

HEARTMATH®



Women Lead With Their Hearts

INTUI-TECHNOLOGY® — THE NEW PARADIGM
AND NEW SOLUTION FOR THE 21ST CENTURY

—A WHITE PAPER—

Presented at the White House Conference on Small Business
1995, by Deborah Rozman, Ph.D.

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by Doc Childre

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Doc Childre is the founder of the Institute of HeartMath (IHM) and architect of the HeartMath® system of self-empowerment. The Institute of HeartMath is a nonprofit research and educational think-tank that specializes in innovative approaches to stress relief, emotional management, quality, creativity, and performance effectiveness. IHM scientific research is supported by a scientific advisory board that includes leading physicists, cardiologists, psychiatrists and brain researchers.

Doc is a researcher and author who brings together the disciplines of science, health, psychology and business. He is a consultant to Fortune 500 companies on Intui-Technology® — leveraging intelligence in the workplace. He is the author of nine books: *HeartMath Discovery Program*, *Chaos to Coherence*, *The HeartMath Solution*, *FREEZE-FRAME: One Minute Stress Management*, *Self Empowerment*, *Teen Self Discovery*, *A Parenting Manual: Heart Hope for the Family*, *Teaching Children to Love* and *CUT-THRU: How to Care Without Becoming a Victim*. This last book describes research on male and female hormonal patterns, and discusses in depth the difference between real care versus time and energy-draining overcare. It offers simple, nuts and bolts tools to release victimizing overcare attitudes.

Doc is president of HeartMath LLC, an international training and consulting firm borne out of research conducted at the Institute of HeartMath. They provide the following programs to individuals and businesses: Personal Empowerment retreats: Heart Empowerment® and Quantum Empowerment™; Inner Quality Management® Program, Emotional Quality Management™ Program and Executive Renewal™; Authentic Leadership—Inner Quality Solutions for Women®; Parenting & Education Retreats: The Quality Classroom™ and Teaching Children to Love™; and Health Retreats: Heart of Health Care™ and Heart of Wellness™.

Books, music and learning programs to develop heart intelligence are produced and made available by Planetary LLC. For more information, visit their Web site at: <http://www.planetarypub.com> or call 800-372-3100.

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WOMEN LEAD WITH THEIR HEARTS

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EMPOWERMENT

The empowerment of women is a global issue in the '90s. The concept of empowerment evokes many reactions. It's viewed as increased freedom but is also met with fear and threat. Often "empowerment" in business has meant bestowing someone with responsibility and authority — but not necessarily giving them the training or resources needed to carry out that responsibility. This frequently has resulted in an overload of stress, exhaustion, and burnout — the very opposite of what "empowerment" programs were trying to achieve. The root problem is this: Real empowerment comes from within — it cannot be given to another. "Powering up" is an internal process which is why I call it *self-empowerment*. Self-empowerment is receiving the power to amplify awareness and clear perception so you can take personal responsibility and control over your life. It involves recognizing the inner power available to you and directing your energy in ways beneficial to yourself and the whole.

In my book, *Self Empowerment*, I discuss what's involved in "powering-up" and provide simple tools to achieve it. Intuitive skills have to be developed to access inner power. This is the first paradigm shift — inside oneself. Simple, proven tools that anyone can use are required to make that internal shift. Wholeness power impacts what counts — in terms of personal, family, work, social benefits, health, clarity, and time effectiveness. As women make the inner paradigm shift, a multitude of difficult issues facing women in the '90s can be resolved.

KEY ISSUES

Women's rights have advanced in many nations, yet for most of the globe, women are still second class citizens. Underdeveloped countries look to the West for leadership. Yet the breakdown of the modern American family and the challenges American women face today are not necessarily the future that developing countries envision nor want to embrace. How women in the U.S. address these issues will determine whether or not they will be a positive role model

for the rest of the world. Key issues which impact the modern woman include time conflicts between personal, family, and work demands; equal pay for equal work; lack of day care; lack of elder care; the “glass ceiling”; conflicts with co-workers; sexual harassment and abuse; repeal of Affirmative Action; increased anxiety, depression, fatigue, burnout, and other health problems such as hypertension, heart disease, and breast cancer. Rapid and profound individual and social change in the U.S. over the past decade has brought rising poverty, crime, violence, a deteriorating educational system, environmental problems, and a society in crisis and confusion. Many women feel out of control and that they are losing their grip on life. Other women who have made it to the top are asking themselves, “is this all there is?” How the modern woman addresses these issues *now*, will be critical to everyone’s future. Let’s take a deeper look at some of the key issues.

Life feels like it’s continually speeding up and many say they can’t keep up. According to a nationwide poll of women in the U.S. ages 18 to 55 by the Families and Work Institute, 88% of women are experiencing a “*time famine*” and feel heavily pressed for time. Most mention not having enough time with family as their greatest concern. Polls also revealed that in 45% of dual-earner households, women *now earn half or more of the family income*. But being the top money earner was not what interested most women. Nearly a third wished they could trade full-time work for part-time. Institute director Ellen Galinsky commented, “The women’s movement has been too focused on equal pay,” arguing that we have to make life work better for women and their families.

Although many women say things are going pretty well on the home front, they admit that always rushing, stress, and personal struggles have lowered their threshold of fulfillment. The inner weather report is “partly cloudy” and most women have become so used to that, it seems normal the sun’s not out. Many are adapted to foggy being a good day. Expectations of what should be different are just mind-attempts to change the inner weather, but it’s not going to change until women learn self empowerment.

The “glass ceiling” in business refers to the high expectations, but frustrating limits, that women (and other minorities) experience in promotions. Although more women are climbing the corporate ladder, there remains a gender bias in promotions. Many feel they can only advance so far, then men in control put a cap on it. Men complain that women want it both ways. They want to be taken care of, have their car doors opened — and also have all the corporate perks and control as well. This is seen by many men as a double message that is confusing and often threatening to the male ego. Sexual harassment, physical aggression, rape, and abuse are all on the rise. The ‘90s have become a period of frustration and rage between the sexes. “Crude, rude, anger, let it all hang out,” have become social release valves. However, release is not relief. The ongoing trend of women and women’s groups has been to blame men,

parents, government, society, or anyone for these problems. But blame is disempowering and increases feelings of victimization.

The preferential hiring of women under Affirmative Action is being repealed, creating fear that the uphill progress women have made toward equality will be in jeopardy. For every dollar men earn, women now earn 70 cents. While women make up 46% of the U.S. workforce, the percentage of women occupying top level jobs is still only 5%. Most women have no choice but to be both breadwinners and housewives, yet the price they pay is often lack of job satisfaction along with the exhausting merry-go-round of trying to juggle work, family, household, and personal needs. As a result, a recent *CNN/USA Today* Gallup poll reports that 48% of women think the “progressive” changes brought on by the Women’s Movement have actually made things harder for women; 41% of men agree. Why is this?

More people working creates more spending, generating more demand for products and services, driving up prices and the cost of living. That’s why most women *have* to work — to pay bills. Yet they still do the majority of the cooking, cleaning, shopping, household chores, and child-rearing. While some men share these tasks, most still retreat to the TV and let their wives do the work. It’s understandable why women are emotionally and physically drained. In response to a poll announcing that exhaustion among women is at an all time high and taking a toll on women’s health, one woman exclaimed, “They had to do a poll to figure that out? Ask most any woman and she’ll tell you she’s burning out!”

Millions are also single working mothers or welfare mothers who feel the added burden of raising children alone with inadequate child care. Many feel tremendous guilt. Society has blamed working mothers, welfare mothers and absentee fathers for the cascading rate of juvenile crime, violence, sexual promiscuity, drug and alcohol abuse, and illiteracy that plague today’s teens. There is no quick fix to these complex issues. “Cut through” solutions demand new intelligence.

HEART INTELLIGENCE

The importance of taking personal responsibility for one’s own balance and empowerment is acknowledged by many women, but without tools to achieve that, it will remain an idealistic concept. The Institute of HeartMath, a nonprofit research and educational organization and think-tank in Boulder Creek, California, has uncovered scientific evidence on how women can generate the balance and the power they need to take control over their lives. What’s required are tools that activate the power of the heart and creative intelligence. Common sense says it will take a power and intelligence stronger than people’s habitual thoughts and perceptions to transform our personal and our social stresses. New research is showing

that within the heart resides the place of contact for this source of power and intelligence. *Heart power is the electricity of one's inner strength and potential.* This is the power that activates intuitive clarity and establishes the self-motivating ability to manifest and complete oneself in achieving balance and fulfillment. The new paradigm is a joint venture between head and heart intelligence, which generates a continuity of intuitive creative intelligence. Intuition cuts time and effort. As you gain intuitive intelligence, you become more energy- and time-effective.

Women's intuition is not just an old wives' tale. It's inner power, once women know how to access it with continuity. This increases magnetic effectiveness, particularly in a male-dominated environment. Power doesn't just come from an increase in ego drive. It comes from developing the power of your whole system, especially the power of your heart. The negative backlash associated with power comes from strong ego drive without the heart directing the intention. To power-up the whole system involves learning to bring the heart and mind into a creative joint venture. Heart intelligence supplies balanced ego strength and allows more of your individual spirit to come "on line" regarding male/female issues, work issues, family issues, health issues, or social issues. Heart power is the conduit for real spirit to manifest in any area.

Learning techniques to develop heart power frees the spirit of the complete woman, which is the real affirmative action. Attempts to activate spirit from the mind alone often create more problems while attempting to solve one and this represents the current psychic environment of male/female muddle and disarray. Both genders are trying to be achievers but fall short because of trying to activate the spirit from the mind alone without the heart. This activates unbalanced ego drive, without the needed sensitivities and mutual respect. While women dislike insensitive male ego drive, they have to be careful not to copy the same method in their efforts to achieve equality. Equality without "quality" equals fatigue and stress. This is no real achievement. What's the use of trying to achieve if you lose balance, fulfillment and health? Then you're just living to survive, which is not really living. New scientific research is showing that through increasing *heart intuition*, women can generate the power, magnetism and intuitive intelligence that draws respect and cooperation, rather than trying to force respect through stance-taking.

HEART BALANCE

Balance is the missing social keynote. Women seem to have come out last in the past, but that's an advantage in the new. There's really nowhere else for women to go, but to self-empower and come on line. It's time. The problem is that women can't come on line through taking a "mind stance." That's having a goal in mind of what changes are needed and fighting your way to achieve that goal. That's just more of the same male-dominant approach. It's been tried and many women are weathered and worn and torn. This is why people fear a new aggressive women's movement would make things even harder. Most women agree on the

need for personal empowerment. However, they don't agree on the method. There are women's groups who don't want to be lumped together and resent each other speaking as if their particular views represent all women. Some feel if they don't agree with the loudest group's methods, they're viewed as betraying women.

To avoid repeating the same energy-draining fights and accomplish more, the self-empowered woman learns to bypass the reactive, energy-draining mind stance. She recognizes it's more intelligent and effective to do so. Taking a "heart stand" goes into a whole new level of power and renewal by actualizing much-talked-about core values or family values. Family values have broken down in society and need to be restored. Taking a heart stand comes from conscious heart intention instead of mental and emotional reactivity. Conscious heart intention is derived from the intuitive link and balance between mind and heart, increasing the power of both. A heart stand may not change laws right away or change men or society overnight, but men will take a new, respectful "stop, look, listen" approach.

The balancing approach to male/female issues is achieved through the intuitive domain. That's where women will have their time. As a man, I don't believe women are trying to take over, just asking men to move over and let both drive and point the way together. I'm dedicated to the manifestation of equalization, while respecting the different strengths of both genders. Women want to be players, not conquerors, and have an equal part in the scheme of things. This doesn't need to be a threat to the male ego. The female fruit is not a registration of female supremacy. It's the fruit of recognition of balance. It takes both female and male to make the whole. Women's nurturing sensitivities tend to use power and intelligence to try to make a difference in the lives of other people and the world. Men tend to be more absorbed in structures and plans. Men are not bad. Men are learning just like women are. They're just having to mature into releasing a handed-down old dinosaur of convenience — the male-dominated society. The mark of the new players are those who have the capacity to use the strengths of both male and female potentials for the betterment of the whole through balance. That would be new intelligence. Future balance dictates empowerment for all concerned. That is the new paradigm from which new solutions will be born and there is a scientific basis for this and scientific research to support it. *Understanding and actualizing the science of empowerment is crucial to the future of women, society, and the globe.*

THE SCIENCE OF EMPOWERMENT

The heart has generally been considered just a mechanical pump; however, this view is being seriously reevaluated by scientists. When the electrical patterns of the brain entrain to the electrical patterns of the heart, more power and intuitive intelligence become available to the brain. Research at the Institute of HeartMath is showing that the heart has unusual percep-

tual and intuitive information-processing capabilities. The heart has its own range of intelligence that is not controlled by the brain or the autonomic nervous system. The heart is autonomic, which means that it beats on its own without requiring input from the brain or nervous system. It is well known that the brain communicates to the heart via the autonomic nervous system and hormonal system. What is not so well known is that *the heart also communicates back to the brain providing a two-way communication system that directly affects perception, reaction speeds, decision-making ability, intuition, emotional balance, and health.* Researchers have discovered that the nervous system contained within the heart is sufficiently sophisticated to qualify as a “little brain” in its own right. This heart brain is an intricate network of several types of neurons, neurotransmitters, proteins, and support cells. Its elaborate circuitry enables it to act independently of the brain in the head, to learn, remember, and, as the saying goes, produce the “feelings of the heart.” Nerves and hormones that originate in the heart carry information to the brain, and this two-way communication system forms an information highway between heart and brain. If there is gridlock on the inner information highway, you have stress. If the electrical signals between heart and brain are ordered and coherent, you have increased mental clarity and intuitive perception. The real paradigm shift is an inner one first, aligning heart and mind in balance. This will lead to the outer paradigm shift that will beneficially transform society.

THE INNER INFORMATION HIGHWAY

Breakthrough research is showing that feeling and emotional information is communicated from heart to brain by way of the nervous system, hormones and electromagnetic fields. Once this information reaches the brain, it is integrated into subconscious and conscious awareness, triggering chemical changes in neurotransmitters and hormones throughout the body. Emotions cause direct and measurable changes in both the electrical rhythms of the heart and hormonal responses. Emotions such as anger and anxiety result in disorganized flows of internal energy, which in turn result in a chaotic response in the brain and physiology of the body. As negative emotions are not resolved, they distort perception, create hormonal imbalances, and can lead to anxiety or depression. Studies show that 1 in 5 women now have a history of depression. Heartfelt emotions such as care, love, and appreciation, on the other hand, have been shown to create organized, coherent energy flows, resulting in clarity, increased intuition, and renewal in the physiology of the body.

Using the power of the heart to increase the coherence in one’s standing wave frequency generates the power necessary to change behavioral patterns. For example, by increasing balanced care and releasing worry and overcare, you shift the body’s electrical flows into more efficient and coherent rhythms that benefit the entire system. The more balanced care we feel, the more coherence there is in the system, which increases the coherent power flowing through the whole system. This coherent power is your spirit and the more it flows through you, the

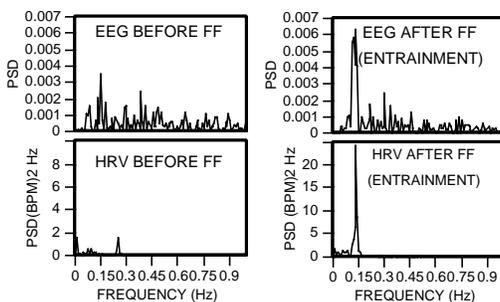
more your entire system is regenerated and renewed. This allows you to carry out your objectives with more coherence, self-confidence and completion. You work smarter, not harder, and are more productive.

ENTRAINMENT

Getting the head and heart electrical systems in sync (entrainment) causes a perceptual shift into a wider range of options. More importantly, *entrainment is a physiological state of peak performance* that increases the intuitive connection within yourself. In my book *FREEZE-FRAME®*, the concept of entrainment is explained. There I show how the biological oscillators or inner clocks that time the body and affect blood pressure, respiration, heart rate, brain waves, etc., can be either in or out of sync with each other. By learning to self-manage—but not suppress—our mental and emotional reactions, we balance and entrain the rhythms and timings of these bodily functions, which improves health and decision-making. Leading psychologists and scientists are excited because the increasing body of evidence that intuitive feelings commence in the heart and then are transmitted to the brain provides a missing link and answers questions relative to creativity and the transformation of human consciousness. Business leaders are interested because intuition increases performance and productivity while improving job satisfaction. As a CEO stated recently in *Business Week* magazine, “Ultimately the combination of head and heart will be the competitive advantage.” Women who have been using tools to activate their heart intelligence have seen profound improvements in family, work and personal interactions. Businesses and government offices have seen work teams entrain to achieve goals in record time with less stress and more harmonious cooperation.

HEAD/HEART ENTRAINMENT

Figure 1 (below) shows where the EEG (electroencephalogram) or brain waves have entrained to the heart at the HRV (heart rate variability) frequency. This state is accompanied by clearer perception and heightened intuitive awareness. This heart/brain entrainment occurs at a very low frequency region in the brain waves. It is the region well below the alpha and theta regions most people are familiar with. This is the region where most of the power resides in the brain waves.



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Figure 1

Changes in heart rate and blood pressure are fed back to the brain via neurological signals from the heart. The heart's input to the brain has numerous effects on brain function. For example, when one's mental or emotional state is causing the sympathetic nervous system to go into overdrive in stressful situations, the heart's neural feedback inhibits sympathetic outflow, increases parasympathetic activity, and causes brain wave slowing to help to protect the overall body. This is the body's defense mechanism against stress to allow an immediate "fight or flight" reaction, but it also inhibits higher perceptual brain function.

EMOTIONS

Emotions and the heart have been equated for centuries. Sir William Harvey, who was the first to demonstrate the function of the heart and how blood circulates in the body, noted in 1628 that, "every affection of the mind that is attended to, either with pain or pleasure hope or fear, is the cause of an agitation whose influence extends to the heart." Emotions flow through the body at a subtle electrical level, much faster than information flows along nerve pathways. Research is showing that when we *qualify* our perceptions and feelings from the heart, the mind guides a different energy flow than if we perceive and react from the mind alone. Emotions qualified or directed only through the mind often act like water that floods your kitchen, whereas heart-directed emotions use that same water to quench your thirst and give substance to life. Self-empowerment is learning to call the shots on the water distribution and disempowerment is being a victim of the random flows of the emotional spills.

Women are often accused by men of being overly emotional and sentimental, which colors their decision-making ability. This is feeling sensitivity without self-management and balance. When balanced through the heart, women's sensitivities enhance intuitive clarity and decision-making. The feeling world is critical to intelligent decision-making. Without feeling, the mind and all its reasoning and thinking ability are not enough. Antonio Damasio, a professor of neurology whose laboratory is recognized worldwide for its research, has been looking for the neural underpinnings of reason. He's found that when the parts of the brain which integrate feelings and reason are damaged, then personal and social behavior are severely compromised even though all the logical and other aspects of the mind are unaffected. It's the balanced integration of feeling and reason that brings the highest intelligence, wisdom, clarity, and fulfillment.

HORMONES

Hormones are also associated with emotions. As emotions change, so do hormones, and as hormones change, so do emotions and perception. Hormones are chemical messengers that help regulate most of the body's functions, including the way the brain processes information. Hormones are involved in digestion, mucus and milk synthesis, sweat production, muscle contraction and relaxation, the reproductive processes, growth, and sexual and aggressive

behaviors. When I refer to “hormones,” this includes neurotransmitters, neuromodulators and neurohormones, such as serotonin. Prozac, a popular prescription drug used by millions, affects serotonin uptake and helps relieve depression. Due to stress-induced imbalances, increasing numbers of women are suffering from anxiety and depression and taking a variety of drugs to feel better. Stress, anxiety (especially performance anxiety), fatigue, and exhaustion are now the reason behind 80% or more of all doctor’s visits, increasing health care costs for all. But drugs do not resolve the underlying problem and drug dependency is not the answer for a healthy future. Scientific research indicates that women and men need to dramatically increase the time they spend in positive emotional states and attitudes to balance the autonomic nervous system which controls much of the body’s hormonal activity. Women or men who maintain balanced attitudes also balance their internal hormonal prescriptions. They are less likely to become ill and are more likely to heal faster when ill than those with negative attitudes.

We can look at the human system as having three primary hormonal zones. The lower body produces steroid hormones which deal with responses to stress; the “vitality hormone” DHEA; and also the sex hormones estrogen, progesterone, and testosterone. The upper body produces brain hormones such as noradrenaline, serotonin, and dopamine. Many of these brain hormones affect feelings, perception, and attitude. For example, the pituitary gland releases oxytocin and vasopressin which relate to emotional bonding. Oxytocin has a longer lasting effect than most hormones. Oxytocin is released when you fall in love. That’s why your first love is often so hard to get over. In mammals that secrete high levels of oxytocin at first mating, the emotional bonding created is for life. In mammals with low levels of oxytocin, there’s high promiscuity.

Upper and lower body hormones impact the entire body. Cortisol is released from the adrenal glands in the lower body. It is called a “stress” hormone because it rises when we feel stress, especially emotional stress such as anger, irritation, frustration or anxiety. Too much cortisol is known to destroy brain cells. The amount of cortisol produced is regulated by the sympathetic nervous system and hypothalamus, which are both activated by stress. An astounding 30% of women and men say they experience “high stress” nearly every day. Under stress, your glands churn out adrenaline and cortisol which cause a rise in blood pressure, a speedup of breathing and heart rate, and a release of sugar and fats in the body. Under chronic stress, hypertension (high blood pressure) can set in. It is now estimated that 1 in 4 women (and men) aged 18 and older have hypertension, the leading risk factor for heart disease and stroke—and over half of those with hypertension are overweight.

The third primary hormonal zone, the heart, lies right in the middle—between the upper and lower zones. The heart also produces two hormones, BNP (brain natriuretic peptide) and

ANP (atrial natriuretic peptide). ANP is often referred to as “the balance hormone” by scientists. ANP has receptors in both upper and lower body. ANP impacts the brain’s pituitary gland as well as the kidneys and adrenal glands. The heart helps to balance the upper and lower hormonal zones. The parasympathetic and sympathetic branches of the nervous system which travel between the upper and lower body are also balanced by the heart. Studies have shown that positive heartfelt emotional states, such as love, care and appreciation, balance the nervous system and are an antidote to stress. These positive feelings significantly reduce the sympathetic signals from the brain and increase the parasympathetic signals which protect the heart and body, lower blood pressure and increase immune system activity.

INNER QUALITY MANAGEMENT®

The hopeful news is that simple, scientifically-proven self-empowerment tools for “inner quality management” are available that allow us to take charge of our mental and emotional states. These tools do not require hours of practice or withdrawal from the world. For instance, studies have shown that the stress-relief tool FREEZE-FRAME® increases heart rhythm coherence, lowers blood pressure, improves the balance of the autonomic nervous system, and boosts immunity. This can all be done in less than one minute with just a little practice of this tool. FREEZE-FRAME is designed to prevent stress reactions in the moment and create more effective responses to stressful events, resulting in increased mental clarity, productivity, and satisfaction. Learning how to FREEZE-FRAME, as stress is happening, helps you take charge of yourself by bringing the heart and head into entrainment.

CUT-THRU® is another scientifically-tested tool that rids your system of emotional baggage and residue, such as energy-draining overcare, anxiety, self-judgment, guilt, recrimination, blame, jealousy, depression, even hatred. This is a long list of negative attitudes and emotions that, if not resolved, affect perception and health. People who experience negative feelings and attitudes repeatedly, often are trapped in “mind loops,” recycling through a past event over and over, arousing and amplifying the negative feeling and stress reaction each time. This imprisons you in self-victimization and a sense of hopelessness.

CUT-THRU is a scientifically-proven technology on how to care without becoming a victim. Laboratory studies have shown that as women and men practice CUT-THRU, their hormonal system comes more into balance. In a controlled study, people practicing CUT-THRU experienced marked reductions in stress, anxiety, burnout, depression, guilt, hostility, and overcare after only one month’s time. They also had increases in positive feelings of caring, contentment, happiness, vigor, and warmheartedness (appreciation, kindness, love, forgiveness, acceptance, harmony, and compassion). Distress during PMS (nervous tension, mood swings, irritation, worry, depression and inability to concentrate) was lower in women after

practicing CUT-THRU. Institute of HeartMath researchers observed a significant increase in the anti-stress and anti-aging hormone DHEA (average 100% increase), accompanied by a corresponding decrease in the stress hormone cortisol (average 23% decrease) in both men and women. Dr. Norman Shealy, a well-known stress researcher and expert in DHEA states, "DHEA is the single most important hormone in the body; a measure of vitality and life force." DHEA is a precursor to estrogen and testosterone, the sex hormones. Clinical tests carried out at the University of California, San Diego, have shown that increased levels of DHEA produce increased feelings of well-being and vitality. Dr. Etienne-Emile Baulieu, a French researcher, isolated DHEA more than 30 years ago while working with testosterone and estrogen. DHEA is now believed to buffer or counteract many of the damaging effects of the aging process.

FAMILY VALUES - LOVE, CARE, APPRECIATION, AND COMPASSION

As I've said, new intelligence is needed to address today's challenges. More people are realizing that solutions will require opening the heart. As social stress mounts, politicians, community leaders, and individuals are demanding a return to core heart values and now there is scientific evidence why. Heart values, core values, family values, whichever you prefer to call them, involve love, care, appreciation, and compassion, which have been proven in the laboratory to be essential for health as well as mental and emotional well-being. These heart qualities must be felt and actualized to be effective. It's not sufficient to just talk about them or make them religious or political slogans. Individual "inner quality management" is needed to generate wholeness power. Any effective women's campaign needs to address heart values to insure the health and future of our society. The scientific evidence will motivate people to listen.

With today's rapid pace of life and information being downloaded at record speed for children, as well as adults, an inner paradigm shift to inner quality management is required for children to keep up. Stress and a pressured lifestyle affect children too, generating out-of-control emotions, impulsive words, and destructive actions. I've met many frustrated and confused teenagers who see no hope for the future. Most are searching for love and understanding, but say "adults don't have it together" and therefore can't help them. After years of researching the role of the head, heart, and intuition in human development, I wrote *A Parenting Manual: Heart Hope for the Family* to convey my research into child development and show parents how to use inner quality management tools with children. Parenting is sincerely a difficult job in these changing times. These tools teach you how to parent yourself emotionally and intuitively perceive through the heart to see how your child is perceiving, which is often quite different than you may think. Many parents have used these tools with great success to reduce family stress, unfold more love, and create a fulfilling family life. We are educated in school that practice precedes effectiveness, whether in reading, writing, computers, or

whatever. We are rarely taught how to practice care, compassion, appreciation, or love — essential for family balance. We tell children to “put your heart into what you do” and “go deep into your heart to find the answer” without realizing what we are saying and intuitively know — that the heart is a source of power and wisdom. Through practicing what I call “intui-technology,” parents can intuitionally protect and guide their children into healthier perceptions and responses. A child is an apprentice, so parents need to first do it themselves in order to stay a step ahead and guide their child.

INTUI-TECHNOLOGY®

From a young age, I realized that fulfillment and empowerment result more from inner attitude than from educational degrees, jobs, or financial success. I developed the HeartMath® System and Intui-Technology to help people actualize core values and achieve balance and fulfillment. The first step in getting men, children, or society to change is to gain your own inner quality management and empowerment so that their lack of change won't drain you. Women can lead with their hearts and regain their natural intuition that has been lost through male repression and intimidation which causes intuitive sensitivity to shut down. Intui-technology provides proven techniques for achieving head/heart entrainment, reopening and increasing one's continuity of intuitional flow, and maintaining balance. As women practice intui-technology, they recognize that security is built from within and isn't dependent upon men, career, children, political, or social identity. In this way you learn to maintain balance as you follow your heart, feel secure in any situation, and stop time-waste from inefficient mental and emotional playouts. As you access your intuitive intelligence, you “cut-thru” time constraints and find effective solutions. Many women are proving this out, and are leading the way in businesses that are teaching inner quality management tools to reduce stress and increase productivity. They are applying what they are learning at home and in all their relationships, thereby improving their lives in every area.

Women have a certain jump start on refinement in the intuitional field because of their capacity to bring children into the world, which by nature would justify a sensitive, intuitive capacity. But without balance, intuition cannot come on line. I'm not implying men don't have intuition. Intuition is not a gender thing. But because intuition involves feeling, many men don't try to access it. However, a Harvard University program found that male executives agreed their best decisions were made by intuition. They asked a group of CEOs, “How often do you use intuitive judgment to make your decisions?” The average said 65% of their decisions were “intuitive.” When asked why they used intuition instead of data, the executives replied, “If I wait for data, someone else will have done the deal.” Both genders have inherent intuitive qualities to learn from each other. It's sincere respect for each other's approach that completes intuitive knowing. Just because intuition has been viewed in the past as touchy-

feely emotional fluff, doesn't mean it's true. Intui-technology provides leveraged intelligence and this is backed by scientific data.

Scientists, psychologists and brain researchers have investigated the mind/brain for the past century in an attempt to find the origin of intuition and an understanding of consciousness. The reason why many leading scientists are excited by Institute of HeartMath research is that it's indicating that the heart receives intuitive signals first—then flashes the mind with a new registration. As we awaken our heart intelligence, the mind becomes a diligent server of intuition, using thoughts and images to outpicture intuitive signals coming from the heart. As we learn how to listen to and follow our hearts, intuition becomes clearer and more readily accessible.

It's the lack of intuitive development that causes relationship gridlocks on the planet. Divorce statistics wouldn't be as high if intuition were flourishing. As people balance themselves through heart management, they begin to see others from a different perspective and understand them through different feelings. In communication issues with men, women say they often feel restricted in sharing what's important to them. Men often say women talk around issues and don't get to the point. Most men are not deliberately trying to repress women, they're just being traditionally male with "innocent" insensitivity due to hand-me-down social programming. If women and men both go to their hearts when assessing each other, they will get a more sensitive and truer read-out of the other's intent.

Research shows that the most intuitive times for women relate to hormonal cycles. There are optimal times for women to be aware of quicker intuitive reception. With advanced development (which can be learned in a shorter time than many women think), they would have that intuitional-receiving ability regardless of hormonal cycles, menstrual cycles, childbirth, menopause, etc. Intuitive receiving increases as women put out more heart qualities of care, compassion, and understanding. At the same time, if care is not balanced, it turns into emotional overcare, over-identity, and anxiety which drains your energy reserves and blocks intuitive insight.

INNER MALE/FEMALE BALANCE

Just as an electrical circuit is powered by both male/female polarities, so is the human system. When these internal polarities are balanced, we gain self-empowerment which doesn't take away from being a man or a woman, but empowers us as individuals.

Typical qualities that are associated with men: *Aggression, power, strength, courage*

Typical qualities that are associated with women: *Nurturing, care, sensitivity, receptivity*

The heart has both male and female qualities. The soft heart is receptive, nurturing, femi-

nine in polarity. The strong heart is courageous, assertive and masculine in polarity. A balance of both is needed for wholeness power in a woman or a man. Entrainment is the state when the internal male and female polarities come together in balance.

Self-management from the heart brings entrainment and balance into your system, thereby allowing the electricity of your spirit to increasingly manifest in your day-to-day world. As you balance your inner masculine and feminine polarities, your electromagnetism increases. Some women feel they need to become more aggressive in order to be respected by men. Often they don't know how to balance assertiveness with the nurturing side of themselves. Some women approach sexist issues with unbalanced mind ambition, alienating men and many women as well. The underlying trend of the feminist movement was an effort on the part of women to bring the male side of their nature into balance with their female side. The smaller but highly publicized men's movement was primarily a quest by men to develop the nurturing side of themselves. The intent of both movements was toward empowerment. However, without individual balance, power is short-circuited and stress, anger, rage, and blame toward the opposite sex is often the result. If a new women's effort attempts the old head approach to female/male issues, it will only perpetuate anger, separatism, and nonconstructive competition. A solid heart approach will lead to balance, respect, and creative possibilities for the whole. Bringing female/male problems out in the open is a beginning. Often, men don't really know the depths of intimidation and inner anguish that certain comments and gestures put women through. Now, many men are reluctant to make any advances at all towards women, for fear that it will be labeled sexual harassment.

If women or men practice FREEZE-FRAME, it balances out their psychic equilibrium. As you practice living from your heart both at work and at home, you will see how to shift and balance your energies and find appropriate responses in the moment. It's not an "unfun" shift. When male/female issues come up, shift your focus from justified head or emotional reactions to your source of intuitive intelligence in the heart. Focus on your heart and let your intuition guide you on how to effectively deal with any issue. Speak your truth from a heart stand, with balance and compassion. Heart management in any one area affects and improves all other areas of your life. This builds power to effect change.

As people follow their heart intuition, the inner paradigm shift creates what I call "a time shift." People realize, "Wow, that saved a lot of energy because if I had reacted the way I used to, it would have created a mess and a lot of time spent cleaning it up!" Developing inner male/female balance creates a standing wave of personal power. You feel more alive and have more fun. That causes passion which is serious FREE energy that makes it easier and increases the fun!

Learning the hard way is not always the most productive way, though some believe that it is. Intui-technology keeps you from always having to learn the hard way. Both women and men have seriously unexplored potentials that won't ever manifest until they cooperate together and form a third force — higher creative manifestation and a gateway into future technologies. This is the hope for society.

Although stress and abuse are on the rise, so is hope. As scientific evidence continues to prove that the heart is more than just a pump, the world will realize the heart is the key to peace, intelligence, and a hopeful future. People want more heart and we see this in advertising, films, business, and politics. The heart is not religious or nonreligious. Everyone has a heart, regardless of religion, sex, age, nationality, race, or intellectual background. Actualizing core values creates life, liberty, and the pursuit of happiness. As women lead with their hearts, they'll help pave the way for others. This White Paper is a call to action. A call for women to empower and activate the leveraged intelligence necessary to keep their intuitive grip on life and find new solutions to personal and social problems. It starts with a deeper connection with yourself, then a deeper sense of community and caring. I encourage you to read Sara Paddison's book, *The Hidden Power of the Heart: Discovering an Unlimited Source of Intelligence* (Planetary Publications). As a single working parent, Sara tells her story of how activating the power of her heart transformed her life and the lives of those around her. Start now. Listen deeply to your heart. Follow what it tells you. Join with others in heart intelligence support networks. It's time for heart balance and leveraged intelligence on the planet to bring freedom and justice for all.

STOPPING THE EMOTIONAL DRAIN

By Doc Childre, Founder of the Institute of HeartMath, President of HeartMath LLC

Edited by Deborah Rozman, Ph.D.

Most people don't realize that any paradigm shift to increased peace and intelligence in the Information Age will have to include managing the emotions and bringing them in-phase with the heart. This builds emotional power so you can manage rapid change. People are taught in school to manage emotional outbursts, but an emotional bleed of energy still goes on inside that we don't suspect. Once emotional energy gets leaked away, it results in nerve energy drain. Accumulated emotional drain is a major cause of anxiety and depression. *Time Magazine* recently reported a 1995 study that showed 1 out of 7 Americans now have a clinical anxiety disorder and the majority of these are women.

It takes emotional buoyancy to experience a continuity of rich textures in life. When buoyancy is up, it's easier to deflect problem situations. Buoyancy fills you with energy. Quality of life is based on whether your emotional accumulators are filled or drained. People often try to mend emotional energy drains with mental stimulation or physical stimulation — food, exercise, etc., but still find themselves tired and worn out. It's because the mind keeps justifying the emotional bleed-off in its inner dialogue, perpetuating emotional drain and fatigue.

ACCUMULATE, DON'T WASTE YOUR ENERGY

In the 7th International Congress on Stress in Switzerland in February, 1995, the most common stress-inducing emotional drains identified were anxiety, perfectionism, guilt, resentment, perception of lack of control, and a feeling that there's never enough time or that everything takes too long. All these emotional leaks can be managed throughout a day once people understand how to access their heart power. Otherwise the drains which you are not managing will result in your blaming others or society for your lack of quality or satisfaction in life.

Emotional management goes past presenting a "good storefront" appearance — looking good on the outside while feeling bad on the inside. You can be mild tempered and full of internal emotional reactions. It takes energy to sustain emotional reactivity. A higher ratio of emotional management will bring a higher return of personal power. Until you build up your emotional bank account, you won't have the power to make attitude adjustments that you'd like to make.

The HeartMath® FREEZE-FRAME® and CUT-THRU® tools show you that you have a choice each moment— to go through mental and emotional drains or catch yourself and shift perception before you have to go through all that. Leveraged intelligence is learning to run your perceptions and emotions through the heart for new insight and empowerment. Life is like a video game with various levels of grids. The emotional management grid is the next level that needs attention if you want to tap into more love, quality feeling, and youthful energy.

SUSTAINABLE HEART POWER

By Doc Childre, Founder of the Institute of HeartMath, President of HeartMath LLC

Edited by Deborah Rozman, Ph.D.

A lot of women, especially those in executive and management positions, are simply wearing out these days from trying to stay strong. Trying to stay strong ends up putting you in both a psychological and physiological survival mode. It's not your care but your *overcare* involved in dealing with conflicting time demands that saps your strength — regarding job, children, health, performance anxieties, vanity identities, etc. By learning to checkmate and transform overcare, you stop the emotional drain that weakens your sense of security at home, at work, or in the corporate boardroom. Overcare saps intelligence and mental clarity that you could be bringing to the decision-making process. It does so by attaching your valuable emotional energy to worry or anxiety. This blocks creative solutions and eventually leads to feelings of no hope.

Learning to build to maximum strength — instead of trying to stay strong on diminished strength — is done by maximizing your *internal* resources. That's the missing link. The fastest way to lasting strength is developing sustainable heart power. That's much different than "trying" or "hanging on." The mind and body will soon wear out if you are hanging on without the added supplement of heart power. Heart power builds in ratios until it reaches the point where you radiate magnetic strength.

At the surface level, women are often skilled at presenting a good storefront appearance whether in sales, relationships, or communications. But if you are drained on the inside, your personal magnetics are diluted and people cue off that in negotiation processes. That's why you can have situations where you are dressed just right, the connections are right, the timing seems right, but somehow it doesn't work, something fails and you don't know why. This is often due to an overcare energy drain, so your mind and emotions are not in sync with your deeper heart.

You build sustainable power through the practice of not overcaring in the midst of day-to-day activities. That stops inner drain and increases negotiative power at work, with family, and with life. As you stop the overcares, the pay off is deeper, resonant communication with a wider diversity of people and a higher ratio of achievement of your deeper goals.

AGING

Laboratory research is showing that releasing overcares shifts one's hormonal balance and slows the aging process. One of the prime factors that accelerates aging is not being aware of areas of internal drain. Women (and men) can feel like they are moving forward, but then one emotional thing comes up that throws them off, pulling them back down. *The mind gets stuck*

and can see no way out. The mind overloads, just as it does when papers pile up at the office, there's too much to do, and you feel overwhelmed. It's a shift in heart perception that wakes you up to this drain syndrome. By checkmating overcare and re-establishing balanced care, the heart signals the brain, hormones shift, you feel peace, and the mind gets the intuitive insight it needs to take care of business in a liquid flow.

Hans Selye coined the modern use of the term "stress" and described it as "the rate of wear and tear on the body." New research has found, according to Dr. Elias Ilyia, a world-renowned authority on hormonal imbalances, "that what creates more stress than any other stressor measured, is people having to shift concepts, shift intention and focus, to many different tasks, many times an hour. The stress is worse when you also feel worry, anxiety, overcare, or feel that you have no control." Unlike thirty years ago, in the fast pace of life today, people are often called upon to shift concepts 7 to 8 times an hour. E-mails, interruptions, faxes, phone ringing, people (including spouse and children) demanding attention while you're trying to get something else done, are all examples of concept shift demands. As we become habituated to stress, we begin to 'mal-adapt' biochemically. Our tissue reserves are used up, fatigue sets in, leading to exhaustion and accelerated aging. Maladaptation can be seen in increased levels of the stress hormone cortisol and depressed levels of the vitality hormone DHEA.

DHEA and cortisol have very different effects on human cells. When the ratio between these two powerful hormones (DHEA and cortisol) is out of balance, the body responds in several ways: insulin drops, bone density goes down, muscle mass is decreased, fat accumulation around the waste and hips goes up and skin repair, tissue healing, and immune activity slow down, all leading to accelerated aging. This is because, biochemically, the body is in "survival mode" as a result of stress. If stress continues, the hypothalamus in the brain is reset to maintain higher cortisol levels. This eventually destroys brain cells in the hippocampus so that memory, spatial and other learning abilities diminish. REM sleep is impaired — resulting in sleeplessness or waking up depressed. In summary, increased cortisol and decreased DHEA levels are a predisposing factor to many age-related diseases, including obesity, osteoporosis, arthritis, Alzheimer's, arteriosclerosis (hardening of arteries) and some forms of cancer.

Recent studies on aging by the MacArthur Foundation reported that, "The way people age — whether they end up sick, demented or sexless in their 70s or 80s or vigorous, sharp and libidinous — is mostly a matter of how they live. Only about 30% of the characteristics of aging are genetically based; the rest — 70%— is not." Genetics play the greatest role in health characteristics early in life. But by age 80, for many characteristics there is hardly any genetic influence left. The MacArthur studies showed that serious losses in physical and mental functioning commonly attributed to age are not inevitable. They identified several factors that predict successful aging, including regular physical activity, continued social connections,

resiliency — the ability to bounce back readily after suffering a loss, and self-efficacy — a feeling of control over one’s life. According to John Rowe, gerontologist and president of Mount Sinai Medical Center in N.Y., “People are largely responsible for their own old age.”

I designed the CUT-THRU® technique as an anti-overcare and anti-aging tool. When practiced consistently, it has been shown to lower cortisol and increase DHEA levels without supplements or pharmaceutical interventions. It does this by first reducing wear and tear (aging) at the emotional and mental level, which then shifts your hormonal balance and slows aging at the physical level. CUT-THRU builds personal power to stop the stress response and get back to balance quickly. It cuts negative inner dialogue which contributes to low-grade anxiety. CUT-THRU releases habitual or “frozen” emotional and mental patterns. Often this frozen neural circuitry is caused by post-traumatic stress carryover from a major stressful event. CUT-THRU shows you how to break the circuit and reopen the heart. As you practice, overcare thought loops and feelings start going away. Many have said that just by reading about care and overcare, they had insights that released long-standing anxieties.

Slowing the aging process has to be addressed at the mental and emotional levels first. The pioneers of future medicine will treat the mental and emotional along with the physical, because they’ll know that if they do not, a physical problem can pop out somewhere else later. By learning to use the sustainable power of the heart to “cut thru” and balance your emotions, you achieve regeneration. You find more connectedness with your deeper self and have more capacity to deal with ailments. You see that you do have a choice — to either “age thru or cut thru.”

FINDING A FIX

When women make efforts to manage change, the added strain (to many) of PMS, menopause, or other physical ailments can cause additional fatigue, pressure, or accentuate other problems they may be coping with — family, workplace, position, performance, weight issues, etc.

Women are searching for a quick fix, but there’s not one until they find something that builds power in ratios. That’s the quick fix. The gap in maturity is thinking that one’s own flavor of stress or problem is different from other women’s. The power of managing overcare is a seriously progressive fix for anyone. In a study with a Fortune 100 company, participants who practiced HeartMath® tools saw substantial improvements in efficiency and productivity, job satisfaction, personal power and creativity, along with lowered blood pressure and significant reductions in overcare, anxiety, and sleeplessness. These improvements were all **preceded** by shifts in how the subjects felt about themselves. HeartMath tools help balance the whole system down to the physical. The best thing about these tools is that if you can’t quick-fix a problem, you can make it better until it is fixed.

Laboratory research has shown that the unmanaged feeling world affects people right down to the cellular level. Most women understand this intuitively, but science is now proving it to be fact. The CUT-THRU tool is designed to help you manage your feelings and emotions. Hormonal shifts occur as you release overcare and come back to balance in your feeling world. As you feel what the tool is doing, you use it more automatically to increase your ratios of quicker CUT-THRU. In extreme situations, such as finding out that you have a major health problem, it's hard to quickly release a feeling of dread or fear. Lingering worry, anxiety, anger, fear, or despair depletes and ages sometimes more than the physical health problem. But as you practice CUT-THRU, you achieve higher understanding. You take care of yourself by doing the medical things you need to do, whether dietary changes, surgery, medication, etc., but your emotional/hormonal system isn't under duress and aging you. CUT-THRU takes out emotional aging, giving you more power to do whatever you need to do to take care of business — whether in health, job, or family.

More women are realizing that it's time to power-up and do something different — but you have to power-up from within yourself. Learning to CUT-THRU feeling residues and deficits on any issue to find a release and clear insight is potent. The Institute of HeartMath laboratory studies prove that this is possible and not just another hopeful philosophy.

Stress is getting tough for most people. Failure from attempted quick fixes creates energy loss through frustration. Here's one example. Two people are arguing, and after a while they both decide it's going nowhere. So they agree to talk peacefully and agree to disagree. That's a quick fix. But ten minutes, a half hour or two hours later, their feeling world comes back with hurt or anger and they tell themselves, "but it's the principle of the thing" or "how can I let that go?" It's still causing an energy drain, so it wasn't fixed. Half the problems people run into are caused by these feeling hang-tags. These cause drain at the psychological, hormonal, and cellular levels. Women, especially, operate on these drains, wondering what's wrong because they thought they had fixed something or released something, but it's still there. It was a plastic fix — whether an unresolved relationship talk, an unresolved problem from a meeting, or an unresolved interaction on the phone. In families, these plastic fixes cause guilt and overcare in parents, then anger and acting out in children. It's a storefront fix, and children learn to do the same storefronting from adults around them. Children and teenagers also need tools to CUT-THRU overcare feelings and build resiliency.

A modern overcare attitude that has become like a virus is the feeling that you won't be liked if you're not perfect. So you try hard for awhile, then have a setback which leads to despair, and that drains hope out of your system. As you release the overcare of perfectionism and build new platforms of sustainability, you can have tough times, but through sustainability, you don't lose hope. You can only regulate feelings of hopelessness or despair

through the inner heart. You can't depend on external situations, because they can be on one day and off the next. As women realize they have to do something from the inside-out, then the hope that comes from progressively making things better creates a higher chance for a solution. Sometimes the highest wholeness solution is being able to adapt to what you feel you can't fix. The power to adapt often draws a better situation than the one you were trying to fix. It increases the creative propensity to generate a more effective next step with less energy expenditure and drain.

In the past few years, many men and women have found their traditional safe houses of external security, job, family, home, aren't secure anymore, and this trend will continue. The only safe house is finding inner security through your own heart — not looking for security in titles, jobs, or relationships. These are add ons — but not depend ons. More women are maturely realizing that you can't power-up by collective agreement either. Meetings, seminars, gatherings, etc. can at times boost energy, but finally the emotional high bleeds away if you go back to waiting for others to change or for situations to change. Safety and emotional strength come from deep within the heart.

THE FUTURE

It's time to shift from external to internal security. This is the real paradigm shift. Women can lead with their hearts to facilitate men and children in making this shift by cutting through their own overcares and becoming self-secure. As women build their own sustainable heart power, they create deeper resonance, magnetizing deeper respect and deeper "hearingness" on the part of men towards women's ideas and solutions.

You can fear the changes occurring in society today, but fear doesn't help. Security is going to have to come from the inner power base — the heart. New maturity means to finally become secure with or without external reinforcements. Then change is not a threat. It's the constant gnawing fear of loss of self-worth or loss of power that cause the major energy drains in your personal power base. You can't just slash that fear overnight, but you eliminate it in ratios through practicing non-overcare and plugging the power leaks in your system.

Every person is different. In any group of 5 or 10, you'll find different perspectives. You maintain sincere care but you learn to draw the line and not go into overcare. This allows people who don't understand you to hear you more deeply and allows those who are resistant a chance to grow. People and problems won't change overnight — but as you build your heart power you'll have an increasing ratio of effectiveness without wear and tear. Building sustainable heart power and staying strong starts and stops with you — it's an inside job.

RE-THINKING SELF-ESTEEM

By Doc Childre, Founder of the Institute of HeartMath, President of HeartMath LLC
Edited by Deborah Rozman, Ph.D.

Many women's groups have focused on the need to increase self-esteem, although now they're focused more on business and family survival issues. Efforts to build self-esteem without the power of the heart are like using paper to build a foundation where boards are needed. That's why so many attempts to build self-esteem fizzle. Self-esteem is an attempt to describe a dynamic energy that flows through the human system, creating self-confidence and "on the move" type feelings. Self-esteem is a subtle energy that radiates from your spirit into your humanness (mental, emotional and physical self). As you maintain self-esteem, its frequency helps keep non-efficient thoughts and attitudes in check — resulting in discovering more of your real spirit. Learning to balance your energies from the heart is a good way to build esteem and spirit. In the work environment, you have the exuberance "to go for it" but doing it from the heart keeps you from losing energy or from over-identifying with the reactive patterns of the mind, survival level.

When love and self-worth permeate your system, they transform fears and insecurities into self-esteem (or spirit integration). Esteem instantly communicates itself to other people, especially to their feeling nature. The electricity of spirit is contagious and people lit with the flow of spirit can change a roomful of negative attitudes into a hopeful and cheerful environment even without verbal communication. You can only develop a more complete sense of esteem to the degree that you eliminate fears and insecurities from your system. Self-esteem is actually a description of certain isolated aspects of spirit manifesting through one's system. If spirit were a pie, then self-esteem would be a highly effective slice.

Self-esteem helps generate balance and synchronicity between the heart, mind, and brain and can transform the standing wave frequency patterns of many negative thoughts or attitudes. Your heart is the connecting source of this wellspring of youthful vitality. As you use heart intuition to guide you through the step-by-step transformational process of reeducating your insecurities, fears, and mindsets, you can draw from more of your inner strength. Your self-security and confidence multiplies exponentially and the flow of your spirit is boosted to the automatic pilot level. One spirit-generated attitude can start to rearrange and uplift the frequency patterns of a depressing day — just like turning the radio dial to a static-free and upbeat station.

Increasingly, women especially are finding esteem, support and power in women's groups and networks. As you sincerely desire a support structure, you create a resonance that magnetizes women who want the same thing. Wherever you start a commitment through a heart's

desire, you will draw support. As you build self-esteem, whether you have supportive friends or not, you can go back to your own heart for security and support.

THE VALUE OF SUPPORT GROUPS

“Warm personal friendships can keep you healthy and extend your life,” according to new University of Texas research. “It’s the quality, not the number, of relationships that’s key. People who take comfort in friends generally produce lower levels of stress-related body chemicals called catecholamines. The lower your levels of catecholamines, the stronger your immune system,” says researcher Blair Justice, Ph.D. Another study conducted by Dr. Clemens Kirschblaum at the University of Trier in Germany, showed that men who turn to women for psychological support are helped dramatically, while there’s little or no change when men turn to other men. The same study found that women’s blood pressure falls when they pour out their emotions to other women, but their stress levels rise when they confide in a husband or boyfriend. Women and men are different, but it’s the power of the heart that can bring men and women to a balanced understanding of the differences.

Unfortunately, a lot of women’s and men’s groups create camaraderie but become “bitch sessions” or “pity parties,” reinforcing negative emotions of rage and blame along with feelings of victimization. This can create resonance but it becomes “communion through noise” rather than a regenerative experience. Sometimes a group creates a “high” when everyone’s together but produces a serious drop after it’s over. Women and men need tools to deal with life. The whole process of empowerment is learning what available tools you have to adjust things on the inside and discover different ways to build up your reservoir of power and buoyancy as you apply the tools in day-to-day life. The real purpose of a support group is to listen to the heart, give positive support, and help each other practice tools for growth — not drag each other down. Some groups react to group negativity by taking a “mind stance.” An example would be, “We don’t have to be wimps anymore, let’s talk about some project we can do.” This can divert the energy from the complaints and moaning, but also cause a calloused heart which doesn’t nurture anyone.

A lot of women and men have asked me to address the topic of co-dependency, as many have been unsuccessful in overcoming dependency patterns. After going through the long haul of digging through the past to find the reasons why they are dependent, they wish they had a different approach. As you keep reliving and reinforcing stressful past moments, you create degenerative hormones in your system that put a ceiling on your perceptions. You can see no way out, so you become labeled “a survivor” of traumatic experience. There is a therapeutic movement that says, “once a survivor always a survivor” which is no different from saying “once an addict always an addict,” meaning there is no hope for full recovery. This is

counter to new scientific evidence and to the living proof of individuals who have self-empowered and released imprisoning mental/emotional patterns. Sara Paddison is one of the first women to whom I taught HeartMath® tools. Her book, *The Hidden Power of the Heart*, tells the story of her transformation from co-dependency to empowerment and fulfillment.

STOPPING THE DRAIN OF OVERCARE

A heart-directed support group gives people the opportunity to practice empowerment tools individually, then meet to compare notes. People can encourage each other with intuitive feedback, accelerating each person's progress toward personal responsibility and empowerment. Caring for others is regenerative and care is an oil for the human system — but overcare drains and depletes you. People innocently overcare in the name of care. Overcare starts with worry then turns to anxiety. If you overcare about a problem, about other people, about a raise or promotion, about someone not being fair, etc., it drains you of the heart power and creative capacity needed to be effective and magnetize what you want. A lot of people have embraced overcare due to what I call “hand-me-down” social concepts. Overcare keeps people from learning anything but hand-me-down reactions. You can overcare about a job, overcare about lack of time, overcare about family problems, or overcare about social issues, but overcare is not going to create solutions. Overcare incapacitates, squelches clarity, and dilutes your energetic capacity. Much overcare arises from trying to get other people or organizations to do what you want. You actually have more power to effect change or adapt to others not changing if you learn to slash the overcare anxiety.

Overcare in the name of social concerns is what averts many good-willed intentions, creating more of a “stress-mess” for all. At this point in time, people as a whole care more for issues, things, money, and position than they do each other. Society is learning the hard way that a lack of sincere care and respect for each other causes our political, ecological, and health care systems to fall short in balance and efficiency. The world is toxic with stress because of the lack of sincere care. As you go to your heart, access intuitive awareness and find balanced care, you develop more ability to extend that balance to other people and to important issues. By listening to your heart, increasing your love and self-worth and rebalancing your care, you build solid self-esteem that transforms the fears and insecurities in your system. The power of the heart is what frees your real spirit so you can be fulfilled in every aspect of your life.

AN INTERVIEW WITH DOC CHILDRÉ ON A NEXT STEP FOR WOMEN

with Deborah Rozman, Ph.D.

Q. Doc, the Women's Movement has been about women gaining equal opportunity as men to fulfill their potential. A recent *CNN/USA Today* Gallup poll found that 48% of women think the "progressive" changes brought on by the Women's Movement have actually made things harder for women; 41% of men agree. You talk about some of the reasons why in your "white paper" on the next step for the Women's Movement. Can you explain more?

A. It's important to learn to distinguish the difference between success and fulfillment. Examples. It's major progress that women now fly jets in the military, are CEO's of large companies, earn high salaries, etc. But success is often an impostor for fulfillment. High aptitude achiever drive has "achievement" success but not *wholeness fulfillment* and that's the missing X factor for completion. Achievement success is often accompanied by inner compromise and a social storefront or what I call "cardboard" living that hides internal anxiety and lack of peace. For most women there's a big price to pay for linear achievement success without the internal peace package added. Many intuitively understand this. That's one reason why many women and men think the Women's Movement has made things harder for women. The focus has been on external achievement. The X factor for completion comes from the heart, not from external success. By developing and using heart intelligence or intuition, women can learn to have both external and internal success through balance. The balance of both is what leads to completion success, or wholeness fulfillment, and heart intelligence is the key to this process.

Q. What do you mean by heart intelligence?

A. The heart is the receiving station for the intelligence of one's own spirit to come in. The degree of your spirit that you manifest is the degree that you become your total self. Manifesting your complete self is done in degrees, not all at once, though it can happen more quickly once you understand the process. The heart is your access point for becoming your real self through engaging the mind and the ego drive in a joint venture with heart intuition. This results in much more power to actualize quality of peace plus quantity of achievement.

Q. Is ego drive a problem?

A. Ego drive can be a serious problem when it's not balanced and managed through intuition. Intuition from the heart creates a balancing energy so that ego drive can be intelligently directed and sustained without resulting in fatigue and burnout. This balancing process is the

new trick to be learned for regeneration and fulfillment. Otherwise, ego drive thrives on stimulation and burns energy within your system faster than your capacity to self-nourish and renew. People associate ego drive stimulation with happiness and success. Yet constant stimulation without the balance of heart nourishment yields a high ratio of burnout. This leaves people wondering what happened when they thought they were on a roll.

Unmanaged ego drive creates the same scenario as stimulation burnout through drug addiction except it's a slower process. Many men and women have a "stimulation addiction" that they justify by achievement or survival needs, resulting in a seemingly fun trail to exhaustion. The erroneous pursuit of fulfillment through ambition is actually the source of many problems in male or female attempts to achieve happiness and completion. Understanding the power and nourishment potential of your own heart is the key to simultaneously having ego stimulation and balance within the human system. This brings both inner peace and outer prosperity. It's real progressive change.

Competitive or achievement extremism causes people to use their ego drive to helplessly venture from their own balance, resulting in mental and emotional drain. Men have been doing this for years and that's what created the male dominant society. In the name of progress and equality many women have increased their ambition drive. The resulting mental and emotional drain has a trickle down effect on the physical body, increasing the potential for various ailments. The end result is often "cardboard" living, meaning having to maintain a false storefront momentum without experiencing the deeper textures in life.

Q. In today's society, how can women find balance and heart nourishment?

A. The practice of following your heart invites more of your spirit in to run the show. It's more spirit that replaces insecurity-driven ambition with self-security, giving you more operational power to fulfill your needs and intentions without sacrificing peace and quality in the process. The emergence of the individual spirit will create the new inroad to equality. If women focus on this emergence, it will accelerate self-security, creating a new magnetism that draws the respect, appreciation, and cooperation they deserve much more quickly. Trying to empower women and gain equality by swordfighting through all the issues is a long wait and breeds as much unappreciated exhaustion as accomplishment. Yes, the issues have to be addressed. But if women power up from the heart and find their balance, then the increased magnetism will draw balanced solutions to the issues. It will also help men gain more understanding of women, reducing the male ego-threat.

Q. Why is it like this? Why are men threatened?

A. It's not the glass ceiling, equal work for equal pay, sexual harassment, or other issues that aggravate equality, as much as men being stuck in the loop of viewing internal power through the lens of external exploit. It's a non-pay-off investment. Through activating more of their own heart power (their true self or spirit), women would casually generate intelligent magnetics to draw to them obvious fairness (equality). At present, women suffer unappreciated beat and bang in pursuit of fairness. Development and application of heart intelligence will release more spirit power in the projected self. This new power creates an energy field that magnetizes a new respect and fair interchange in male-female interactions and policy making. This approach to equality will be much faster than issue bashing. Policies and issues need to be dealt with on the front line, but they will find resolve much more quickly if powered from heart intelligence.

Men are not bad. Men are learning and growing, just like women. They're just having to mature into releasing a handed-down old dinosaur of convenience — the male dominated society. This releasing has to be nurtured in through intelligent understanding, not through male submission or female-reactive mind strategies. New intuitive intelligence from the heart will bring about needed changes quicker than stance-taking, though a stance on some issues was essential in the past for groundbreaking. There's a more intelligent and less tiring way to instigate equality and it's latent within each person in the heart-intuitive field. Women will have to initiate unleashing that potential. Because of women's natural inborn nurturing sensitivities for childbearing, they tend to have quicker access to the intuitive field. That's why it's been called "women's intuition," but really men have it too, just not as developed. A next step for women would be to practice techniques for activating that intuitive heart intelligence and get some of the restraints of life out of their face. It's legal and it's time to let the complete woman out of the box, but do it through the heart. In referring to heart, let me emphasize that I don't mean being a wimp. I'm talking about a place inside from which you can manifest the strength and power of your complete self.

Q. You talked about stimulation addiction earlier. Many women pursue stimulation because they want more fun. It's hard work keeping on top of job, household, and family. You're always on the run with all the time pressures women face.

A. Bottom-line women and men both want more textures and quality in life. Especially the texture of fun. Fun in what you're doing is of paramount importance because fun is a key nutrient to the mental and emotional regeneration and health of your system. Some people feel

that they don't need fun, but a car can go a long time not aware that it needs oil. Then the dues have to be paid. The fun I speak of is not just a measurement of "hip, hip hooray." Learning to make peace with what you're doing is a bottom-line frequency of fun, maybe not the exotic fun but a prosperous fun. The bottom-line fun of peace and adaptability oils your system and deletes many of the barbs and edges from your day-to-day experience. Once the fun of bottom-line peace is established, then you can use other types of fun and stimulation as add-ons but you don't need them for escape release. Escape means bottom-line peace hasn't been established.

You can't escape building your bottom-line peace grid or you diminish the sustaining take-home value of the types of fun you enjoy. Without establishing bottom-line peace, stimulation fun is a bandaid but not a salve that promotes wholeness release and renewal. The fun that comes from making peace with your day-to-day environment is more regenerative in the long run than a parade of exotic vacations. Your measurement of happiness is not what you escape to — it's what you have when you get back to daily life. A most fruitful vacation would be an inner adventure to find peace in the moment wherever you're at. This can be done through developing your heart intuition. As you practice following your heart more, the intuitive connection with your real self increasingly comes on line. This helps you cut through the mental and emotional densities and time constraints in any given environment. It's not knowing how to approach the constraints in the mental and emotional environment that creates the tyranny of time-pressure and the predator of your own peace. Heart intuition is a conduit for your spirit to manifest peace, balanced ego achievement, and fun in your daily life expression.

Q. Many women would say that working for ego achievement isn't even the issue any more. They work because they have to pay bills. As women gain in success, men in general aren't willing to do more household chores. Many women pay bills, shop, cook, clean, and take care of the kids, all the while working 60-80 hours a week at the office to the husbands' 40 hours a week. Women are exhausted. What's all this doing to men and society?

A. Men and women are both having to mature into a new balance. As women have developed more aggressive male-associated qualities, many men have had to develop more female-associated qualities, nurturing and caring for children and doing household tasks. A paradigm shift is occurring in relationships to more cooperation. It takes time for a new balance and equality to be achieved. A return to family values is really a return to a deeper core values — love, care respect, taking care of family needs — working together to achieve balance with equal energy output.

Q. Sexual harassment, spousal abuse, physical aggression, and rape are all on the rise in the USA and elsewhere. The '90s is being called a period of frustration and rage between the sexes. In a college survey, 35% of college students say sex involves physical aggression. What's really going on here?

A. Stress creates hormonal imbalances, and people on overload are looking for stimulation release. Violence stimulation is just another attempt at a release.

Q. The trend has been to blame the opposite sex, parents, society, or anyone for our problems. Many women talk about the need to take more personal responsibility. How do they do it?

A. Personal responsibility is mental and emotional responsibility first. The physical is important but if the mental and emotional aren't put first, your hormones stay whacked and you play constant catch-up. This leads to ongoing problems — guilt and feeling like a victim. Learning tools to gain self-empowerment is taking personal responsibility. That's the platform on which a new women's initiative must be based to be effective.

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\$5.00
1995-WP019