The tools and techniques of the HeartMath® system and the emWave® technologies are based on over 18 years of scientific research on the psychophysiology of stress, emotions, and the interactions between the heart and brain. Scientists now understand that the heart not only responds to emotion, but that the signals generated by its rhythmic activity actually play a major part in determining the quality of our emotional experience from moment to moment. These heart signals also profoundly impact perception and cognitive function by virtue of the heart’s extensive communication network with the brain.

To derive the full benefits of HeartMath® tools, it is important to learn how to self-activate these techniques that sustain positive emotions:

- Heart-focused breathing
- Inner Ease
- Coherent Communication
- Scaling
- Freeze Frame
- Resilience in Relationships

Learn to generate increased heart rhythm coherence by sustaining positive emotions that not only benefits the entire body, but also profoundly affects how we perceive, think, feel, and perform.