

THE HEARTMATH INSTITUTE



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Adding heart translates into increased care and genuine connection with others and harmonizes the resistance between our own mind and heart. Adding heart is especially about practicing kindness and compassion, along with forgiveness and latitude in our interactions. Adding heart increases the love flowing through our system, which can play a large part in solving the collective challenges of

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HeartMath

Studies conducted with over 11,500 * people have shown improvements in mental & emotional well-being in just 6-9 weeks using HeartMath training and technology: 24% improvement in the ability to focus 30% improvement in sleep 38% improvement in calmness 46% drop in anxiety

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Scientific Foundation of the HeartMath System. HeartMath learning programs and the emWave and Inner Balance self-regulation technology are based on over 28 years of scientific research on the psychophysiology of stress, resilience, and the interactions between the heart and brain.

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*De resultaten betreffen verschillende studies met in totaal meer dan 11.500 mensen die gedurende 6 tot 9 weken geoefend hebben met technieken en apparatuur van HeartMath.

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