

The HeartMath Experience

Chapter Summary



Chapter One – It's Heart Time

Key Learning from this Chapter

The world is changing rapidly. It's often hard to keep up and easy to feel exhausted or overwhelmed. More and more people are feeling lonely, separated from themselves and others. If you're feeling some of this, know that you are not alone.

Many people from different backgrounds, cultures and professions are sensing an impetus for positive change within themselves and in the world. There

is an inner stirring, a prompting from our intuition to awaken to new possibilities, and a desire to grow.

One of the most important aspects of the changes taking place is a rediscovery of what's been hidden in plain sight all along... it's the heart. Along with the chaos, there is a new emergence of heart-based awareness and "heart intelligence."

Inspiration from Chapter One

"The true potential of the heart and its intelligence has is yet to be fully unfolded and understood."

"Much like the electricity changed the outer world, learning to harness the power and intelligence of the heart can change our inner world."

Howard Martin
HeartMath Author and Business Leader

"As we harness the true power and intelligence of the heart it changes how we think and feel, how we see the world - and how we relate to others."

Howard Martin
HeartMath Author
and Business Leader