Cultivating

*Physiological Coherence*

With Possible Futures

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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 its 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
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 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.