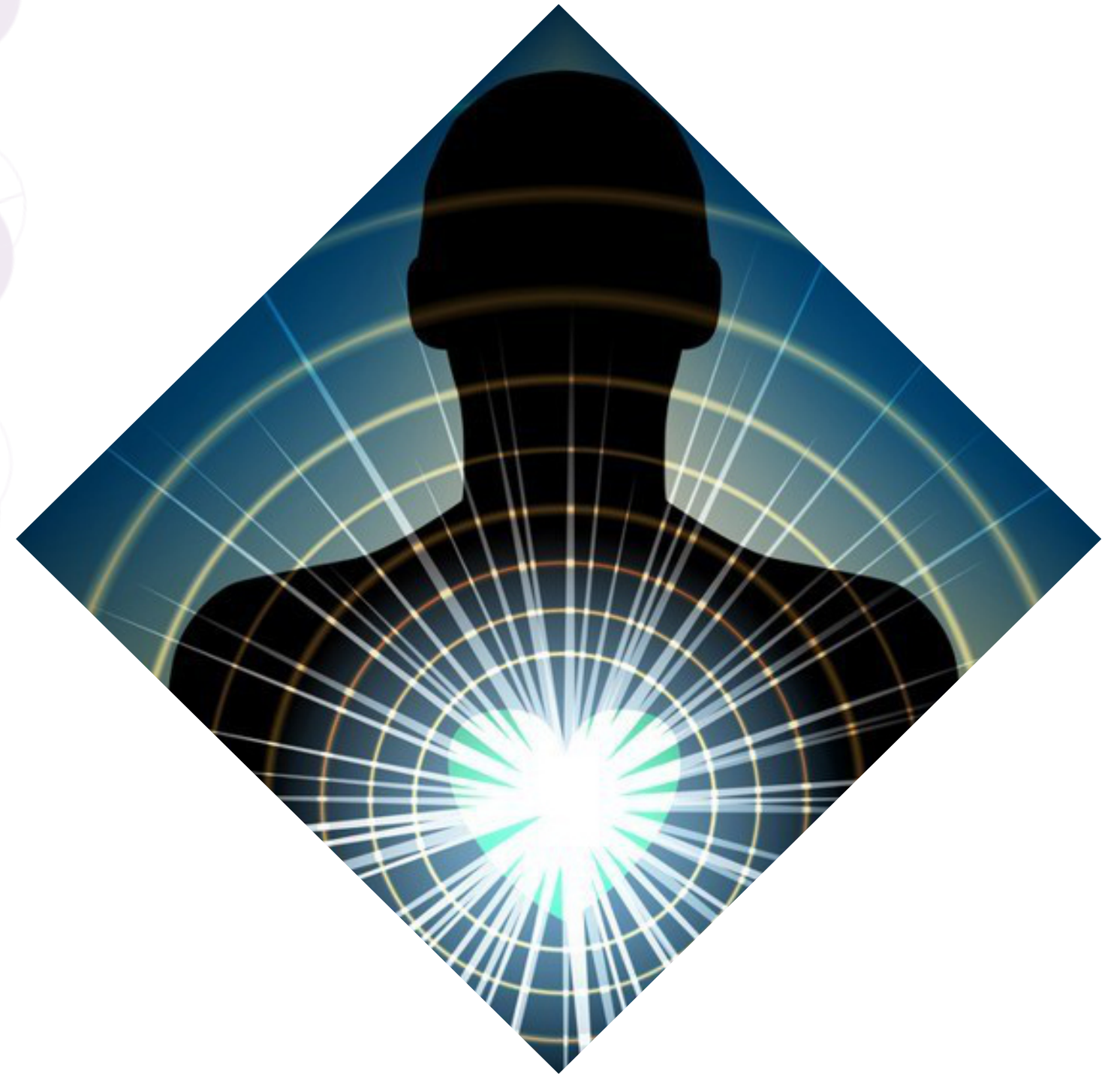
## **COHERENCE HOTSPOT FACILITATOR TRAINING**

Do you want to consciously contribute to make a shift to the global field?

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