

## Changing Heart Rhythms

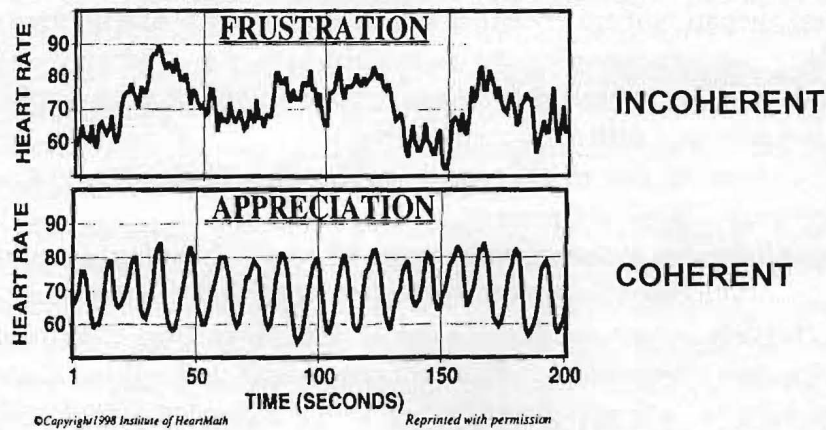


Figure 1.1: Changing Heart Rhythms  
from the HeartMath Institute's Research

One wave of electrical current across the heart between the atria and ventricles is designated the Q,R,S,T wave on an electrocardiogram (EKG/ECG).

By measuring the beat-to-beat variation in R-R intervals, we can obtain the Heart Rate Variability (HRV) pattern which gives us important physiological parameters of heart rate changes over time and dynamically reflects our inner emotional state and stress levels.<sup>7,8,9</sup>

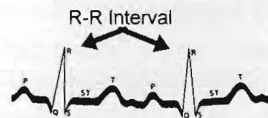


Figure 1.2: Electrocardiogram (EKG or ECG)

## Vibrational Coherence

According to quantum physics, all matter is energy existing as vibration; therefore, we as humans are, in essence, vibration existing in a sea of vibration. Coherence is an integral part of that vibrational world—with all vibrations either being coherent or incoherent. Throughout our bodies we have finely tuned receptors that transform these vibrations into the touchable, see-able, hear-able sensations we think of as matter and the physical world.