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HeartMath has discovered that our heart rhythm patterns are the best reflection of our inner state. By adding heart, you can shift in the moment into a state of balance and renewing feelings, such as appreciation, care, love and compassion.

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HeartMath Institute - YouTube

The Institute of HeartMath, a nonprofit 501(c)(3), is a recognized global leader in researching the critical link among emotions, heart-brain communication.

Lew Childre - Wikipedia

Doe Lew Childre, Jr. (born September 7, 1945) (pronounced "Chill-dree") is an American author and the founder of the Heartmath Institute, a non-profit organization whose objective is to help the development of

"heart-brain-coherence".

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