The HeartMath® Mission

The mission of HeartMath is to help people bring their physical, mental and emotional systems into balanced alignment with their heart’s intuitive guidance.

This unfolds the path for becoming heart-empowered individuals who choose the way of love, which they demonstrate through compassionate care for the well-being of themselves, others and Planet Earth.
Personal, Social and Global Coherence
Global Coherence Initiative Mission

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

A global network of ultrasensitive magnetic field detectors and other scientific instruments have been installed around the planet, measuring fluctuations in the field, and helping us understand our interconnected relationship, creating one of the world’s largest experiments for intentionally evolving human consciousness.
Earth’s Magnetic Field Line Resonance Frequencies

July 5, 2009  5 AM - 6 AM UTC
(5 minute Average PSD)

Frequency
$pT^2$ Hz

0.1 HZ

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Frequency Synchronization Between Time Varying Magnetic Field and Group HRV

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Participants’ HRV Globally Synchronized

Group Average HRV, Normalized LF Power and Schuman Resonance Power

(N=21, 19%) Correlation: > 0.3

Group Average HRV and ULF Power (Field Line Resonances)
Increased Correlations Between Lithuania Group’s HRV and Earth’s ULF Magnetic Field After Heart Lock-In

HRV Correlations with Earth’s Magnetic field the day before Heart Lock-In

HRV Correlations with Earth’s Magnetic field the day after Heart Lock-In
Giving a Voice to Nature

A Global Network for Monitoring Tree Potentials
It’s time to “feed the field” with more love and care for each other

We are at a point in the history of consciousness where we have an opportunity to make an evolutionary leap to a more cooperative and compassionate way of being.
Global Coherence App

Group Coherence Score reflected in outer rings

Personal Coherence Score reflected in center