



Coherence is an optimal state in which the heart, mind and emotions are aligned and in sync. Physiologically the immune, hormonal and nervous systems function in a state of energetic coordination.

You can learn to generate coherent or “smooth” rhythms by activating renewing emotions like appreciation and patience. Coherent heart rhythms actually help the brain process information more efficiently. In other words, you can think more clearly and make better choices when you are in a coherent state.

The Emotions and Heart Rhythms diagram shows two actual heart-rhythm patterns of a woman. The left, chaotic-looking image, called an incoherent pattern, reflects when she was asked to experience a feeling of frustration. The right image, or coherent pattern, was generated when she was asked to experience a feeling of appreciation. The HeartMath coherence techniques will enable you to shift from an incoherent heart rhythm to a coherent rhythm, which is the foundation for intelligent energy management, emotional self-regulation, optimal performance and mental clarity.

Remember, it’s renewing emotions that add energy to your reserves, *but it takes more than thinking positive thoughts*. Genuinely feeling renewing or regenerative emotions is what creates coherence. Using the coherence techniques helps plug energy leaks and recharge your inner battery. Generating coherence even for a few minutes brings your physical, mental and emotional systems into alignment.

Benefits of Coherence

- Plugs energy leaks
- Builds resilience capacity to enhance the ability to recover faster from physical, mental and emotional stressors
- Optimizes performance
- Develops faster reaction times and better coordination
- Helps increase capacity to be in charge of how you respond
- Aligns the body’s systems to work in sync with less wear and tear
- Increases ability to think more clearly, stay focused and make better decisions
- Facilitates better sleep