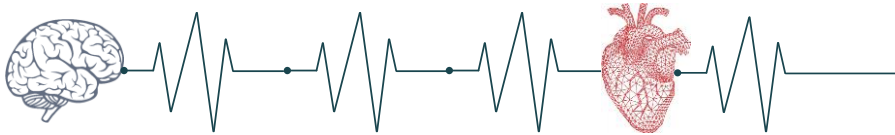


Cultivating *Physiological Coherence* With Possible Futures



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HEART
COHERENCE • INNOVATION • FUTURING

Physiology

The study of normal mechanisms, and their interaction, operating within a living system



Coherence

The harmonious flow of information and energy between subsets of a system, that allows for new properties to emerge within the entire system.



Process & State



Rowing a Boat



State & Results

Danger & Love
Cognitive Overload & Choices
Pen In Mouth & Grading Papers
Hunger & Groceries



State Check



What is the best
physiological state for thinking
about innovation
and the future?



Coherent
Brain States





Brain coherence is observed by synchronistic brain wave patterns and increase alpha waves (8-13hz) resulting in increased neural connectivity, increased cognitive function, increased body control.



Integration

Left & Right Hemisphere

Reactive Limbic System & Reflective Pre-Frontal Cortex

Memories & Meaning

Sensory Experiences



Challenge

Current nervous system habits
Resistance to Change
Time to Change



Nervous System

Sympathetic – State of Mobility
Parasympathetic – State of Immobility
Communicative – State of Vagal Tone



Coherent Heart States



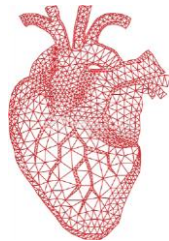
Heart-Brain Communication

Neurological (**Vagus Nerve**)
Biochemical (**Hormones**)
Biophysical (**Pulse Wave**)
Energetic (**Electromagnetic Field**)



Heart

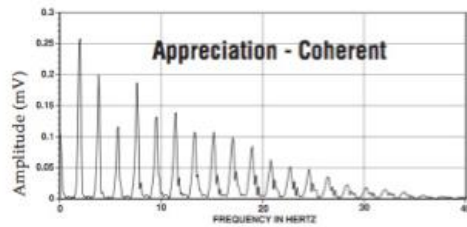
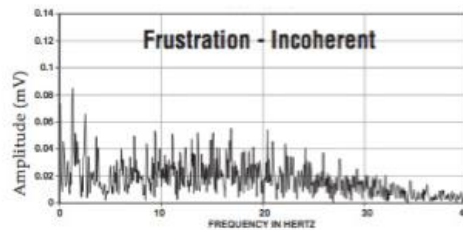
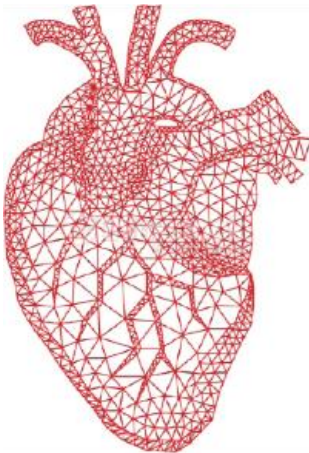
Heart has it's own brain
Heart has memory
5000x Stronger Magnetically
100x Stronger Electrically
Synchronize with other Hearts



Heart coherence is observed by healthy HRV (Heart Rate Variability), which results in heart-brain synchrony, increased cognitive function, increased creativity, increased decision making, increased emotional intelligence, decreased stress



Heart-Beat Focus



From "SCIENCE OF THE HEART
Exploring the Role of the Heart in Human Performance"
[HeartMath Research Center]

Thinking & Feeling



Physiological Coherence Through the Heart



Physiological Coherence

The harmonious interaction of mechanisms within a living system that allow new properties (*such as thoughts, feelings, actions*) to emerge.



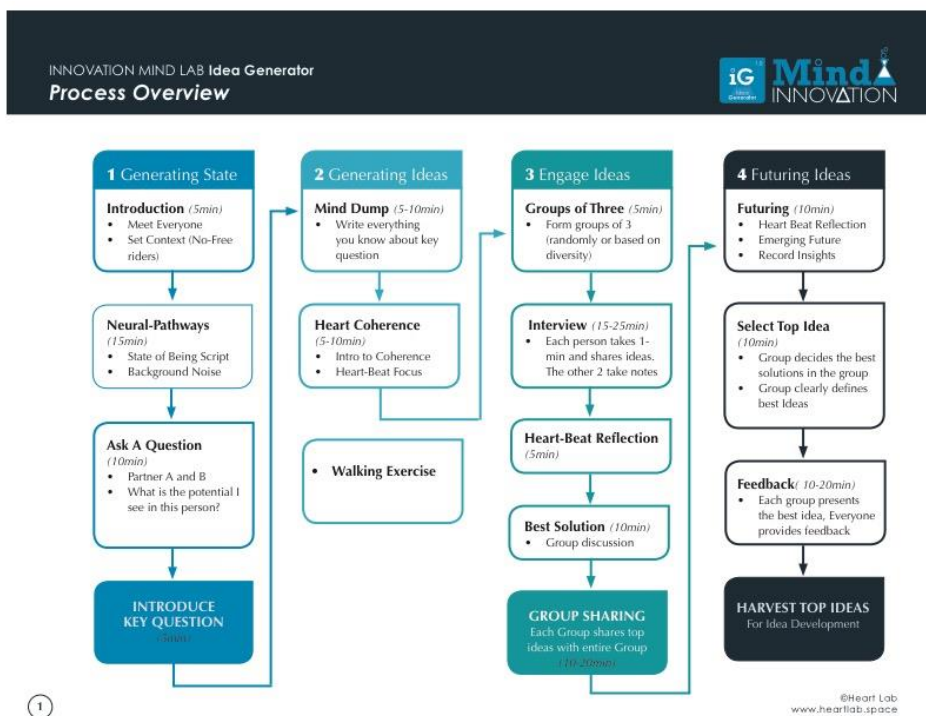
Physiological Coherence

Maintaining Physiologically Coherent States while thinking about future possibilities, allows you to cultivate physiological coherence with that future.



Physiological Coherence

Physiological Coherence with the future allows individuals and teams to take action towards that future more efficiently and effectively.



Team Coherence

Increases Trust
Physiologically Equal
Increased Collaboration
Increases Embodiment
Synchronized Heart and Brain
Allows for Self-Regulation of Emotions
Increases Vagal Tone and Communication



Coherent Ideas

More Ideas
Value the Ideas More



Actionable Innovations

Increased Motivation
More connection to the idea
Feeling As if it going to happen
Ready to take action, immediately



Performance is a product of the collective
physiology of the organization.

Utilizing science to cultivate physiological &
team coherence, today's organizations can
more accurately scan the horizon to discover
actionable innovations.



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