Data Collection
Data Collection

- Perfect synchronization
- Safe
- Comfortable
- Quick setup
Processing the Data

Get the beats!

Get the time between the beats!

Trace time between beats
Heart Synchronization

Healer

Healed

Healer

Healed

Healer

Healed

Healer

Healed

Healer

Healed
Measure of Heart Synchrony

Coherence (not HeartMath coherence)

Pre (6 min) vs post (6 min)

<table>
<thead>
<tr>
<th></th>
<th>z</th>
<th>p-value</th>
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</thead>
<tbody>
<tr>
<td>Overall Coherence</td>
<td>-1.93</td>
<td>0.05</td>
</tr>
<tr>
<td>Coherence low frequency</td>
<td>-1.49</td>
<td>0.14</td>
</tr>
<tr>
<td>Coherence high frequency</td>
<td>1.30</td>
<td>0.20</td>
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</tbody>
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No significant result
Measure of Heart Synchrony

Changes at the Beginning

Coherence (not coherence)

Healer          Participant

Coherence goes down?

Coherence goes up?
Measure of Heart Synchrony

Changes at the Beginning

Coherence (not HeartMath coherence)

<table>
<thead>
<tr>
<th></th>
<th>p-value</th>
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<tbody>
<tr>
<td>Overall coherence</td>
<td>0.13</td>
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<tr>
<td>Coherence low frequency</td>
<td>0.04</td>
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<tr>
<td>Coherence high frequency</td>
<td>0.0091*</td>
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</tbody>
</table>

Respiration

Coherence goes down?
Heart synchrony

Breath synchrony

Brain synchrony