

The emWave[®] Meditation, Prayer and Self-Help *Assistant*



emwave
personal stress reliever[®]



"Since I am one of the teachers in the movie and book **The Secret**, and have been teaching the Law of Attraction for many years, I have also been recommending the emWave® to anyone who wants to more quickly create a 'vibrational match' for the things they want to attract into their life. Our emotions (joy, love, caring, compassion, appreciation) are the key, and many people do not know how to intentionally create the emotional states they want. The HeartMath tools and the emWave are ideal for easily and effortlessly accomplishing this."

**Jack Canfield, Co-creator of the Chicken Soup for the Soul® series,
Co-author of The Success Principles™, and
Founder of the Transformational Leadership Council.**

"The emWave can take people quickly to where they try to get to through years of meditation."

John Gray, author Men are from Mars, Women are from Venus

"The emWave is especially helpful to people who want to meditate but have little time; have been told by their doctor they need to meditate but don't know how; and for anyone who has been through the frustration of trying to meditate and having a hard time quieting their mind -- now you can with this personal pocket meditation assistant that takes you there."

**John Rätz, Founder & CEO of The Visioneering Group,
whose clients have included Eckhart Tolle,
What the Bleep Do We Know?!, Peaceful Warrior,
Dr. Eric Pearle and others**

"I've been doing research on happiness for many years, and I'm thoroughly impressed with the Institute of HeartMath's products. HeartMath is on the leading edge of research and technology in the area of the heart's influence on health and happiness. I've found that their tools are powerful and effective in helping people raise their level of happiness. I love using the emWave and the other HeartMath tools to feel more open, centered, and joyful. I whole-heartedly recommend them to everyone!"

**Marci Shimoff, author of Happy for No Reason,
co-author of the #1 NY Times bestsellers,
Chicken Soup for the Woman's Soul, Chicken Soup for the Mother's Soul,
and a featured teacher in the hit film, The Secret.**

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In this booklet "emWave" refers to the portable emWave® Personal Stress Reliever® (PSR), but the same results can be achieved with the computer-based emWave® PC Stress Relief System.



Welcome!

This **emWave Meditation, Prayer and Self-Help Assistant** provides you with a comprehensive understanding of how to use the emWave to enhance your spiritual/self-help practices. We suggest you read each section carefully to get a comprehensive understanding of the material and then you can easily refer back to the information that is most relevant to you and your specific interest and needs.

Here's an overview of what you will find in this guide.

Pages 5-24 contain valuable information about:

- Meditation, prayer and other practices
- Common challenges to getting the most out of spiritual/self-help practices
- Why adding heart coherence to spiritual/self-help practices can enhance them
- How the emWave can help you increase the effectiveness of spiritual/self-help practices

Pages 25-33 offer instruction on:

- How to operate the emWave
- Instruction on how to do the Quick Coherence® Technique
- How to use the emWave with spiritual/self-growth practices

Pages 34-48 will give you additional information on

- Setting a new baseline through daily practice
- The Heart Lock-In® Technique
- Increasing global coherence and the Global Coherence Project

Throughout, you will find interesting stories and testimonials from people who have used the emWave to enhance their various practices. We have included them so you can get a real sense of how using the emWave can assist you.

Enjoy!

The emWave® Meditation,
Prayer and Self-Help Assistant



Table of Contents

What Do You Really Want from Meditation?7

How the emWave Can Help.....11

Using emWave with Prayer.....16

Heart-Power your Intentions and Affirmations.....22

Getting Started with emWave.....25

Step 1—Learn to Operate your emWave.....25

Step 2—Learn the Quick Coherence Technique.....26

Step 3—Practice the Quick Coherence Technique with emWave.....27

Step 4—Use emWave to build a new Baseline of Meditative Coherence.....29

The Challenge Levels.....32

An emWave Practice Plan.....32

Additional Practices for Building a New Baseline of Coherence.....34

Helping the Planet.....38

The Heart Lock-In® Technique.....41

Increasing Global Coherence.....43

The Global Coherence Project.....45

In Summary—The Steps are Simple.....47

What People are Saying about the emWave.....49





The emWave Meditation, Prayer and Self-Help Assistant

As told in most cultures throughout human history, the key to restoring the harmony of body, mind, and community lies in the heart. It is not surprising that in the last few years more people than ever from different backgrounds and all walks of life are looking for a deeper heart connection.

With more heart, people want to increase discernment in decisions and in interactions with family, friends, and co-workers. They want to feel whole and well. In the search for wholeness, an improved quality of life, and spiritual fulfillment, many people are using meditation, prayer, and self-help practices.

A 2004 Center for Disease Control and Prevention survey found that 19 million people in the United States practice meditation. Millions more practice prayer, visualization or affirmation techniques. Until now, people have not had an easy way to see, scientifically, how their heart responds to these processes, and to use that information to find a deeper heart connection in their practices. Now you can.

This *emWave Meditation, Prayer and Self-Help Assistant* guide will help you develop that deeper heart connection, refine your practices, and get more value out of the time and energy you put



The emWave® Meditation, Prayer and Self-Help Assistant



into your efforts. The emWave heart rhythm coherence technology gives instant feedback that shows you whether you are actually in a heart-centered and aligned state. It also, *most importantly*, guides you to get further into an optimal state to facilitate your practices.

Using emWave as a meditation assistant can be a facilitator to any system of meditation, prayer, self-help or healing techniques. In this program, all systems and techniques are honored and respected. Whatever practices you follow, using emWave creates more ease and flow from the heart, which helps you get the most out of your meditations or affirmations and feel the benefits you are seeking more quickly. Follow this guide and you will learn how to use the emWave to experience new enrichment from your efforts.

Benefits many people hope to experience from meditation

- Stress Management · Reduced Anxiety · Inner Peace
- Lower Blood Pressure · Improved Health · More Self-Control
- Improved Perception · Improved Ability to Focus
- More Intuitive Discernment · Deeper Empathy for Others
- Increased Spiritual Awareness · More Heart Connection





What Do You Really Want from Meditation?

People have different reasons for following meditative practices or other methods. Some want to relax and relieve stress. Others want to affirm or pray for positive changes they'd like to see manifest in their lives. Still others want to feel an inner alignment with something higher than themselves, receive intuitive answers to questions, develop inner knowledge, or help others or the world. To get started with this program, write down the three most important objectives or benefits that you want to gain from your practices.

1. _____
2. _____
3. _____

What Gets in the Way?

Perhaps, at times, you find that the benefits you seek from your practices are harder to experience these days, even if you have been meditating for years. Don't feel alone. Many people are experiencing this. There is a reason for it.

The increasing amount of stress and "busyness" in the world creates a type of static that can make it harder to get centered



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or stay focused. You invest 10 minutes, 20 minutes or longer and hope to feel more peaceful or more inspired by the time you are done. However, very often, you can find that you are spending a good portion of your meditation time just trying to chill, calm down, and quiet the mind. You can find that your mind keeps drifting off planning your day, thinking about an upcoming conversation or turning over a problem. Or, you might find that you are falling asleep sometimes or daydreaming away your meditation time.

These factors create what we call “downtime” in meditation. This can leave you feeling frustrated, inadequate, worrying you “aren’t doing it right” or “will never get there.” You’re not alone. Even people who have been meditating for years can find themselves spending more time musing about issues. They have some relative focus, but if they could honestly track what was going on, they might be surprised to see how much time is lost drifting. This isn’t bad. It’s understandable. High speed changes are taking place in the world and people are adjusting to the accelerating rate. Sometimes it’s hard for the mind and emotions to keep up with the pace, which blocks heart flow and ease. But now with the emWave, you have a user-friendly tool to help you stay centered.

A long time practitioner of meditation and other self-help methods, Institute of HeartMath founder and researcher, Doc Childre, understands how the stress environment is disrupting





people's internal rhythms, making it harder to focus, quiet the mind and emotions, and stay centered in the heart. That's one reason he created the emWave technology.

Doc commented, *"These days people need to feel their heart and spirit more, to bring them peace, intuitive guidance, love and happiness. They want to take control of their life instead of having to just hang on because of the speed up of stress, with their emotions hanging in one place and their mind in another. People want to know they're investing their time in something that's effective and gives them an advantage. They need tools that help open the heart to create a portal for drawing in more spirit so they can find a more peaceful flow through the changing rhythms of life."*

So, the next step in using this program to increase your effectiveness with meditation, prayer, visualization or other self-help methods is to identify what gets in your way.

Write down what gets in the way for you.

1. _____
2. _____
3. _____





What Can You Do About It?

In times of stress increase and fast-paced change, it's especially important to *add more heart* to your practices.

Many people are trying to meditate more from the heart these days. There's an intuitive knowing that the more sincere heart feeling you put into your meditation or other practice, the more effective it can be. When someone says, "put your heart into it" or "sing from the heart" or "go deep into your heart for the answer," they are saying to put more heart power and care into your intention. Adding more heartfelt energy helps you center and adds more ease and flow.

You can learn to center your heart intention -- your heart's desire to feel more spiritual connection or to empower your efforts. Heart centering is like a gateway to facilitation from your spirit. It's a gateway to re-energize your system, because heart centering helps create mental, emotional and physical alignment, or *coherence*.





How the emWave Can Help

The emWave is designed to increase coherence which is an alignment of emotions, mind, body and spirit. Heart coherence is a distinct, synchronized mode of physiological functioning that is frequently associated with the experience of sustained positive emotion. The emWave measures your heart rhythm, the beat-to-beat changes in your heart rate (known as heart rate variability).

Research has found that the *pattern* of your heart rhythm reflects the state of your emotions and nervous system dynamics. It reveals the interaction between your parasympathetic nervous system, which slows heart rate to help you relax, and your sympathetic nervous system, which speeds up heart rate. Both branches of your nervous system respond to your mental and emotional activity, even your subconscious feelings. So your heart rhythm reflects your inner state and sets the pace for your whole system.

Your heart and brain talk to each other and the pattern of your heart rhythm also reveals how coherent or incoherent this interaction is. For example, when you are feeling tense, irritable, impatient, frustrated or anxious, your heart rhythm shifts into a disordered and incoherent pattern. Your heart signals incoherence to the brain, which inhibits your higher brain functions and triggers



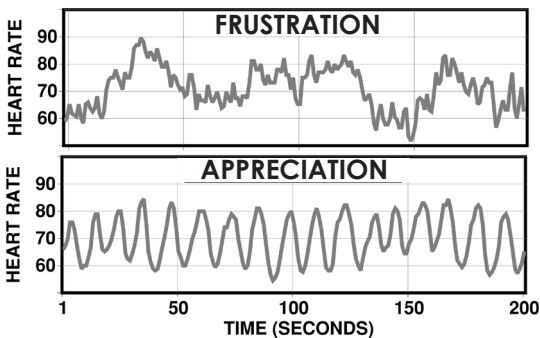
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a stress response. You can't perceive as clearly and old emotional issues can start coming to the surface.

On the other hand, when you're feeling positive emotions, like sincere appreciation, care, compassion or love, your heart rhythm shifts into a more harmonious and coherent pattern, reflecting the emotional balance you feel inside. Your heart sends coherent signals to the brain and the brain synchronizes to the heart's coherent rhythm. Heart coherence also triggers positive hormonal releases. This makes it easier to experience peace, positive feelings, and a deeper meditative state.

Changing Heart Rhythms



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"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace." **The Dalai Lama**





Getting in sync, which is reflected by heart rhythm coherence, helps quiet mental noise so you can sustain focused intention longer, bringing you new perceptions and more intuitive discernment.

Heart rhythm coherence also enables you to self-regulate your autonomic nervous system, a goal of many yoga practices. The autonomic nervous system *regulates over 90 percent of your body's internal functions*, including hormonal and immune system responses, digestion, metabolism and sleep. Through heart rhythm coherence training on your emWave, you can learn to interact with and improve the functioning of your autonomic nervous system.

"We are a hospital leading in the practice of blending the best of alternative medicine with traditional medicine. It is our purpose to assist the patient to integrate their emotional life, their mental patterns, and their beliefs to support healing and health. We use the emWave in our assessment of every patient. Using this tool, we establish a baseline for relative stress and relaxation for each individual. This information is helpful for all disciplines as we diagnose and support our patients toward healing. We also use this tool for basic meditation training with great results. This tool is foundational to our work restoring and enhancing patients' body-mind connection and the emWave is robustly supported with research."

**Jude Gladstone, Ph.D. Head, Psychology & Spiritual Programs,
Sanoviv Medical Institute, Mexico**



The emWave® Meditation, Prayer and Self-Help Assistant



Using your emWave at the start of or during meditation, prayer or other practices helps you center in the heart and activate heart rhythm coherence. Practice with the emWave makes it progressively easier to experience feelings of love, care, appreciation, gratitude, compassion, kindness, and patience at will. With the emWave as a meditation assistant, you connect more deeply with your heart to build a new **baseline of meditative coherence**.

A study of Zen monks found that the more advanced monks tended to have coherent heart rhythms. A study of long-term Buddhist practitioners found that while the practitioners generated a state of “unconditional loving-kindness and compassion,” increases in gamma band oscillation and long-distance phase synchrony in the brain were also observed, which reflects a change in the quality of moment-to-moment awareness. The characteristic patterns of baseline activity in these long-term meditators were found to be different from those of a control group, suggesting that an individual's baseline state can be improved with practice. Another study of Buddhist monks using the same meditative focus of “loving-kindness and compassion” found an increase in heart rhythm coherence during this practice.





Tulku Thubten Rinpoche, a Tibetan Buddhist Dzogchen Master says, *"I find that practicing the HeartMath techniques is self-affirming, with a lot of value. It takes me to a place of very deep quality, deep peace. HeartMath gives pure method, without the need for belief. It can allow anyone to find enlightenment without having to follow a tradition. Many have that concept but no method. HeartMath offers a method. I doubt that there has ever been such on the planet before, or any institute like the Institute of HeartMath. The planet has evolved in intelligence to where people are ready for this now. It's about pure love. Buddhism teaches that. Pure love is the beginning and the end. In that state science and awareness come together. You can be an agnostic, not believe in God even, and with HeartMath tools realize pure love and come to enlightenment or God."*

There are thousands of meditative practices. Most religions and spiritual disciplines teach some type of meditation or prayer to find peace and happiness within. In every major religion, love, appreciation, care and compassion are considered qualities of spirit that come from the heart -- and it's important to note that these are the same attitudes and feelings that bring coherence to the entire human system. Sitting in coherence helps people's heart/mind and emotions come into realignment, which gives them quicker access to their higher self and to intuitive discernment.





Using emWave with Prayer

Many people have asked how to use emWave to enhance their prayers. Most of the world's religions use prayer as an important and essential spiritual practice and prayer takes on many forms. Below are stories from people of different faiths sharing how they use emWave to enhance prayer.

Christian—The New Testament

"A good man out of the good treasure of his heart bringeth forth that which is good" Luke, chapter 6, verse 45

Bonnie St. John, Olympic Medalist, author of *How Strong Women Pray*, and a speaker named by NBC as one of the five most inspiring women in the nation, describes her experience using emWave with prayer:

"Prayer is my conversation with God. Sometimes, it feels like there is static on the line coming from my own states of discontent, stress, fear, and confusion. To reduce the static and feel the presence of God more closely, we have always been taught to be in gratitude, be still, and feel love, like the techniques in the HeartMath system help you do. I find that the HeartMath tools provide an interesting set of structures and steps to help me go deeper into prayer more easily and to eliminate the static—a





process that can be confusing and bewildering. The emWave helps by providing a way of really seeing what you are doing and has helped me pray more deeply. At first I thought measuring my vital signs while praying was a pretty crazy idea. But when you understand the research about how the emWave measures a peaceful state in physiological terms, it makes a lot of sense. The emWave and getting coherent using the HeartMath system makes my prayer time more rewarding, more true, more connected, more sincere."

Jewish—The Old Testament

"For as a man thinketh in his heart, so is he" Proverbs, chapter 23, verse 7

"There is a Hasidic saying, 'Everyone should carefully observe which way his heart draws him and then choose that way with all his strength.' The emWave helps to motivate me. I use emWave 6 mornings a week, religiously, before I go to pray at a Yeshiva. I feel that emWave helps me to negotiate with myself. It helps me to pull myself together, and become calm and motivated to walk out to pray early each morning. I do some exercises and then finish off with the emWave for two or three cycles of the full scale count. This prepares me for the prayer session which lasts about 20 minutes or so. I make the emWave a prerequisite each morning, without fail."

Harry Pearle, Educator



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Muslim—The Koran

"God will not call you to account for thoughtlessness in your oaths, but for the intention in your hearts" 002.225

"I have been using the emWave for several months. I find it very grounding and calming. As a practicing Muslim who prays five times a day, my experience is that I cut out the cares of the world and tune in quicker when I use the emWave. Also I am generally a calmer, happier person."

Mohammed Shafiq, Asian Health Advisor

Hindu— Chandogya Upanishad

"There is a light that shines beyond all things on earth, beyond the highest, the very highest heavens. This is the light that shines in your heart." (3.13.7)

"I am an 82 year old practicing Hindu in the UK. I lost my husband 18 months ago. Luckily I came across HeartMath last year and use the emWave Personal Stress Reliever when possible. In 6 months time my high blood pressure (which I've had for 35 years) dropped to the extent that I have stopped all my drugs and my sense of smell has partially returned. Every Sunday I attend the Hindu Temple and have noticed since using the emWave my focus is better and my prayers mean more."

Mrs. Sushila Sinha, MA Psych., author of 'Developmental Psychology'





Sikh—(derived from Hinduism)

"I had been very stressed for the last 5 years. I took over the Post Office 18 months ago and found life even more strenuous. My doctor advised me to use emWave and I have done so for the last 6 months. Now I manage the Post Office without even a thought and am loving my work and my home life again. Being a practicing Sikh I was astonished that even my prayers are better. I go deeper into myself. Thank you HeartMath.

Vazir Singh, Postmaster

Buddhist - The Dhammapada (a collection of the oral teachings of the Buddha)

"The way is not in the sky. The way is in the heart." (18:255)

"I use the emWave in my daily morning sitting meditation. It's a Soto Zen (Buddhist) meditation (zazen). The focus is a state called 'shikantaza' (just sitting) which means one puts the cognitive mind on hold. This could be expressed as 'Just sit, don't know mind,' and getting in the green on the emWave helps you do this, and maintaining this state will keep you in the green."

Marty Slater, Oriental Healing Arts





Other Meditative Practices

There are of course meditation practices that don't have a particular spiritual focus. Health professionals and coaches often suggest that their clients practice mindfulness or observation meditations, where you learn to observe your thoughts and feelings without judging them good or bad and without identifying with them. Using the emWave to get into heart coherence first can help you stay centered from the observation place, so you don't get pulled as readily into identity with your thoughts and feelings.

By staying in your heart center, you more easily let issues that come up just go by, without adding extra significance to them. Then your heart intuition may show you different attitudes or approaches to take. This is much different from the mind chewing over an issue trying to figure it out or emotionally processing the issue.

The emWave will give you feedback *in real-time* if you start over-identifying with your thoughts. As your mind starts to wander or you start daydreaming, the emWave's light and audio tone will change. This is your signal to shift back to a more genuine heartfelt state.





Dr. Ron Rubenzer, author of *How the Best Handle Stress* wrote, “Yesterday I used my emWave during my break at a full day workshop on Mindful Stress Management for mental health professionals. The audience consisted of practicing mental health, educational and medical professionals and the workshop was sponsored by a local hospital. The primary goal of the workshop was to help mental health professionals/educators integrate meditation in their practice with clients/students. The secondary goal was to help the mental professionals cope with the stress which can come from helping others. In fact that workshop even used the terms gaining an ‘inherent sense of coherence.’”

“For me, emWave is a perfect way to engage my meditation autopilot, shifting from fight or flight to FLOW without distracting, internal verbal chatter. The emWave helps me effortlessly shift my attention (kind of like a compass). I would recommend emWave to both the beginner and the professional. It is a great educational tool to aid in establishing good stress management and meditation (which normally takes about 8 weeks with guided practice). EmWave can serve as the “training-wheels” to achieve a sense of balance until one knows what a balanced state feels like AND how to bring about the sense of balance at will.”





Heart-Power Your Intentions and Affirmations

You can also use your emWave to add power to your intentions, visualizations and affirmations. The heart is the power behind higher manifestation. As you practice activating the coherent power of your heart, it brings heart, mind and body into alignment to draw the highest best to you. This *coherent alignment* draws in more of your spirit and higher discernment faculties—your intuition—to help facilitate the manifestation of deeper heart-felt intentions in all aspects of your life.

You can't cheat or fool yourself with the emWave. You're either in coherence or you're not. It keeps you honest with yourself. But you can use the emWave to help clear negative emotional patterns and self-doubt that take away from your affirmations. Practice of heart coherence with emWave will help clear old negative patterning stored in the cells, releasing more power for intention and manifestation from your real self. Practicing heart coherence can especially help you make positive changes in areas you thought you couldn't, while having more peace and acceptance with issues you can't change.





If your practices include affirmations or visualizations, take a moment to write down three heartfelt intentions that you want to manifest.

1. _____
2. _____
3. _____

Use emWave to set your intention and align your heart (feeling) with your visualization or affirmation (thought) to create the highest outcome. As you learn to sustain high coherence on your emWave for longer periods, you will draw in more of your spirit to strengthen your aim to follow through on your heart intentions and commitments.



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*"I want to highly recommend the tools and techniques of HeartMath. I, my staff, and my family have been using the HeartMath techniques and the emWave device with great success--both to create more stress-free states of being and also to make more heart-coherent decisions. Since I am one of the teachers in the movie and book *The Secret*, and have been teaching the Law of Attraction for many years, I have also been recommending the emWave to anyone who wants to more quickly create a 'vibrational match' for the things they want to attract into their life. Our emotions (joy, love, caring, compassion, appreciation) are the key, and many people do not know how to intentionally create the emotional states they want. The HeartMath tools and the emWave are ideal for easily and effortlessly accomplishing this."*

**Jack Canfield, Co-creator of the *Chicken Soup for the Soul*® series,
Co-author of *The Success Principles*™,
and Founder of the Transformational Leadership Council**





Getting Started with emWave

Step 1—Learn to Operate your emWave

In order to use this program you'll need to become familiar with how to operate this effective, innovative device which has earned the Seal of Approval and Award for Distinction and Innovation from the American Institute of Stress. The emWave has been developed from over 16 years of scientific research on the heart, brain and nervous system, conducted by Doc Childre and the Institute of HeartMath.

- Remove the contents from the emWave box. Charge your emWave for two hours before use.
- Review the 7 Easy Steps Card which will show you how to operate your emWave in its most basic mode. However, in order to really understand how your emWave works, the various features it offers, and the science behind it, you'll need to **read the Quick Start Guide and manual**.
- Take the short e-training program that is informative and entertaining at http://www.emwave.com/emwave_online_ettraining.html. You can also attend the 1 hour telephone Orientation Class offered each week. Check the following sites for the schedule of upcoming sessions. http://www.emwave.com/emwave_psr_orientation_class.html (or if you have an emWavePC go to http://www.emwavepc.com/emwave_pc_orientation_class.html)



- Using the owner's manual to guide you, experiment with your emWave and get comfortable using it. Start by using the ear sensor so your hands are free. Try adjusting the brightness and sound levels.

If you are using the emWave PC, install the software, attach the sensor pod and review the Quick Start Guide and Tutorial included in the software program.

Step 2—Learn the Quick Coherence® technique

The Quick Coherence technique is designed to bring your heart rhythms into coherence quickly. With the technique, you will generate a heart-focused, positive emotional state, so that coherence emerges naturally and is easy to sustain. The Quick Coherence technique is not a replacement for your meditative practice, but helps you create a new baseline for improved results. So it's important to learn this simple technique, which you can do in several ways:

- Review the 7 Easy Steps card in your emWave box
- Practice the simple steps in the box on the next page.
- Read about the Quick Coherence technique in the Quick Start Guide or in your manual (pages 23-25)
- Load the Coherence Coach® CD in your computer and use this entertaining and instructional application to guide you in mastering the technique (see pages 28-30 in your manual).



- Take the emWave e-training program at [http://www.emwave.com/emwave online etraining.html](http://www.emwave.com/emwave_online_e training.html).

If you are using the emWave PC click on Coherence Coach or review the steps in the on-board Tutorial.

Step 3—Practice the Quick Coherence technique while using your emWave

- Once you've learned the Quick Coherence technique, you're ready to practice it with your emWave. Your goal is to get the light at the top of your emWave to turn from red (low coherence) which is normal, to blue (medium coherence) which is much improved, to green (high coherence) the optimal state.
- Turn on your emWave and make sure you are in challenge level 1 (see p.13 of your manual). Watch for a steadily blinking blue light at the bottom of your emWave, indicating a good connection that is sensing your pulse.

Quick Coherence® Technique

Heart Focus: Focus your attention in the area of the heart and then breathe deeply, as though your breath is entering and leaving the heart area.

Heart Breathing: Synchronize your breathing with the moving blue lights, inhaling as the lights rise and exhaling as they fall.

Heart Feeling: Once you've found a smooth easy breathing rhythm, try to feel a positive emotion, like appreciation for the good things in your life, or the love and care you feel for someone (child, spouse, pet) or something (a beautiful sunset, a fun vacation, a hobby, etc.).



- Now practice the Quick Coherence technique with your emWave and watch the top light change from red to blue to green. Sustain blue or green as much as you can without trying too hard. Find a breathing rhythm that is natural and comfortable for you while you continue to feel a genuine positive emotion. Make it a gentle process.

If you are using the emWave PC, attach the finger sensor or optional ear sensor. Click-Run Session. As you practice the Quick Coherence technique, watch your heart rhythm pattern in the top part of the screen become smoother, and observe the three coherence bars in the lower right hand corner of the screen. Your goal is to increase the ratio of blue and green bars.

Doc Childre's view is that:

"Using the emWave takes the economy of meditation to such a new level, because of the instant feedback and realignment it gives you, resulting in increased effectiveness in shorter periods of time. People really need that now because of the increased pace of the world and all the things they have to do and the time crunches they have. The emWave clinically gives you way more economy in the meditation process. You get a lot more for doing less, and we all need that these days. It literally gives you 'more bang for the buck' in a shorter period of time and you're still the one doing it. It's not the machine doing it, but what a coaching buddy it is."



Step 4—Use emWave to build a new Baseline of Meditative Coherence

There are several ways you can use your emWave to improve your meditative practice.

1. Practice the Quick Coherence technique with the emWave at the start of your practice to center yourself in the heart and get aligned. Just spend five minutes increasing your coherence level before you start your meditation, prayer, visualization, affirmations, or other practice.
2. Depending on the type of meditation you do, you may want to use emWave while you are meditating. You can check the emWave periodically to monitor your coherence level in your process. Whether you do 10 minute, 20 minute or 2 hour or longer meditations, the emWave can help you stay focused, especially when thoughts or mind rambling take over, and regain a deeper connectedness to your practice.
3. During meditation, you can listen to the changing audio tones to guide you into coherence. There is a tone

emWave Benefits

*Helps build a bridge between heart, mind and body that strengthens your spiritual connection, so more spirit can come into your heart

*Helps you find the state you hoped for – or get back to that state more quickly—and sustain meditation benefits longer

*Helps you stay grounded after meditating and get the most out of your time



that indicates when you are in medium coherence (blue light) and another tone that lets you know when you are in high coherence (green light). You can adjust the audio tone to low, medium, high or mute (see p. 27 in your manual) by clicking the bottom of the sensor button while you're in a session. By using the audio tones as a guide, the emWave will give you real-time feedback on how heart coherent you are at any moment.

4. While using your emWave, you can increase your coherence ratio (percent of time in blue or green—see p. 21 of your manual). Increasing your coherence ratio helps build a stronger alignment between emotions, mind, body and spirit, enhancing the quality of your meditative practice. As your coherence ratio improves, you will be establishing a new baseline of meditative coherence.

Note: Once you make an internal shift, it can take from 1 to 10 seconds for the top light to change color, depending on where you are in the red, blue or green color threshold. If you find you aren't able to shift back into coherence easily, using the breath pacer can help you re-enter the coherence state. However, it takes feeling genuine heartfelt attitudes to sustain coherence. The emWave's breath pacer is "smart" in that once you get into high coherence (green light), the pacer will adjust its speed to help you stay "in the green." Sometimes meditators go into very shallow breathing, depending on the type of meditation they do. If this is your tendency, just breathe a little more deeply while you are meditating or try to find an even deeper feeling of genuine appreciation, gratitude, love or care and you'll move into higher coherence more easily.



5. During prayer, visualizations or affirmations, just keep re-focusing in your heart while using the emWave to build your ability to sustain heart powered intention. Use the Quick Coherence technique and focus on radiating rings of positive feelings from the heart as you visualize or affirm your intention. As you imagine or think about what you're visualizing or affirming, your mind is more active and your emWave light may turn red. That's fine. When you're ready, simply focus back to the heart and keep recommitting to the feeling of your heart intention while sitting in medium or high coherence for five minutes or more.

We all go through different energetic rhythms during a week or a month, so there will be times when it can be harder to sustain the coherence ratio you achieved before or harder to maintain positive feelings and focus. Just staying in as much coherence as you can during your emWave practice will help establish a more balanced rhythm between your mind, heart and emotions. This will develop intuitive guidance and sober discernment, and compassion for self and others during those times. You'll feel more in charge of yourself.

Remember that success isn't about driving your emWave "into the green" through breathing; it's about seeing what thoughts and feelings take you in and out of your heart-centered state. With practice, you will *identify new internal reference points* of coherent heart feelings that you automatically calibrate back to during the day. This will help you build your new baseline of meditative coherence.



The Challenge Levels

The emWave is set to challenge level 1. Using emWave in challenge level 1, you can learn a lot about yourself. Even for long term meditators, sending heart and care at level 1 is effective. Some people like to practice more refined states of stillness at the higher challenge levels. But, be assured, practicing with emWave at the first level of coherence will increase your baseline of meditative coherence.

An emWave Practice Plan

Practice increasing coherence on the emWave for 5 minutes or longer at challenge level 1 and complete 1 or more reward cycles (filling up the Heart Action Strip with blue horizontal bars. See pages 19-22 of your manual). A recommended practice plan is to complete 3 reward cycles per day (in multiple sessions if needed) or 21 reward cycles per week. Practice increasing your coherence score and ratio (the percent of time in green vs. blue). Stay in challenge level 1 until this goal is very easy to achieve.

As it gets easy for you to stay in high coherence (green) at challenge level 1 for long periods, you can move to challenge level 2 by clicking the top of the red sensor button once during set-up mode (within 5 seconds after you turn on your emWave). If you like, you can continue to challenge yourself on the emWave. It's not competitive. It's an exploration -- between you and yourself. (You can learn more about the 4 challenge levels in your manual on p. 13.)



"I am a practicing physician who is also a consistent meditator. I have used various meditation techniques over the years and, aside from 1-2 weeks total, I have meditated at least once and often twice a day every day for the past 32 years. I now use the emWave. I used the emWave PC before getting the mobile emWave PSR. I bought one for my personal use as soon as it came out, because even with all the meditation, I have struggled to control my impatience and anger during the day. Getting into the green at challenge level 1 and 2 during my meditations was easy, but the only way I found to get into the green consistently at level 3 is with heart and compassion-related breathing. Doing that has deepened my meditation and helped me stay calm while waiting for appointments, less anxious when seeing difficult patients and more able to listen from the heart in personal conflict situations. Now I use the emWave three times a day and instruct my patients to do the same. Thanks so much for the user-friendly little emWave."

Diana Little, MD, MS, Ann Arbor MI

"When man is serene, the pulse of the heart flows and connects, just as pearls are joined together or like a string of red jade, then one can talk about a healthy heart."

The Yellow Emperor's Canon of Internal Medicine, 2500 B.C.





Additional Practices for Building a New Baseline of Coherence

It's important to understand that what you do in your day has a direct impact on the quality and effectiveness of your meditative practices. When you move from meditation into day-to-day activity, your heart rhythms adjust according to the need. However, you'll have a carryover effect that accrues from your emWave sessions which helps to increase the mental and emotional coherence you bring to your discernments and decisions.

The practice of building a new baseline of coherence with emWave leaves you more heart-centered and spirit-connected in day-to-day activities and interactions with others. This makes it easier for you to find the flow during the day or create flow where there is resistance. It also helps reboot your system after taxing energy expenditures, such as work overload, time pressures, long meetings, difficult people—the basic list.

The pace of life on the planet is speeding up and as a result people are experiencing more time deprivation and overwhelm—too much to do and not enough time to do it all. This requires another level of prioritization of what's important to them. The carryover effect from practicing coherence makes it easier for





people to operate from their heart's intelligence and discernment and shift back into balance when they get stuck in their head.

Here are two additional uses of the emWave to help you build a new baseline of coherence.

Doing 1-3 Minute On-the-Spot Meditations

Do 1-3 minute on-the-spot meditations with emWave when stressors step up during the day or at times of the day when your energy drops. The emWave will give you an honest read-out to show you where you really are and when you've shifted back into coherence. It will help stabilize your emotions and cushion any reactions that may come up. Doing these on-the-spot meditations with emWave several times a day also helps release accumulated mental or emotional stress, boosting your "presence" and vitality as you move through the next part of your day.

Using emWave to Prepare for Challenging Situations

Instead of worrying about what "might happen" during your day, you can stop a lot of energy drain by using emWave to prepare or "pre-treat" your attitude before potentially stressful situations. It will help you get to neutral, a state where energy-draining perceptions like anxiousness or judgments can shift. Use emWave with the heart intention of holding attitudes like non-judgment, calm, care



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or appreciation before you go into situations you know are likely to cause reactions and take you off your center. This is what we mean by pre-treating. A tremendous amount of personal energy can be saved by pre-treating your attitudes and behaviors before engaging in situations.

For example, say you tend to react to a co-worker. You can pre-treat an upcoming interaction by getting into coherence with emWave for a minute or two before you begin the conversation. You will be better able to handle any reaction, without sacrificing your intention to stay heart-centered and balanced.

Pre-treating by getting into coherence with your emWave before meetings or creative projects can also increase your intuitive discernment abilities in those situations. It will especially help you listen and communicate from the heart, which can save a lot of time and energy and prevent a lot of stress.

The more you can reconnect with coherent feelings and attitudes during the day with your emWave, the more your body's glands and organs can work together with greater synchronization and harmony.





Progressively, you will experience an increase in energy, enthusiasm and well-being. Things that usually bother you won't matter as much. Decisions, priorities, and solutions will become clearer. You'll have more access to intuitive guidance in your discernment processes. It will be easier to be your genuine self in social situations. As you build your ability to sustain positive feeling states and attitudes longer and shift back into them more quickly during your day, you boost your meditative progress. You will notice improvements that carry over into your morning or evening meditations.

"Using the emWave in the midst of all the 'busyness' of my work day, as well as before my meditation and visualization practices, has created some powerful insights. Most importantly I am getting on a deeper level how powerful it is to be detached from HOW I am going to accomplish things. The emWave has shown me that I am most coherent when I am BEING who I want to be and I am far from coherent when I am in the mode of 'trying to figure it out.'"

Robert MacPhee, Founder and President of Heart Set, Inc.





Helping the Planet

Many people are asking what they can do to help the planet. You can help others and help the world (and increase your sense of security) by radiating heart coherence, love, appreciation, care or compassion to people or to the planet in your meditations. This will become more important as the planetary consciousness shift unfolds.

Time is speeding up, but so is consciousness. The heart is a major portal to spirit and your higher self. Deeper gratitude, peace and security increase with spirit alignment. Practicing with emWave helps open the heart so you can experience more of your spirit's guidance through life's decisions. Holly explains how this happened for her:

"I searched out many paths of spirituality, oftentimes feeling like I was going through the motions of someone else's ritual. I realized upon discovering the emWave, that the element that was missing was a direct and palpable communication with a living force within me, my own heart. I had everyone else's input on what to do for spiritual growth and how to do it, and yet often my own heart's input was not actively a part of this process. Once I began to experience that by using the HeartMath techniques with the emWave, I found an internal voice of intuitive reason to guide me in this journey, and I made profound progress in learning to define





my own spiritual direction and truth. The emWave is truly a miracle for humanity on a path to enlightenment. We must learn to bring ourselves, our own heart and our communication with the Divine, however it expresses itself within us, to our spiritual seeking if we are to ever truly unfold the purpose of our lives." **Holly Thomas, Wellness Coach**

Help Build a Baseline of Social and Global Coherence

People have used meditation or prayer for thousands of years to send good thoughts and feelings of loving kindness, care and healing to others. But sometimes, those good intentions can turn into worry and anxiety. When you are worrying about someone you care about, for example, someone who is sick or who has relationship or financial troubles, then your meditation or prayer can end up in a state of incoherence.

Here's how the emWave can help. When you know someone is having a hard time, get into heart coherence with emWave, then send or radiate coherent heart care and compassion to the person or situation during your meditation or prayer. The heart energy helps them, but it also helps you stay more in balance and have less attachment to outcomes when sending care to people.

At times, a particular outcome won't always suit your personality, yet it may be spirit-directed for a higher reason in ways that we



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don't understand. No love and care is ever wasted; it's just that a person's own spirit decides how it wants to receive and use that care for their highest best. We have to respect the way spirit works and discerns, and be able to find more peace with its direction.

Radiating coherent heart energy can also help change the energetic environment around you. Scientific studies show that emotions not only create coherence or incoherence in our own bodies, but they radiate outward like radio waves and are detected by the nervous systems of others. In fact, the same electrical patterns that originate within our heart and synchronize our brain and body have also been shown to synchronize patterns between people and even pets.

You can learn to send or radiate coherent heart energy through a technique called the Heart Lock-In® which you can use with your emWave. The Heart Lock-In technique along with the emWave helps to empower your heart care for yourself, others and the planet. Practice of the Heart Lock-In technique will increasingly develop your ability to sustain meditative coherence for longer periods of time.

You can also use the computer-based emWave PC to watch your heart rhythm pattern change in real time, use the fun visualizations to help you send heart to the planet, or play software games that operate on your coherence level. You can save your sessions and store your data to track your progress.





The Heart Lock-in® Technique

The Heart Lock-In technique should be done for 5 minutes or longer in a quiet setting.

Step 1. Shift your attention to the area of your heart and breathe slowly and deeply.

Step 2. Activate and sustain a genuine feeling of appreciation or care for someone or something in your life.

Step 3. Radiate these feelings of care to yourself and others. This helps recharge and balance your system.

Just radiate positive feelings from the heart in Step 3. Gently feel as if these positive feelings and heart energy are going out to others, to the world, or to you. If stressful thoughts or preoccupations try to take over, like thinking about the problem you are trying to help, simply bring your focus and your breathing back to the area around the heart. Try to feel an easy place in your heart, then reconnect with the feeling of care and an attitude of appreciation.



The emWave® Meditation, Prayer and Self-Help Assistant



"Part of my daily centering practice has been the meditative practice of taking and sending, or Tonglen and Lojong. They are Tibetan teachings from The Path of Great Awakening. The intention with these practices is to awaken us to the openness and softness of our hearts; and in so doing, we can widen our circle of compassion. These practices, along with the HeartMath techniques, really support me each day in staying focused and in the present moment.

"Recently I decided to use my emWave PC and see what my meditative practice would look like in the language of my heart. I opted to run the Emotion Visualizer and the feedback was immediate! It validated for me what I was feeling in my heart, great expansiveness and compassion. It was as beautiful to watch as it was to feel. The more focused I was in my practice, the more validation I received watching the screen in front of me filled with beautiful color and images. In addition, at the end of my practice I was able to look at my heart rate variability and see my progressively improving coherence scores. I love that! I now have another example of the usefulness of the emWave and can't wait to share it with clients, family, and friends."

Nellie Moore, Wellness Practitioner





Increasing Global Coherence

Today's global problems that affect us all can, at times, seem insurmountable. Many are intuitively feeling a need to increase their heart care and kindness for people. As they free themselves from the mind's preset judgments, they begin to see that neither global nor individual peace can be realized as long as judgment, blame and separation persist between traditions and within personal relationships. People can advance in spiritual growth and effectiveness by radiating love, care and appreciation to the planet.

An important aspect of the planetary shift taking place is that *heart intelligence* is awakening in people. Many people are realizing that more heart connection is needed to enrich their own lives or to solve global problems. A momentum to become more heart-directed is building. An energetic sparkle is in the air that brings a sense of hope and adventure, yet is grounded in practicality and inspired by spirit. This increases heart intelligence and a desire for practical spirituality. It's simply a shift to heart-based living, which is not confined to religion or to any particular spiritual path. It's about taking personal responsibility for our energy.

Note: You can learn more about heart-based living and Doc's commentaries on the planetary shift at www.heartbasedliving.com



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A new type of planetary care and service is opening up where people of all walks of life can more powerfully express their care for others and the world through collective heart-focused intention—radiating love, appreciation, care and compassion while in synchronized heart rhythm coherence.

Scientists have seen evidence of a global effect when a large number of people create similar outgoing emotional waves, whether stressful and incoherent, or positive and coherent. As people meditate for social or global coherence while on the emWave, their hearts collectively put out an energetic wave that helps to create coherence in the environment. That energy goes out into the environment, whether the workplace, home, or society, and helps the planet. It helps to offset the incoherence and stress waves, while amplifying personal stress relief benefits at the same time.

"Your vision will become clear only when you look into your heart ... Who looks outside, dreams. Who looks inside, awakens." **Carl Jung**





The Global Coherence Project™

HeartMath is facilitating an initiative called The Global Coherence Project. A key component of this project involves scientific methods to measure the effects of mass feeling and intentionality on the electromagnetic field of the earth—a Global Coherence Monitoring System.

Using highly sensitive detectors, we will look at correlations between the electrical patterns generated by the hearts of people, subtle fluctuations in the earth's magnetic field and global events. In a subtle way, the whole planet may be bound by the beating of our hearts—proving, we are all one. We are providing organization and guidance on how you and groups of people can participate to help reduce the impact of global stress and facilitate positive global change through heart coherence.

A goal of the project is to amplify individual and collective heart-focused intentions and actions for the good of the planet. The Global Coherence Project has the potential of unifying diverse individuals and groups across the globe through synchronized intention while in heart rhythm coherence. The energetic connectivity will enhance everyone's efforts and can lead to increased social and global harmony.



The emWave® Meditation, Prayer and Self-Help Assistant



Research has shown that 0.1 Hz (the frequency at which the heart rhythm pattern is in coherence or “in the green” on the emWave) is the human resonant frequency—the frequency at which spirit, heart, mind, emotions and body are in alignment. The more heart coherent we are, the greater the resonant energetic connection we have with people, within ourselves, and with nature. This enhances individual and collective intuitive discernment for solving personal, social, environmental and global problems.

To find out how you can participate in this initiative now, please visit: www.globalcoherenceproject.org





In Summary

The emWave can upgrade the quality of your meditation, prayer, self-help and healing practices because it gives instant feedback when you're in and out of personal coherence or when your intention wobbles. Whether you are doing meditation for stress relief, for health issues, for improved focus or clarity, for manifesting affirmations or intentions, for spiritual growth, or for sending heart care to others or to the planet—you can refine and improve your effectiveness through using the emWave.

The Steps are Simple:

Learn how to operate your emWave. Read the Quick Start Guide and manual, take the simple e-training at www.emwave.com or the tele-orientation program and become familiar with the device.

Learn the Quick Coherence technique. Use it with your emWave at the start of and during your practices to build a new baseline of meditative coherence. Whether you are a beginner or a long-term meditator, you will get more effectiveness from your meditations in shorter periods of time.

Use your emWave with the Quick Coherence technique to reboot and balance your system during the day. Use it to prepare for potentially challenging events and to recover quickly from stressful episodes.





Use your emWave with the Heart Lock-In technique to send healing heart energy to yourself, others, or the planet and to help you sustain coherence for longer periods.

Using emWave in these four ways will help you deal with the accelerating pace of change and stress levels in the world with increasing balance and more ease. Find a genuine place in the heart between focus and ease, get into heart coherence and enjoy the benefits of restored clarity and balance. Coherence is a state of renewal and creative potential in the human system, and a gateway for self-maintenance and integrating people's higher self-potentials into their human nature.





What People are Saying about emWave as a Meditation Assistant

"To me, the whole point of meditation is to connect me to an experience of peace, wholeness and stillness. By making the heart connection with the help of the emWave PSR I can get there faster! When my thoughts and emotions distract me, the emWave helps me get right back on track. As I use it, I have less and less distractions and a wider, deeper, more extended experience of peace, wholeness and stillness within my mind, body and spirit."

Jasmina J. Agrillo, Stress Management Coach

"If you practice with the emWave regularly, you will find your mind in a clearer state; concentration, memory processing, and emotional stability will all improve, at least from my experience. Meditation through biofeedback is scientifically proven to achieve emotional stability and emotional calm. Nothing is perfect, but through using emWave with meditation, individuals can achieve a better balance and more coherent heart and mind rhythms. I know I do. I can honestly say that HeartMath and emWave have changed my life in a such a positive way, I don't know where I'd be without it. Thank you to everyone at HeartMath."

Robert Sault, B.Sc., Medical Student



The emWave® Meditation, Prayer and Self-Help Assistant



"I am a trauma survivor and with the ensuing battle with PTSD I have had great difficulty with my meditation practice. My 'fight or flight' switch is in the "on" position a lot of the time and my mind is continually hyperactive. I tried to use meditation tapes and found that I still could not stop my racing mind. I also found it hard to control the speed and depths of my breath. I recently started to use the emWave Personal Stress Reliever and found it to have a profound effect on my ability to breathe in a relaxed manner by following the breath pacer, which resulted in a less active mind. It enables me to meditate. I now use emWave several times a day, sometimes to just check in with myself and other times to relieve stress and anxiety. I am writing a book and when I get stuck in writing, I find using emWave to be a real creativity enhancer."

Ute Lawrence, author of *The Power of Trauma: From the darkness of despair to a life filled with light* and CEO/Founder, Post Traumatic Stress Disorder Association Inc.

"I have been a meditator for 35 years and I have found heart rate variability feedback also a good way to refine my breathing. I have used HeartMath techniques and the emWave technology with several hundred people in my clinical practice as a psychologist with great success."

Dr. Gordon Davidson, Workplace Wellness Consulting





"The emWave is a great tool for me in two different types of meditations that I do and has been eye-opening for me when I am not meditating as well. When I meditate in 'normal' meditation I find that I am able to go much deeper than before. It allows me to go to the source of all Light within. It's very calming and I believe that this will enable the meditator to manifest many things. A monkey mind thought does not escape the emWave. Sometimes I may start feeling a bit cocky over the reward beeping only to instantly have it end. This is very humbling. Also now, when I'm not meditating and using the emWave, I may have a thought that is less than loving and immediately recognize that and shift. Good training! With heartfelt gratitude."

**Steve Setera, Ph.D., Developing the Mind and
International Crisis Relief—Community Development**

"I have always known that I'm hypersensitive to other people's emotions and vibes, but I have never been able to cope with it. I have struggled with it for as long as I can remember. My emotional state fluctuates as the external 'flow' varies. The first time that I connected with emwave PC, I could not believe my eyes. I immediately recognized the revelation of the heart rhythm display. I could see in real-time on the graph what I felt and I was able stop the uncontrolled oscillation. I have been working with



The emWave® Meditation, Prayer and Self-Help Assistant



my heart for 3 weeks now and my life has been improving. I'm gaining more and more control over my emotions and I'm learning how to deal with the invisible emotions of my wife, parents, friends and colleagues. By this recognition I'm able stay connected with my heart and help others to ease down rather than getting upset, tired or depressed. Thank you for this.

After a week I started to feel a shift in consciousness. I started to learn how the heart works: How it needs to shift from gear to gear in order to maintain its rhythm. How once the heart is in a certain state of coherence, it can absorb external spikes because it operates on automatic gear. How it can stay in a too low or too high gear when the current internal and external conditions need another rhythm and how painful it can be when there is no connection between my consciousness and my heart. I also learned that everything in the universe has a rhythm. Once you connect to it, your heart picks it up and you are not only in a state of coherent heart, but also in a coherent state of presence. I recorded 20 minutes of my data from emWave PC which shows an almost perfect coherent rhythm. I called it peace."

Frans van der Pluijm, Chemical Engineer





"I will never forget how I felt during and after my first meditation retreat. Day one. Twelve hours sitting still. In silence. Argh. Impossible. My brain would not shut up: What's for lunch? How long before lunch? What smells so bad? What's for dinner? At the end of the day I thought my back was literally broken and that I should be taken to the hospital to be x-rayed. It hurt!! Little did I know that, stopping for the first time, I was actually feeling the accrued tension from my 19 years of life. To this day I don't know how or why I had the courage to go back the next day. But I did. After another twelve hours sitting still. In silence. A shift. An oasis. A respite from chaos. And at the end? WOW!! It was like someone had taken the windshield of my senses and scrubbed them with a brillo pad. Everything was so vibrant and bright! And calm and peaceful at the same time. I felt like I had come home for the first time. I was hooked. Quite literally. And that became a problem.

Every weekend I would go back and have to sit through a day of pain unwinding the week's stress before I felt good again. Then I had to meditate for longer and longer periods of time in order to experience that 'shine.' By year five of my meditative journey, I was leaving regular life to meditate on silent retreats for months at a time. I was getting up earlier and earlier every day because I felt that I 'needed' more and more meditation to face the world. Some days I was up at 4:00 a.m. to be able to meditate for four or five hours. Other days I would miss classes in college, or pass on fun activities with my friends, if I felt something



The emWave® Meditation, Prayer and Self-Help Assistant



was taking me away from meditation and that 'peaceful' zone. It was compromising my relationships and time for work and school.

Then, I found the emWave and I was like, 'WHAT???' With the emWave, I could get into the 'zone' that it took me hours to achieve in meditation in a matter of minutes! Instantly quiet mind, instant peace. Not only that, but the emWave helps me carry the meditative zone into my life, so I no longer have to leave life to enter a state of peace. The two go hand in hand. This has been miraculous for my relationships and given me much more time for work and play. When I do have the luxury to meditate for longer hours, using the emWave at the start makes that time count for more. Instead of clocking time in a 'zoned-out' meditation to finally get to peace, the emWave helps me get in the peace 'zone.' Thank you for creating this user-friendly facilitation to something that's so important to me." **Sheva Carr, Doctor of Oriental Medicine**

"I have only had my emWave PSR for about a week. But what a week of learning it has been! As someone who both uses and teaches breathing techniques for relaxation and has worked with mindfulness meditation, it was not a difficult task to turn the light from red to green. And the physical awareness that accompanies the green light seems very close to what I experience as a Reiki practitioner when I am channeling Reiki energy. And that also seems reasonable to me. One real 'aha' moment





came when I was out walking in my yard. It was a beautiful sunny fall day, quite unusual for Vermont this time of year and I was seeing if I could stay in coherence as I enjoyed the beauty around. As I walked, my thoughts wandered a bit as they are prone to do, and I realized that I was experiencing a long standing annoyance with a particular situation in my life. And no sooner had my thoughts focused on this annoyance, than the light was red. That wasn't any surprise. What surprised me was my response which was, 'So I am no longer in coherence when I think about it in that way, but those are the feelings I have always had about this situation. And I really don't want to change the way I feel.' And then, as I continued my walk, I thought about how holding onto that annoyance was really costing me at the physical level.

I had started using the emWave PSR to help me lower my blood pressure without adding additional pharmaceuticals to my regimen. And I was almost immediately successful in doing that. But each time I insisted on holding onto that anger (righteous as it is) and annoyance and the need to be the one who is right, I see I am introducing stresses to my body that are not really necessary. And that red light shows me bright and clear that that is where I am at the moment. Perhaps I don't need to carry that annoyance anymore. Many thanks for all of the work and research that has gone into this wonderful, simple, and yet profound tool. I am certain that I will continue to work with it and to recommend and introduce it to others." **Sylvia Newberry, Herbalist and Energy Healer**



The emWave® Meditation, Prayer and Self-Help Assistant



"I use the emWave a lot. I do believe that the most essential attitude in life is the capacity to be in the here and now, as conscious as possible. Happiness can only be found in the present. Only the present gives 'the present' -- the gift of happiness. Worries, desires, so many things distract me from that ability; so many things can pull me back in the past or catapult me into the future. My emWave trains me in 'present' awareness. I often think I'm meditating and then the red light heals me from that illusion and I get back on track. This biofeedback system is brilliant. If the whole world was obliged to practice with the emWave 20 minutes a day, the world would be a better place. Global warming, terrorism, nuclear threats are not the priority. The priority is people who are connected to their heart and soul, and by doing so they connect automatically to God, their higher self, guide, angel, conscience, or whatever name they give to the transcending reality. The emWave helps us to find that purity. Because of its proofing quality, the emWave's green, blue and red light, confronts us with a reality which cannot be denied. In a world where many are lost, it is a sign of hope." **Lutgart Naudts, Psychiatric Nurse**





"I use my emWave PSR every day. I start off using it first thing in the morning before and after doing my Heart Lock-In. At first I was only using it after, but, oh man, does it make for a much better heart focus and Heart Lock-In when using it before and after. I keep the emWave close to my computer and as the day goes on and more pressure is felt, I use it. It helps remind me to breathe and stay in my heart. I also pick it up when I'm not feeling any pressure, just to see if I am as balanced as I think I am. It keeps me honest. Years of meditation haven't ever given me the instant results that I get with the emWave. Although I do still love to meditate, when I do so now, I relax much easier and get to where I want to be much quicker. It's fun to see how fast I can get to green. It has actually become a game I play with myself. Thank you, thank you, thank you for this phenomenal tool." **Lynn Bolaza, CFO, Heart of Health, Inc.**

"The beauty of the emWave device is that you can't fool it (and by extension yourself). You're either connected to the larger universal agenda or you're not. It's hard to have a personal agenda for long when in true coherence. The energy of coherence is the energy of benevolence towards others. With the emWave, meditators can gain what hours of practice hasn't taught them about releasing personal agendas and getting to a unified understanding. People are so time-starved they need this to help them link in with the ever-present feasibility of coherence." **Jeddah Mali, Spiritual Mentor, Teacher and Consultant**



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Additional Resources

www.heartmath.com • 1-800-450-9111

emWave® Personal Stress Reliever®



emWave PSR is a mobile stress relief system (no computer necessary) that is effective and entertaining and helps you balance emotions, mind and body.

Developed from the Institute of HeartMath's 16 years of research on the relationship between the heart, brain, stress and emotions, the emWave mobile provides an innovative

and practical solution for better dealing with stressful feelings like anxiety, sadness and overwhelm and relieving them in the moment.

emWave® PC Stress Relief System



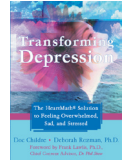
The emWave PC is an easy to use interactive software program that displays your heart rhythms and shows you how stress may be affecting you. Much more than a heart monitor, this revolutionary technology will help you transform stress and anxiety into vibrant energy for personal and professional effectiveness. emWave PC is packed with new features for improved performance. One

of the most exciting new features is the Tutorial, an interactive, multimedia book. The Tutorial covers: Getting Started, the Quick Coherence® technique, the Science behind the emWave PC, and applications for health, education, business, sports and fitness. The emWave PC also includes visualization and games that train you in coherence.

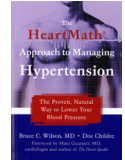




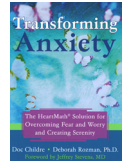
Transforming Depression: The HeartMath® Solution to Feeling Overwhelmed, Sad, and Stressed, by Doc Childre and Deborah Rozman, Ph.D.



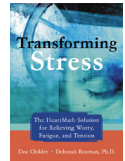
The HeartMath Approach to Managing Hypertension: The Proven, Natural Way to Lower Your Blood Pressure, by Bruce C. Wilson, MD and Doc Childre



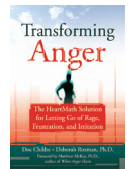
Transforming Anxiety: The HeartMath Solution for Overcoming Fear and Worry and Creating Serenity, by Doc Childre and Deborah Rozman, Ph.D.



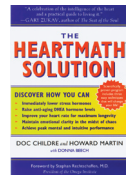
Transforming Stress: The HeartMath Solution For Relieving Worry, Fatigue, and Tension, by Doc Childre and Deborah Rozman, Ph.D.



Transforming Anger, The HeartMath Solution for Letting Go of Rage, Frustration and Irritation, by Doc Childre and Deborah Rozman



The HeartMath Solution, by Doc Childre and Howard Martin





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