



Hello again from Corporate Harmony and welcome to the Module 5 Week 2 'Conversation Starter'!!

We would be amiss not to have a conversation and introduction to the Institute of HeartMath (IHM). Over 20 years ago Doc Childre and a group of 30 researchers and entrepreneurs gathered to explore the connection between the metaphorical and physical heart, and in 1991 they formed the Institute of HeartMath (IHM) as a nonprofit research and educational organization with a core mission of facilitating a shift in health, wellbeing and consciousness. In 1998, HeartMath LLC launched to commercialize the trainings developed by the Institute. And in 2002, Quantum Intech incorporated to develop and license *emWave* technology.

HeartMath has been at the forefront of delivering measurable results to improve employee productivity, health and performance since the early 1990s by focusing on unique, scientifically-validated programs that are proven to help individuals manage stress in the workplace. They continue to look at how chronic stress adversely impacts human health by increasing the likelihood of developing disease and medical problems leading to soaring healthcare costs.

Through the collaboration of cardiologists, system theorists and neuroscientists, IHM has built on their research on the connection between the heart and the Autonomic Nervous System and created tools and effective protocols, to help people effectively:

- manage the affects and overstimulation of the Autonomic Nervous System,
- master anxiety and stress response,
- employ management skill building,
- discharge the Autonomic Nervous System freeze response to properly release immobilizing energy,
- increase adaptive information processing skills,
- increase Heart-Brain synchronization,
- increase the body's natural regenerative processes, and
- maintain mental and emotional stability.

You will remember from Week 2 of Module 1 that relatively recent research in the neurosciences has shown there is a continuous looping and re-looping of energy both positive and negative, between our two dominant human energy fields -- the heart and the brain. And it is this looping and re-looping of energy that makes each of us a unique individual. Studies show that when our energy is positive we are experiencing positive thoughts and feelings such as kindness, happiness, optimism and love....and on the flip side when thoughts and/or feelings are negative (like, anger, frustration, jealousy, and cynicism) ... our energy is also negative.

Much of the research in this field was pioneered by the Institute of HeartMath including evidence that positive emotions create coherence within our personal heart-field and coherent wave frequencies within our torus energy field around us. Only coherent wave frequencies are able to overlap and

reinforce each other, thereby gaining strength and giving strength to other coherent wave-forms. So it is that positive emotion (positive thoughts and feelings) brings with it an increased ability to 'connect' and 'mesh' with others an increased ability to work together, and increased propensity for organizational synergy.

Positive Presence is the skill of adjusting and creating a positive and energized mindset within our self through conscious thought processes ... so put the 'APB' (Module 2 Week 3) and '3x3' (Module 2 Week 2) to work for you on a regular basis.

Remember, acquiring the skill of Positive Presence is a slow and gentle process that begins with awareness ... but it's also a process that must be doused liberally with forgiveness -- especially self-forgiveness -- as well as a good solid pinch of humor.

Remember, the more time we spend in the positive, the greater our capacity for achieving peak performance, for building and maintaining good relationships, and for experiencing good health...

This week's homework was laid out in Week 1 of Module 5 so please refer back to our previous 'Week 1 Conversation Starter', and follow the instructions for the next 7 days!

So my friends, go to Week 18 in your Positive Presence Skill Building Journal, and until next time, let the skill of Positive Presence work for you.

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