



Rollin McCraty: The Science of Global Coherence



Rollin McCraty is the director of research of the HeartMath Research Center at the HeartMath Institute. Learn how we are all connected and how to play your role in creating a better world.

TOP EMBODIMENT TIP: Live from the heart.

Coherence: The basis for resonance

- Coherence implies harmony, connectedness, stability, and efficient use of energy.
- Ilya Prigogine said that when a system is far from equilibrium, small islands of coherence in a sea of chaos have the capacity to lift the system to a higher order.
- **There are three levels of coherence:** personal (harmonious activity within all the parts of the body), social (connectedness, collaboration, and cooperation amongst people), and global (interconnectedness between humanity and the earth).

Coherence: Electromagnetic fields

- Each heartbeat produces an electromagnetic field.
- The vibrational pattern changes based on our attitudes, emotions, and intentions.
- This can affect the mental and emotional states of others around us.
- The earth is bathed in electromagnetic fields that affect and connect every living organism on the planet.
- Each of us contributes our positive or negative vibrations to the field.
- Bursts of human creativity and major human historical events correlate with solar activity and changes in the global electromagnetic field.

Global Coherence Initiative: Mission

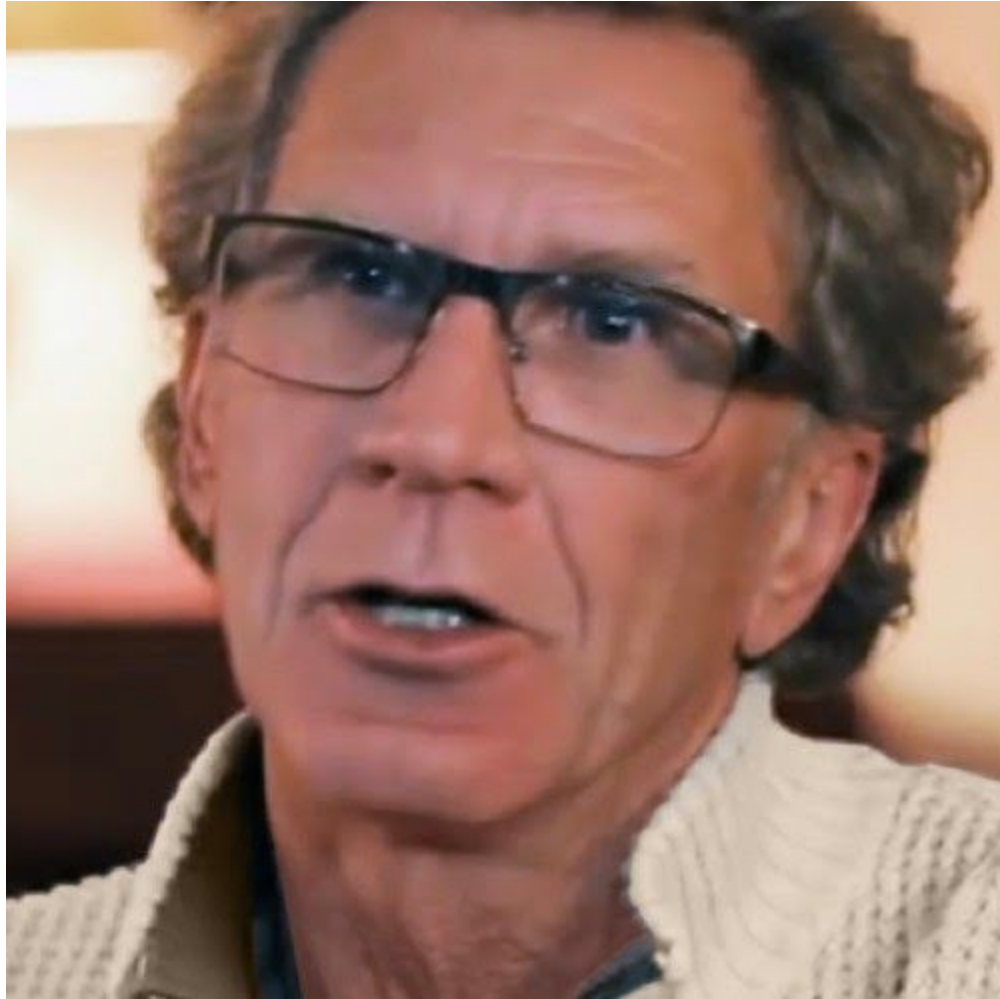
- This science-based, co-creative project aims to unite people in heart-focused love and intention.
- Its goal is to facilitate the shift in global consciousness from instability and discord to compassionate care, cooperation, and increasing peace.
- One of the primary resonant frequencies of the earth is 0.1 Hz, which is also the coherent heart rhythm.
- The heart rate variability (HRV) is globally synchronized in groups of people around the world and with the earth's magnetic field.
- Being coherent synchronizes our own system, with others, and with the earth itself.
- Being coherent and being more in sync with the earth for 15 minutes has a carry over the next 24 hours.

Resources

- ❖ **Website:** <https://www.heartmath.org/>



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Forests Without Frontiers is a non-profit CIC dedicated to planting trees and reforesting degraded landscapes with support from a network of artists and musicians, as well as businesses and individuals working to become carbon-positive.

The initiative was founded by Nicoleta Carpineanu (aka Nico de Transylvania), a Romanian, UK-based DJ/Producer who grew up in the forests of Transylvania. We began our first key project in Romania in April 2019 and in our first year planted over 25,000 trees. We reforest land that has been clear-cut, where natural reforestation would not occur. We only plant native, biodiverse species, grown locally and cared for until maturity in legally protected areas, adjacent to existing natural forests. Our aim is to plant one million trees in the Carpathians and beyond by 2025.

OUR MISSION is to preserve our forests and the people and wildlife they nurture, and to promote connection with nature through music, art, and culture.

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