



"Perhaps now more than ever it's so important for us to start each day from a greater level of awareness, a more heart-centered state of being, and from a place of wholeness."

~ Dr. Joe Dispenza

To Say We Are All Connected Is Not Simply Hyperbole

For many years, our friends and research partners at the HeartMath Institute (an internationally recognized nonprofit research and education organization dedicated to helping people reduce stress, self-regulate emotions, and build energy and resilience for healthy, happy lives) have been studying and investigating how the heart and brain communicate with each other. Conversely, they have also been studying how that affects our consciousness and the way in which we perceive our world. As an example, when we are feeling elevated emotions like gratitude, love, or compassion, the heart beats out a certain message. Because the heart creates the largest electromagnetic field produced in the body, it can yield significant data for researchers.

In the past decade, there has been much talk and many studies from the scientific community regarding the human magnetic field, how it relates to the planet's magnetic field, and how the planet's magnetic field relates to the sun. The pieces of this mysterious puzzle, it has been thought, can impact ourselves, those around us, and even all living organisms.

Now the HeartMath Institute has published new research suggesting daily solar and geomagnetic activity not only affects our autonomic nervous system, but it causes us to respond to changes in the sun and earth's magnetic activity. It also suggests our autonomic nervous system synchronizes with the time-varying magnetic fields associated with geomagnetic field-line resonances and Schumann resonances. You can think of the Schumann resonance as the Earth's frequency, pulse, or heartbeat.

The results of HeartMath's new study are consistent with other studies showing that changes in solar and geomagnetic activity correlate with changes in the human nervous system activity. It's long been known that all biological systems on Earth are exposed to invisible magnetic fields of all kinds and ranges of frequencies, and that these fields can affect every cell and circuit to a greater or lesser degree. A number of physiological rhythms, as the study points out, have been shown to be synchronized with solar and geomagnetic activity.

The study outlines how, during periods of increased solar activity, which peaks every 10.5 to 11 years, mass coronal ejections can "affect a wide range of human health and behavioral processes, with the cardiovascular and nervous systems being the most clearly affected."

Mass coronal ejections are huge explosions of plasma and magnetic fields from the sun's corona that can extend millions of miles into space. The study goes on to outline several examples where the human autonomic nervous system seems to be responding to this type of activity.

Based on their results, the authors concluded:

“Overall, the study suggests that daily autonomic nervous system activity not only responds to changes in solar and geomagnetic activity, but is synchronized with the time-varying magnetic fields associated with geomagnetic field-line resonances and Schumann resonances. A likely explanation for how solar and geomagnetic fields can influence human nervous system activity is through a resonant coupling between our nervous systems and geomagnetic frequencies (Alfvén waves), or ultra low frequency standing waves in the earth-ionosphere resonant cavity (Schumann resonances) that overlap with physiological rhythms.”

Given this information, perhaps now more than ever it's so important for us to start each day from a greater level of awareness, a more heart-centered state of being, and from a place of wholeness. If we can maintain those states of mind and body, it makes sense that we will be more prone to be uplifted by this energy than divided by it. This energy coming through space is powerful and cosmic, so why not use it to create peace, healing, and the miraculous in your life and the lives around you? If you are going to do this, that means your energy is going to have to become super coherent.

By doing your inner work, as your nervous system becomes more balanced and synchronized through a coherent brain and heart, the energy coming from the cosmos will be organized into your own personal energy field in constructive ways. That's when we can use it to heal our bodies, create new future realities, and unfold into mystical moments.

If on the other hand, we fall prey to the nuances of imbalance on a daily basis, and our brains and hearts move out of balance and order, that same energy coming from the sun can magnify the incoherent energy we are emitting on a moment-to-moment basis—and our nervous system will be affected in exact opposite ways. So why not rise to the occasion and integrate that limitless resource of energy into a powerful way to evolve?

Imagine what we could collectively achieve if we all became super coherent?