



# Heart Intelligence: Connecting with the Intuitive Guidance of the Heart

*Doc Childre, Howard Martin, Deborah Rozman, Rollin McCraty*

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Heart Intelligence, Connecting with the Intuitive Guidance of the Heart provides readers with a new, high definition picture of the energetic heart as a unifying, creative, intuitive intelligence that we can learn to draw on for moment to moment guidance.

Heart Intelligence links the physical heart to the spiritual (energetic) heart. Through its extensive communication with the brain and body, the heart is intimately involved in how we think, feel, and respond to the world.

Expanding on their breakthrough book, *The HeartMath Solution*, the authors offer heart-based techniques and guidelines for living from the heart, which connects the puzzle pieces of our purpose and fulfillment. The book provides information and simple practices for accessing our heart's intuitive guidance to connect with our highest choices for better outcomes. Our choices are especially important through these changing times because they constantly create or disrupt our peace, happiness and self-security.

Our thoughts and feelings influence the chemistry that regulates much of our health — how we feel, for better or worse. Our thoughts, feelings, emotions and attitudes are just frequencies that we can learn to change — once we put our heart into our intention.

Heart Intelligence provides practices to replace fear with the attitude of intelligent concern (managed concern) which leaves us in charge and more attuned to intuitive direction. We learn the benefits of practicing simple coherence techniques a few times a day for boosting resilience and emotional balance; making appropriate choices; and clearing our mind from anxiety or overwhelm when needed.

It is through deepening our heart intelligence, coherence and connection that humanity will be able to shift from separation to cooperation resulting in higher solutions to our personal and global problems.

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