

2023 ANNUAL REPORT



+❤️ HeartMath® Institute

2023 ANNUAL REPORT

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Boulder Creek, California

831-338-8500

www.heartmath.org

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Letter from the HeartMath Institute President

Dear Supporters and Friends,

In light of the persistent challenges faced by individuals, communities, nations, and global humanity in the year 2023, it is our sincere hope that you and your families remain secure and well-supported amidst these unpredictable transformations. We extend our heartfelt gratitude for your energetic care and generous financial contributions throughout the year. Your continued support has allowed us to pursue innovative research projects, allocate free resources worldwide to reduce stress, and develop emotional self-regulation tools aimed at increasing coherence and self-empowerment. Your invaluable assistance has been instrumental in the realization of these endeavors.

In this Annual Report for 2023, we aim to highlight the significant accomplishments of the HeartMath Institute made possible by your support. Our dedicated team of scientists, trainers, education specialists, board members, and others are wholeheartedly committed to a single goal: creating user-friendly tools and technologies that empower individuals to make discerning choices and find effective solutions amidst the ongoing paradigm shift. Our carefully designed educational programs energetically support and improve the lives of individuals across the globe.

Please know that we are honored to be on this journey with you. We are creating together, which is the ultimate goal for collective humanity.

With care,



Sara Childre

Sara Childre, President, HeartMath Institute

Our Vision

A kinder, heart-centered world where we care for one another and live harmoniously in peace.

Our Mission

To co-create a kinder, more compassionate world by conducting interconnectivity research and providing heart-based, science-proven tools for raising humanity's baseline consciousness from separation and discord to compassionate care and cooperation.



The mission of the HeartMath Institute is to help people bring their physical, mental and emotional systems into balanced alignment with their heart's intuitive guidance. This unfolds the path for becoming heart-empowered individuals who choose the way of love, which they demonstrate through compassionate care for the well-being of themselves, others and Planet Earth.



Statement of Accomplishments

Smart Hearts Newsletter for Educators and Parents

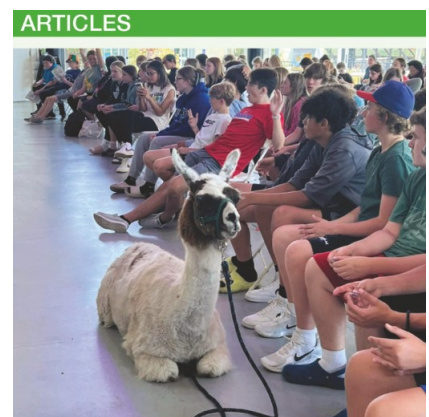
VOLUME 1: NOVEMBER 2023

HEARTMATH® INSTITUTE

Smart Hearts Quarterly Newsletter

In November 2023, we launched a new initiative – the Smart Hearts Quarterly Newsletter for Educators, Parents, and Caregivers of Children of all ages. The newsletter is loaded with skills and daily practices designed to help students develop emotional self-regulation skills and healthy lifestyle habits – aptitudes that create greater resilience, healthier relationships and compassion for others.

Through our many conversations with educators, parents and those who work in youth agencies, we share the latest updates that are relevant to their needs. This newsletter strives to keep our community better informed about new developments and inspiring stories. We are deeply committed to the well-being of children of all ages, educators, parents, and families. The Smart Hearts newsletter features sections such as Initiatives, Videos, Articles, What's Trending and New?, Featured Research, and Activities.



Statement of Accomplishments



Global Consciousness Project 2.0

Global Consciousness Project (GCP 2.0) is a data-driven global experiment designed to study how human consciousness (attention and emotions) correlates with changes in global consciousness and the physical world.

The GCP2 team designed and built the new Global Consciousness Project 2.0 website in 2023.

We launched the final website in the first quarter of 2024. As we continue our pursuit of understanding collective human experiences, GCP 2.0 strives to make significant contributions to the field of global consciousness research, leveraging cutting-edge technology and fostering collaboration on a global scale.

The new GCP 2.0 aims to take it to its next level with redesigned Random Number Generator (RNG) units and two live data feeds, viewing Interconnectivity in Action and Network Coherence. After much beta-testing, production of the RNG units and shipment of units began. So far, we have produced 400 of the new GCP 2.0 devices, with a cluster of 20 RNGs in Cape Town, South Africa city cluster, 10 of 20 RNGs in the Madrid city cluster, and built a GCP2 research stack of 10 RNGs for Dr. Joe Dispenza's events.

Your help makes GCP 2.0 possible. Whether you host a device, fund a cluster, or donate to our research, your support as a Citizen Scientist moves the mission forward. Thank you for being an essential part of our journey.



Statement of Accomplishments



Trainings – Expanding Our Reach to Serve More People

At the core of HeartMath Institute training programs are evidence-based tools designed to help people balance their physical, mental, and emotional systems – essential for personal and professional effectiveness and well-being. These programs help unfold in-depth insights into how a person can thrive with less friction, more joy and compassion, and the more meaningful life we all seek.

- In 2023, 2,162 trainers, mentors, coaches, and clinicians received online and virtual training to become certified in their respective fields.
- June 2023 marked the launch of the new Coherence Advantage™ program.
- A Spanish version of Building Personal Resilience™ was introduced in February 2023, followed by the release of the Spanish version of the Trauma Course in late December 2023.
- A contract was signed with Indianapolis Public Schools to provide online HeartMath training options for their 1,600 staff members beginning in early 2024. Approximately 150 of these staff members can participate in either the Building Personal Resilience, Trauma, or Heart-Centered Communication trainings. Recruitment for these programs has already begun.



Research Accomplishments

- **Team Coherence Assessment**

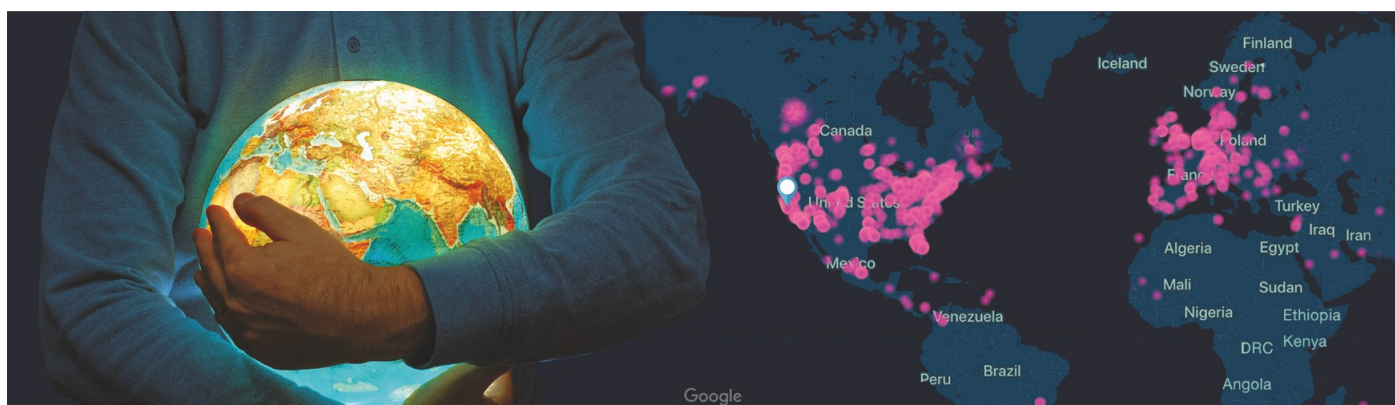
The online survey form and report were finalized and are now being utilized in the field with teams. The Activating the Heart of Teams Certification program includes access to the new team coherence assessment that can be used for pre-post training outcomes.

- **Analyzing Data**

Completed analysis of HRV and survey data for many researchers.

- **Research Events**

Presented research in 14 online or virtual Summits and Events and one online Summit related to the Global Consciousness Project and HeartMath Institute Tree Rhythms Research Projects in 2023.



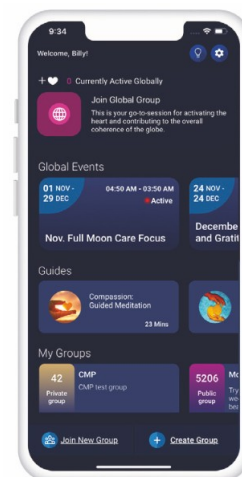
Global Coherence™ App

Belong to something larger than yourself. Join with others in the Global Coherence Network, a community of people who strive to awaken the higher mental, emotional, and spiritual capacities in themselves and the global community through genuine love, care, and heartfelt compassion.

The mobile Global Coherence App, launched in 2020, allows people to connect in a worldwide network focused on generating global heart coherence. It currently has almost 120,000 users worldwide. We've enhanced our platform with a host of new features and guides, complete with live links to event descriptions for your convenience.

- **GC App Guides iPhone**

One of the new features in the Global Coherence app is Guides for Heart Focused Meditations. The Free Global Coherence app facilitates collective heart coherence by connecting a global community radiating love into the world, offering meditation guides on various themes, with options for audio-guided or music-only sessions.



Research Accomplishments

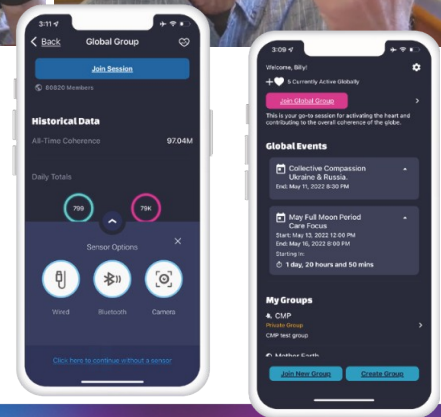
- **GC App Camera Sensor iPhone**

The free Global Coherence app allows you to use your phone's camera or HeartMath Inner Balance® Coherence Sensor to measure and amplify coherent heart energy globally, joining others in promoting care and compassion.



- **GC App invite and Message Private Group iPhone**

The Global Coherence app allows you to easily create and invite others to private coherence groups, track their coherence scores, and focus on meaningful meditation initiatives.



- **GC App Coherence Light**

See your coherence transformed into visible light, and spice up our experience of global connectivity. As you get into coherence, using the Global Coherence App, the light glows and changes color depending on your coherence level. Turns any light fixture into a heart coherence display.



- **Celebrating 2000 Days of Daily Coherence**

Our friends Yumi and Gen in Japan, passionate advocates for the planet and peace, launched a daily heart coherence initiative on April 26, 2018. On Sunday, October 15, 2023, at 2 PM Pacific Time, they celebrated 2000 consecutive days of heart coherence using the Global Coherence app. They invited all of us to join them for a special Heart Lock-In® at that time, marking five and a half years of their untiring commitment.

The event titled “Celebrating 2000 Days of Daily Coherence” in the Global Coherence app took place as scheduled. It marked 2,000 consecutive days of adding heart coherence to the global field. Participants joined either the Global Group or the private group hosted by our Japanese friends. The celebration also included a Zoom event on Sunday, October 15, at 2 PM PT, featuring brief celebratory words and sharing.



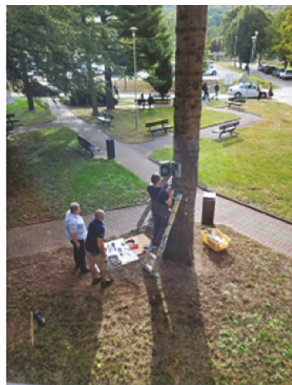
Research Accomplishments



HeartMath® Institute Tree Rhythms™ Research

Several years ago, the scientists at the HeartMath Institute started down the path to develop a new technology that reads the electrical signals in trees and the surrounding earth, collecting electrical potential data from various types of trees in different locations around the world to study their connection to other trees and life forms. In 2023, we began Phase 3 of the Global Tree Monitoring Network which focuses on continuing production and assisting volunteers with installing the tree monitoring systems. So far, we have assembled 100 units, with 59 of them already installed by dedicated volunteer citizen scientists around the globe.

Among the 59 trees connected to our network worldwide, several are located at schools and universities. Two schools near the Michoacán region have sensors



University in Europe



Juniper in New Mexico

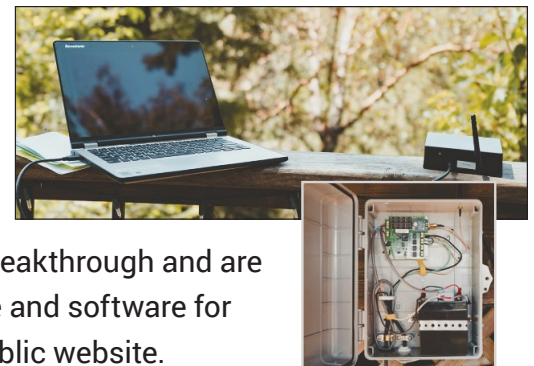


Conroe in Texas

installed, with a third scheduled for installation by summer 2023. A school in Florida is also preparing to host a Tree sensor. At the end of 2023, we will have sensors at three international universities in Chile, Poland and South Africa. *We now have only 15 more sensors that can be sold.*

In 2023, the scientists at the HeartMath Institute began developing technology to read electrical signals in trees and the soil. They faced a significant challenge: trees in cold weather didn't get enough sunlight to power the solar batteries. This issue led to the creation of an AC power supply option.

After extensive testing and multiple revisions, they achieved a breakthrough and are now conducting further tests. We continue refining the hardware and software for transmitting the data and results which can be viewed on the public website.



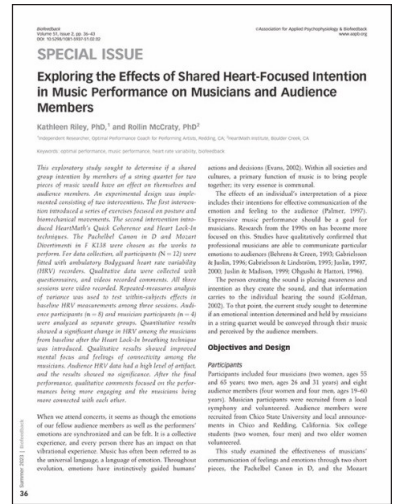
Research Published Five Studies in 2023

Exploring the Effects of Shared Heart-Focused Intention in Music Performance on Musicians and Audience Members

Published: 2023; Kathleen Riley, Ph.D.¹, and Rollin McCraty, Ph.D.²

Association for Applied Psychophysiology & Biofeedback, 2023. Volume 51, Issue 2, pp. 36-43.

This study explored whether a shared intention by a string quartet while playing music would affect themselves and the audience. The quartet performed two pieces, incorporating exercises on posture and HeartMath's Quick Coherence® and Heart Lock-In® Techniques. Results showed significant heart rate variability changes and improved mental focus among musicians but no significant changes in the audience's heart rate variability. However, audience comments noted the performances were more engaging.



Phasic Induction of Bioelectromagnetic Heart Brain Coupling Through Emotional Stimuli

Published: 2023; Ayesha Ikhtlaq¹, Saeed Ahmad Buzdar¹, Muhammad Abul Hasan^{2,3}, Rollin McCraty⁴, Muhammad Danish Mujib^{2,3}, Ahmad Zahid Rao^{2,3}, Danijela Debelic⁵, Mehrun Nisa⁴, Mike Atkinson⁴, Thomas Feiner⁶, Normen Schack⁷, Muhammad Usman Musatafa¹, Sana Salahuddin¹, and Mamoona Aslam¹

This study explored how the heart's bioelectromagnetic fields influence brain functions and emotions. By examining brain potentials in response to emotional stimuli and using paced breathing, researchers found that heart-brain coupling was enhanced during the heart's relaxation phases. The findings suggest that the heart significantly affects brain activity, confirming the presence of heart-brain coupling.



Global Consciousness Project 2.0: A First Look

Published: 2023; Nachum Plonka, Ph.D.¹, Rollin McCraty, Ph.D.¹, Louise van der Westhuyzen², and Stephen David Edwards³ DIALOGO, ISSN: 2393-1744, Volume 10, Issue 1, 2023: pp. 37-49.

The Global Consciousness Project 2.0 (GCP 2.0) is an international scientific effort to study the connection between human consciousness and matter using Random Number Generators (RNGs). Building on the original GCP, this new project uses updated technology and a



larger network of RNGs to detect deviations in randomness related to significant global events and emotional impacts. The aim is to enhance understanding of global interconnectedness, support citizen scientists, and promote research and education on this topic amidst global challenges.

Long Observation Window Reveals the Relationship Between the Local Earth Magnetic Field and Acute Myocardial Infarction

Global Coherence Research | Published: 2023; Naseha Wafa Qammar¹, Darius Petronaitis², Arvydas Jokimaitis², Minvydas Ragulskis¹, Vilmantas Smalinskas³, Greta Žiubrytė³, Gediminas Jaruševičius³, Alfonsas Vainoras^{3,4}, and Rollin McCraty⁵ Atmosphere 2023, 14(8), 1234.

This research paper examines the link between local magnetic fields (LMF) and acute myocardial infarction (AMI). Researchers analyzed data from hospitals and a public health institute in Lithuania from 2014 to 2019, focusing on the daily average Schumann resonance frequencies and the number of AMI patients. The findings reveal that specific Schumann resonance frequencies (beta and gamma) are associated with a long-term relationship between LMF and AMI occurrences.

The Mathematical Characterization of the Complexity Matching During a Healing Circle Meditation

Energetics Research | Published: 2023; Naseha Wafa Qammar¹, Minvydas Ragulskis¹, Roza Joffe-Luiniene², Alfonsas Vainoras², Nachum Plonka³, Mike Atkinson³, Rollin McCraty³, Carla Stanton³, and Joe Dispenza⁴ © 2023 Society for Chaos Theory in Psychology & Life Sciences. Nonlinear Dynamics, Psychology, and Life Sciences, Vol. 27, No. 3, pp. 259-289.

This study evaluates the complexity matching of heart rate variability (HRV) between a group of Healers and a Healee during a meditation protocol using the H-rank algorithm. HRV data were recorded for eight Healers and one Healee over a ~75-minute heart-focused meditation session. The results showed that the H-rank algorithm could detect subtle changes in HRV complexity matching between the Healers and the Healee during the meditation, suggesting its effectiveness in assessing the healing process.

atmosphere MDPI

Article
Long Observation Window Reveals the Relationship between the Local Earth Magnetic Field and Acute Myocardial Infarction

Naseha Wafa Qammar^{1,*}, Darius Petronaitis², Arvydas Jokimaitis², Minvydas Ragulskis¹, Vilmantas Smalinskas³, Greta Žiubrytė³, Gediminas Jaruševičius³, Alfonsas Vainoras^{3,4} and Rollin McCraty⁵

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² Department of Cardiology, Hospital of Lithuanian University of Health Sciences Kaunas Clinics, Training 2, LT-51368 Kaunas, Lithuania
³ Cardiology Institute, Lithuanian University of Health Sciences, Mėkilėnų g. 8, LT-54407 Kaunas, Lithuania
⁴ HeartMath Institute, Boulder Creek, CA 95008, USA
⁵ Correspondence: nasehaqammar@ktu.lt

Abstract: A substantial body of research has demonstrated the relationship between cardiac arrhythmias and geospatial activity. In this work, the idea is centered on finding the relationship between the local magnetic field (LMF) and acute myocardial infarction (AMI). It is hypothesized and demonstrated via a series of statistical analyses that the relationship between the LMF and AMI is maintained over long-term observation windows. The data are collected from the two hospitals and one public institute of health in Lithuania from 2014 till 2019. The data are categorized into (1) daily average of the Schumann resonance for the local magnetic field measured by the Lithuanian magnetometer, which is used as the input variable, and (2) the total number of patients hospitalized in Lithuania per day with the diagnosis of AMI (the output variable). The data are classified both weekly as well as by gender. Following the data categorization and classification, the data were subjected to rigorous statistical analysis to determine the relationship between the input and output variables. This paper shows that only the beta and gamma bands of Schumann resonance frequency ranges of the Schumann resonance contribute to maintaining the long-term relationship between the LMF and AMI.

Keywords: acute myocardial infarction; local earth magnetic field; statistical analysis; Schumann resonances

1. Introduction

Heart disorders are the leading cause of mortality worldwide and research studies on the numerous cardiovascular disease have long been a major topic of interest. One of the most pressing study topics in cardiovascular disease is acute myocardial infarction (AMI) and the worldwide mortality causes. AMI is a major cause of hospital admissions and deaths worldwide [1,2]. It is well-known that risk factors such as stress, smoking, obesity, cardiovascular, and metabolic lifestyle are accountable for AMI pathogenesis. However, there is growing evidence showing the existence of other, more complex factors which are also responsible for AMI, such as ambient temperature fluctuations, humidity, and atmospheric pressure [3–6].

Low ambient temperature is one of the essential factors for the onset of AMI for medium-latitude populations and is more critical than physical exertion or psychological stress. Increased mortality due to AMI in association with fluctuations in ambient

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The Mathematical Characterization of the Complexity Matching during a Healing Circle Meditation

Naseha Wafa Qammar¹, Minvydas Ragulskis¹, Roza Joffe-Luiniene², Alfonsas Vainoras², Nachum Plonka³, Mike Atkinson³, Rollin McCraty³, Carla Stanton³, HeartMath Institute, Boulder Creek, CA, and Joe Dispenza⁴, Encapsulation, LLC, Rainier, WA

Abstract: The aim of the study is to evaluate the complexity matching between the HRVs of the group of Healers and the Healee during the various stages of the meditation protocol by employing a novel mathematical approach based on the H-rank algorithm. The complexity matching of heart rate variability is assessed before and during a heart-focused meditation in a close non-contact healing exercise. The experiment was conducted on a group of individuals (eight Healers and one Healee) throughout the various phases of the protocol over a ~75-minute period. The HRV signal for the cohort of individuals was recorded using high-resolution HRV recorders with internal clocks for time synchronization. The Hankel transform (H-rank) approach was employed to reconstruct the real-world complex time series in order to measure the algebraic complexity of the heart rate variability and to assess the complexity matching between the reconstructed H-rank of the Healers and Healee during the different phases of the protocol. The integration of the embedding attractor technique was used to aid in the visualization of reconstructed H-rank in state space across the various phases. The findings demonstrate the changes in the degree of reconstructed H-rank (between the Healers and the Healee) during the heart-focused meditation healing phase by employing mathematically anticipated and validated algorithms. It is natural and thought-provoking to contemplate the mechanisms causing the complexity of the reconstructed H-rank to come closer; it can be explicitly stated that the purpose of the study is to communicate a clear idea that the H-rank algorithm is capable of registering subtle changes in the healing process, and that there was no intention of delving deep to uncover the mechanisms involved in the HRV matching. Therefore, the latter might be a distinct goal of future research.

Key Words: Hankel matrix, meditation, complexity matching, attractors, heart rate variability

¹ Correspondence address: Naseha Wafa Qammar, Department of Mathematical Modeling, Kaunas University of Technology, LT-51368 Kaunas, Lithuania. E-mail: naseha.qammar@ktu.lt

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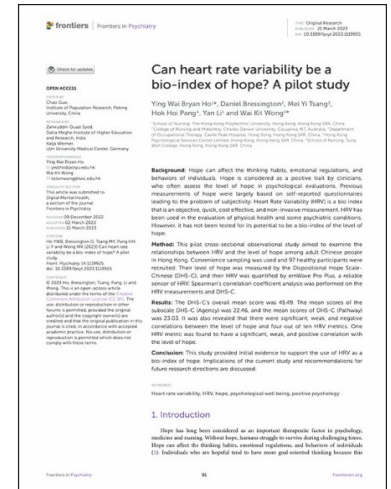
Published Independent Research Studies

Can Heart Rate Variability Be a Bio Index of Hope? A Pilot Study.

Basic Research | Published: 2023

Ying Wai Bryan Ho¹, Daniel Bressington², Mei Yi Tsang³, Hok Hoi Pang⁴, Yan Li¹, and Wai Kit Wong⁵

This study explores the relationship between heart rate variability (HRV) and the level of hope among adults in Hong Kong. Using a sample of 97 healthy participants, researchers measured hope with the Dispositional Hope Scale-Chinese (DHS-C) and HRV with the emWave Pro Plus device. The findings showed significant, albeit weak, correlations between certain HRV metrics and levels of hope, suggesting that HRV could be used as an objective measure of hope in future research.

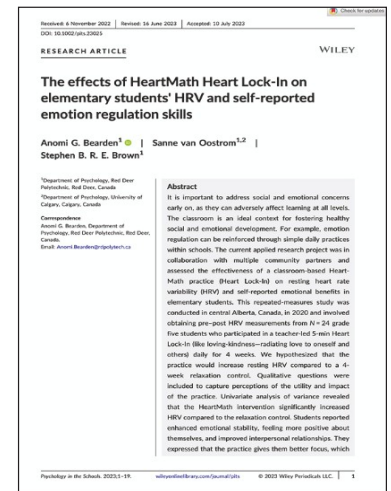


The Effects of HeartMath Heart Lock-In on Elementary Students' HRV and Self-Reported Emotion Regulation Skills

Educational Research | Published: 2023

Anomi G. Bearden¹, Sanne van Oostrom^{1,2}, and Stephen B.R.E. Brown¹
© 2023 Wiley Periodicals LLC. *Psychology in the Schools*, 2023; 1-19.

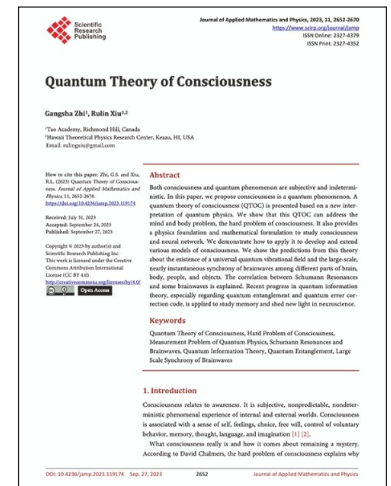
Addressing social and emotional concerns early is crucial for effective learning, and classrooms are ideal for promoting healthy development. This research project in central Alberta, Canada, assessed the impact of a classroom-based HeartMath practice called Heart Lock-In on heart rate variability (HRV) and emotional benefits among 24 grade five students. After participating in a daily 5-minute Heart Lock-In practice for four weeks, students showed increased HRV. They reported improved emotional stability, self-esteem, and interpersonal relationships, suggesting the practice's effectiveness for enhancing focus and performance in school settings.



Quantum Theory of Consciousness

Relevant Publications | Published: 2023 Gangsha Zhi¹ and Rulin Xiu^{1,2}
Scientific Research Publishing Inc., *Journal of Applied Mathematics and Physics*, 11, 2652-2670

This paper proposes that consciousness is a quantum phenomenon, presenting a quantum theory of consciousness (QTOC) to address the mind-body problem. It offers a physics-based foundation for studying consciousness and neural networks, predicts a universal quantum vibrational field, brainwave synchrony, and explains correlations with Schumann Resonances, using quantum information theory to explore memory and neuroscience.



Education Achievements

► C20/G20 2023 – Helping to Shape Initiatives for Well-Being

Through consultation in various subcommittees, HeartMath helped co-create several policies at the United Nations G20 summit, including the acknowledgment of socio-emotional skill building and self-regulation at the global policy level, citing a specific policy under the Education Commitments in the 2023 Leaders Declaration.

EDUCATION & DIGITAL TRANSFORMATION
Policy Dialogue on Education in Emergencies

Our Panelists

- Ms. Sheva Carr**
MA, LAC, RFP, BCRP
CEO, Executive Director / Co-Vice President / Co-Director/Architect and Director/Co-VP - Heart Ambassadors / The Fyera Foundation/ HeartMath Healthcare/HeartMath/ UN Peace Messenger Pathways To Peace - USA
- Ms. Linda M. Macintyre**
PHD, RN, PHN, FAAN, Chief Nurse
American Red Cross
USA
- Mr. Jeffrey Goelitz**
Director of Education -
HeartMath Institute
USA
- Ms Bente Sandal Aasen**
Consultant - Trainer/Facilitator
Interagency network for
Education in Emergencies
Norway
- Ms Monal Jayaram**
Co Founder/Director
Piramal Foundation
India
- Shri Mintu Debnath**
Senior Manager -
Project office (State Lead)
Save the Children - (
Bal Raksha Bharat)
India
- Ms Emmanuelle Dobbelaere**
Clinical psychologist, Counsellor, Trainer
and Post-doctoral Researcher/ Lead
University of Paris/Psykhe
France

We served as consultants to the following working groups:

- Education and Digital Transformation
- Technology and Security
- Sustainable Communities (for Environmental Protection and Climate Change)
- Gender Equity
- Disability, Equity and Justice
- Integrative Health

The Result

In the final 34-page 2023 G20 Leader's Declaration, the following appeared as the first policy under the Education Commitments:

Delivering Quality Education

We are committed to inclusive, equitable, high-quality education and skills training for all, including for those in vulnerable situations. We recognize the importance of investment in supporting human capital development.

Education Achievements

We recognize the importance of foundational learning (literacy, numeracy, social-emotional Skills) as a primary building block for education and employment.



HeartMath® for Parents
Nurturing Emotional Wellness in Families

► **HeartMath for Parents™: Essential Tools for Building Emotional Wellness in Families Program was launched in January 2023**

This self-paced program includes:

- 10-15 minute “bite-sized” video segments that are easily digestible and fit into busy schedules.
- Practical advice from 10 parents who use HeartMath every day and provide tips for addressing age-specific challenges in infants, toddlers, and teens.
- Interactive activities for parents and children to help them learn and master new skills.
- A collaborative forum for parents to share their experiences and connect with other like-minded parents.





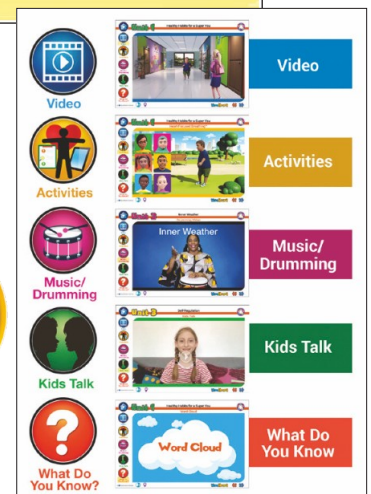
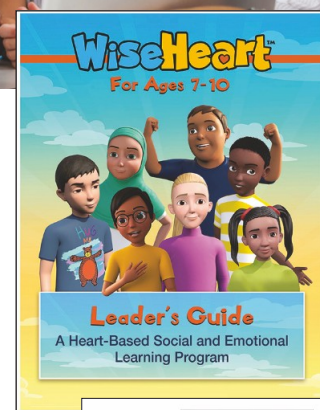
► The WiseHeart® Program

The WiseHeart Program, A New Heart-Based Social and Emotional Learning Program for Children Ages 7-10, was Beta tested on June 29 and the completed program launched on October 17.

Program Structure – How it Works

There are five easy-to-use units of instruction in the WiseHeart™ program that offer an abundance of engrossing and fun activities. Entertaining 3D animation videos; colorful, infographic articles; numerous online activities; drumming and rap song videos; word clouds; Kids Talk; and pre- and post-trackers will keep adults and children engaged and motivated.

- WiseHeart Program was given the Best Elementary Program of 2024 (the decision was made in 2023) by Parent Picks.
- In 2023, the WiseHeart Program was translated into Spanish.
- Brabson Grant Awarded \$7,190 to the Wachusett School District in Massachusetts for HeartMath to six schools using the emWave Pro, emWave2, Smart Brain Wise Heart, and the new WiseHeart program.
- A contract was signed with Indianapolis Public Schools to provide online HM training options to their 1600 staff in early 2024. Around 150 of their staff can participate in either Building Personal Resilience, Trauma, or HeartMath Certified Coach trainings.



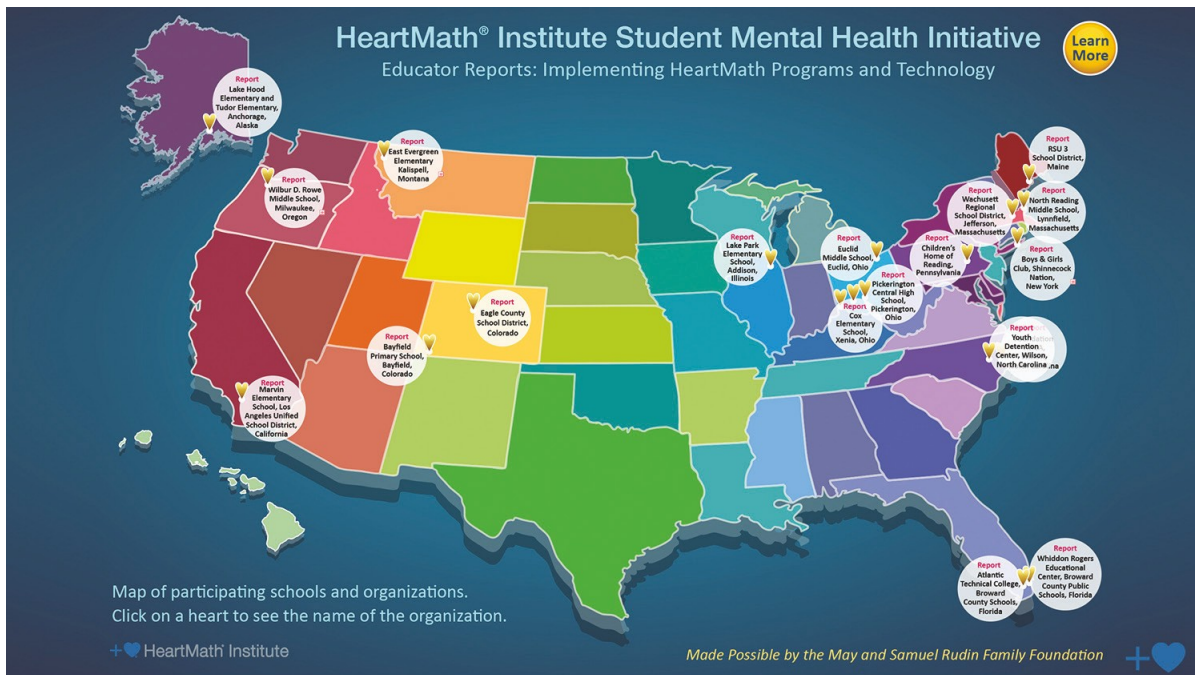
Education Achievements

► Sponsorships and Grants

The HeartMath Education Project is funded to provide heart-focused tools and programs to public and private school regular classrooms and special education and gifted programs. In 2023, seven sponsorships were awarded to teachers, counselors, psychologists, administrators, and others involved in educating children.



The education team completed the Student Mental Health and Wellness Project, funded by the Rudin Family Foundation, in 2023.



Over 500 students received HeartMath online courses and technology for stress reduction and improving well-being. Educators reported widespread and significant improvements in socialization, students' ability to focus, and their ability to manage their behavior, attitudes and learning. Based on the positive outcomes of this project, additional funding was raised to begin a larger Student Wellness and Mental Health Project in 2024.

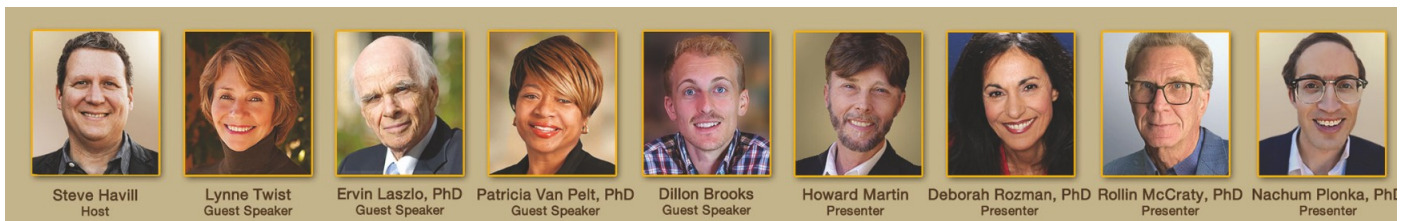
► Education Events

In 2023, the HeartMath Institute education team presented at eight education online, live, or virtual conferences and events.



Global Coherence Yearly Event

The third annual virtual HeartMath Institute Global Coherence Initiative interactive and uplifting event, *Unleashing the Power of Collective Heart Intention: Manifesting a New Era of Care, Compassion and a Cooperative World*, took place online Friday, Saturday and Sunday, March 31-April 1-2, 2023.



HeartMath Presenters and Guest Speakers

The event was hosted by Steve Havill, HeartMath Community Activation Facilitator, and led by three HeartMath Master Trainers and Executives, Rollin McCraty, Ph.D., Deborah Rozman, Ph.D., Howard Martin and HMI Researcher Nachum Plonka, Ph.D. We were delighted to have four highly esteemed guest speakers: Lynne Twist, Ervin László, Ph.D., Patricia Van Pelt-Scott, Ph.D., and Dillon Brooks.

During this event, eight visionary speakers offered timely, solution-based suggestions on meaningful topics, including:

- How to raise your vibration for increased access to your heart's deeper wisdom.
- Tools for creating emotional balance, fortitude, and inner calm.
- How uniting in collective heart intention is the key to creating a more compassionate world.
- The exciting potentials of interconnectivity research and the Global Consciousness Project 2.0.
- Nachum Plonka introduced GCP 2.0, which is about bringing in a new era of care with global consciousness.

Connecting with Others



The GCI Event Participants

The participants experienced how getting in sync with other peoples' hearts strengthens our collective contribution to lifting personal and global energy fields. The breakout sessions with like-hearted people were truly uplifting. The heartfelt transformational feelings during our group meditations were evident as we unleashed the power of collective heart intention.



Q&A Sessions

Interacting with presenters during Q&A sessions, in breakout groups, and through chat messages helped everyone feel more heart-connected and enjoy their time together. Through heart-focused meditations and proven practices, attendees learned how to handle tough times with less stress and more compassionate latitude, making choices from the heart. The event showed how important collective compassion and the connection between hearts worldwide are.

Throughout the year, many people asked for the GCI Event to be held in person. We were excited to announce that we were planning a 2024 in-person event in Santa Cruz with a virtual option for those who cannot travel.

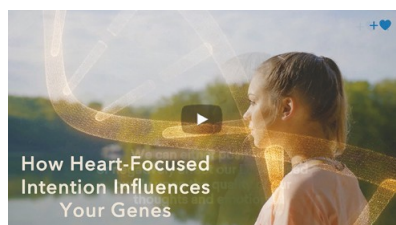
All money raised from this event supports the Global Coherence Initiative and its research.

Connecting with Others

Spreading Love and Kindness: Our Commitment to Connection and Transformation

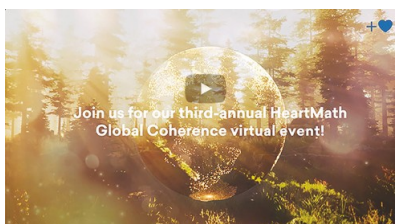
In our fast-paced world, connecting deeply with ourselves and others is more important than ever. We believe in the transformative power of love and kindness, which is why we are dedicated to sharing our latest initiatives through various multimedia platforms. From engaging videos and insightful blog articles to soothing audio meditation guides on the GC app and inspiring monthly podcasts, we aim to stir emotions, encourage action, and ignite transformational change. By sharing uplifting messages and heartfelt quotes on social media, we are committed to generating a continuous flow of love and care, building a community where everyone feels empowered to cultivate inner peace and extend compassion.

In 2023 We Released New Videos!



Highlighting Research Through Videos

We released two videos to showcase our research: “The Gene-ius Within: Unlocking the Beneficial Effects of Heart-Focused Intention on Gene Expression” and “Beyond Logic: Exploring the Science of Intuition and the Heart’s Pivotal Role.”



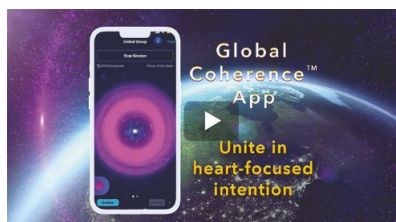
Promoting Our Annual GCI Event

We launched two videos to increase participation in our 2023 HM/GCI Virtual Event. “You’re Invited To Our Flagship Annual Event! Unleashing The Power Of Collective HeartIntention.” and “GCI Event Special Preview.”



Launching Inspirational Content

We launched a new initiative in 2023 focused on creating heartfelt inspirational videos. Our first release, “Caring for Self, Caring for the World,” emphasizes the importance of self-care as foundational to encouraging global compassion.



Educational Video on Global Coherence App

We created a new video titled “Join The Collective Heart Momentum To Elevate Global Consciousness” to educate and build excitement about the Global Coherence App.

Connecting with Others

We also recorded and released seven new audio guides on the Global Coherence App. These included guides on Reducing Separation, The Power of Collective Intention, Broadcasting Love, Introduction from Rollin McCraty, Inner Stillness, Children’s Day Care Focus, and Compassion After Natural Disasters.

New Blog Articles in 2023:

In 2023, we published three new articles that offered unique insights into self-discovery, forgiveness, and the potential health benefits of heart coherence training.



Finding Our True Self and Life’s Purpose:

By aligning with our heart’s intuitive guidance and serving the greater good, we can find a deeper sense of purpose, fulfillment, and harmonious alignment in our lives. Reconnecting with our true self requires us to slow down, tune into our heart’s inner voice, and engage in activities that bring us peace and purpose.



Forgiveness:

Forgiveness is a deeply personal choice, often inspired by a spiritual nudge, which allows us to release emotional blocks and heal glitches in our relationships caused by harboring negative energies. Our heart, rather than our mind, is essential in the forgiveness process, providing the love and patience needed

to genuinely release old hurts and embrace peace and happiness, making forgiveness a wise and beneficial choice for enhancing our life’s quality.



Heart Coherence Training May Reduce the Risk of Alzheimer’s Disease:

HeartMath’s research supports the use of stress-reduction techniques to preserve cognitive health, emphasizing the role of positive emotions and heart rhythm coherence in mitigating stress and enhancing overall well-being. This study conducted by Dr. Mara

Mather using the emWave® Pro demonstrated that slow-paced coherence breathing can decrease Alzheimer’s biomarkers, suggesting a potential preventive approach.

Connecting with Others



Special Care Focus: Creating Turnarounds. Feb 6, 2023

This writing focused on the practice of creating “a turnaround” to adjust more effectively to personal, social, and global challenges and lifting our spirit by manifesting heart qualities like care, compassion and kindness.

Special Care Focus: Energetic Responsibility. May 2, 2023

Amid intensifying planetary shifts, it’s crucial for aware individuals to heighten their energetic responsibility, using heart-based guidance and self-empowerment to influence themselves and the world and to create more global cooperation and harmony.

Special Care Focus: Heart Connection Matters. August 1, 2023

In a world fraught with global stressors, deepening our heart connections with others is essential to navigate personal challenges and promote humanity’s well-being, understanding, and cooperation through compassion and respect.

Special Care Focus: Caring for Self, Caring for the World. October 31, 2023

Amidst global challenges, there’s a growing global momentum toward kindness and compassion, with individuals, especially younger generations, actively working to transcend divisions and initiate change, exemplifying heart qualities to collectively create a better world.

Special Care Focus: Children Adding Heart to the World. November 14, 2023

HeartMath® Institute invited everyone to connect and add heart for children around the world. Participants joined through our Global Coherence App or accessed an audio recording on our blog. This resource, beautifully narrated by Jenna Monitz, was perfect for classroom listening or for printing and sharing in your community.



Connecting with Others



Our Social Media Outreach

We love to connect with our social media community and provide meaningful and enriching content to help support their personal, heart-based journey. From inspiring quotes to practical tools and intriguing research findings, we aim to educate, uplift and connect in a genuine way.



Our Facebook Pages

HeartMath Institute shares useful articles, real-world tips and free resources to help people connect with the heart of “who they truly are,” deepen their connections with others, and lead happier, less stressful lives.



HeartMath My Kids is for parents, educators, and all caretakers of children – helping them navigate the pressures of today with more balance and ease. We brought them smiles, inspiration and many resources, techniques, worksheets, songs and short meme videos.



Global Coherence Initiative unites people in heart-focused intention, to facilitate the shift in global consciousness from divisiveness to caring cooperation and enduring peace with Monthly Care Focuses, heartfelt videos and interconnectivity research.



HeartMath for Troops, Veterans and Families page was created to provide important support, care and resources for their well-being. This includes motivational quotes, videos and programs to aid in their path forward.



Our Instagram Account: We share snackable content focused on our pioneering heart coherence science and bringing people together to create a more compassionate, heart-conscious world.



Our LinkedIn Page: We connect with professionals in aligned fields who are interested in establishing heart-based living and global coherence by inspiring people to connect with the intelligence and guidance of their own hearts.

We are also founding partners with **The Connection Field** and **Global Coherence Pulse**. Our focus is on sharing the fundamental interconnectedness of humanity and the power of our collective heart.

2023 Summits and Presentations

In 2023, we strengthened our connections with other consciousness-focused organizations, uniting in a mission to promote heart-based living. Through a series of summits and presentations, we collaboratively shared insights, techniques, and practices that emphasize the importance of living from the heart.

These events provided a platform for thought leaders and practitioners to come together, creating a supportive community dedicated to the well-being of the planet and its inhabitants. Our joint efforts amplified our individual messages and created a collective impact, inspiring more people to embrace a heart-centered approach to life.

We jointly created content or co-hosted three events with others.

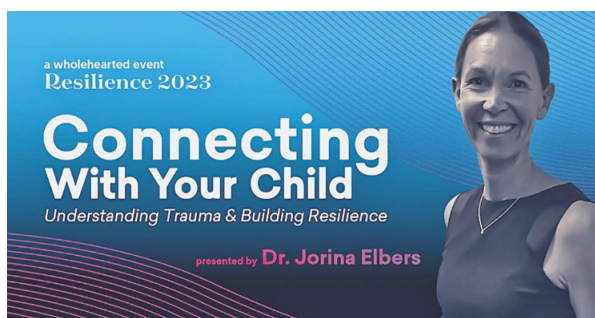


The Power of Your Heart Intelligence—Live Virtual Course

Dates: May 31-July 12, 2023. Presenters: Rollin McCraty, Ph.D., and Sarah Moor

This event offered a 7-module video course exploring the power of heart coherence, where the heart, brain, and nervous system operate in sync with each other.

Participants learned techniques to lift their emotional vibration, enhance their consciousness, and positively alter their DNA. They gained tools for a more loving, peaceful, and purpose-filled life. This course contributed to global awakening, bringing together a like-minded community focused on improving the world through the power of love and the advancement of coherence.



Connecting With Your Child: Understanding Trauma and Building Resilience

Date: July 10, 2023. Presenter: Jorina Elbers, M.D.

In collaboration with the Wholehearted Organization, this workshop focused on practical tools to help recognize how past experiences and trauma affected parenting and adult reactions and how to change them.

Dr. Elbers taught simple yet powerful tools and practices for understanding and managing emotions (self-regulation). Participants learned how proper self-regulation could create an emotionally safe environment for children. This unique and informative free 4-hour workshop empowered attendees with the tools and wisdom to raise emotionally healthy and resilient children.

2023 Summits and Presentations



The Art & Science of Cultivating Coherence Summit

Dates: October 30-November 5, 2023. Hosted by Rollin McCraty, Ph.D., and Dr. Christine Schaffner

The event revealed the power of physiological coherence in aligning the mind, emotions, and body. It offered insights to harmonize stress and enhance healing. Attendees heard from 40+ experts about trauma, interoceptive awareness, emotional impact,

and daily practices for growth. Speakers included Gregg Braden, Jason Prall, Lloyd Burrell, Shamini Jain, Shivan Sarna, Dave Asprey, Howard Martin, and more, delving into science-based techniques and practical heart coherence-building practices.

► **Research Events**

- “The Breathwork Summit.” January 19, 2023. Rollin McCraty, Ph.D.
- “Body Electric 2.0.” January 30-February 5, 2023. Rollin McCraty, Ph.D.
- “The 21st World Sound Healing Day.” February 14, 2023. Rollin McCraty, Ph.D.
- “The 30th Biohacking Health and Wellness Biomed Expo.” March 25-26. Rollin McCraty, Ph.D.
- “The Human Longevity Project.” April 10-18, 2023. Rollin McCraty, Ph.D.
- “Expanded/Non-Ordinary States of Consciousness World Summit.” April 18 - 25, 2023. Rollin McCraty, Ph.D.
- “Influence Your DNA & Improve the Quality of Your Health & Relationships.” May 16, 2023. Rollin McCraty, Ph.D.
- “Access Heart Intelligence to Transcend 3D Consciousness: Raise Your Energy Baseline.” May 20, 2023. Rollin McCraty, Ph.D.
- “Los Angeles BIOMED EXPO.” March 24-26, 2023. Rollin McCraty, Ph.D.
- “Rewiring Your Brain World Summit.” June 20-25, 2023. Rollin McCraty, Ph.D.
- “Virtual Neurology Summit 2023.” Topic: “The Neurologic Impact of Head and Neck Injuries.” July 18-21, 2023. Rollin McCraty, Ph.D.
- “30-Day Heart Coherence Challenge.” August 15-September 6, 2023. Rollin McCraty, Ph.D.
- “Ultimate Holistic Health Summit.” September 5-12, 2023. Rollin McCraty, Ph.D.

- **“The Sovereign Health Solution Conference: Heal the Psycho-Energetic Root Causes of Chronic Illness.”** Rollin McCraty, Ph.D. June 26-July 2, 2023.
- **“Inner Evolution Online Summit.”** The Science of Spirit, Consciousness and Healing. September 22-October 1, 2023. Rollin McCraty, Ph.D.
- **“Quantum Biology Wellness Summit.”** September 28th-October 1, 2023. Topic: GCP2 and Trees. Rollin McCraty, Ph.D.
- **“Sacred Paws Summit.”** October 9-13, 2023. Rollin McCraty, Ph.D.
- **“14th Annual Global Oneness Summit: Transforming Our Lives Through Conscious Creativity.”** October 21 -24, 2023. Rollin McCraty, Ph.D.
- **“The Empowered Dog Lover.”** November 6-10, 2023. Rollin McCraty, Ph.D.



► Education Events

- **“Coherence for Kids!”** September 7-October 26, 2023. Rollin McCraty, Nachum Plonka, Jenna Monitz.
- **“CADTP Conference.”** May 17-18, 2023. Jorina Elbers, M.D.
- **“IACP Conference.”** Oct 2023. Jeff Goelitz
- **“Master the Art of Parenting Your Highly Sensitive Child Summit.”** October 3-5, 2023. Jorina Elbers, M.D.
- **“Casel Conference.”** November 7-9, 2023. Jenna Monitz
- **“Wellness Kids Summit.”** December 4, 2023. Jorina Elbers, M.D.

Members Are the Heart of HeartMath Institute



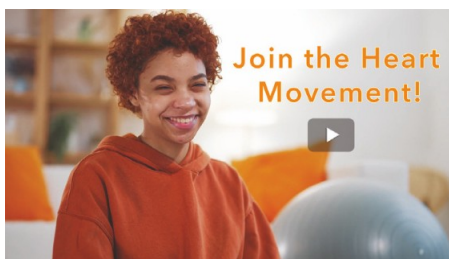
► Membership Initiative: Our Mission

Our heartfelt mission is to help members form a deeper connection with their hearts and empower them to reach their fullest potential.

Our membership offers an extensive collection of resources, including a wide range of tools, techniques, and motivational readings designed to support members on their unique life journey. Whether members are seeking personal growth and development or spiritual guidance, our program is tailored to help them thrive no matter which path they pursue.

► Broadening Our Membership

In an effort to broaden our membership community and enhance global compassion and cooperation, we created an inspiring video for social media: “Belong to a Community Striving to Create a World with More Compassionate Care and Cooperation.” Potential members were able to view the video and see our 2023 Membership Drive gift offer.



Our Membership Drive was a remarkable success, reflecting a growing commitment to our cause.

Lives We Touched Through Sponsorship

Transforming Lives: The Power of Your Generosity You didn't just make a difference – you helped change lives.

We're filled with profound gratitude for your generous support and care. Each contribution, big or small, fueled HMI's mission, research, and outreach programs creating ripples of positive change worldwide.

The Education Projects Fund Spotlight

2,197 students were equipped with invaluable tools to combat stress, reduce anxiety, and cultivate essential heart qualities. By investing in our youth, you're shaping a more resilient, compassionate future.

"HeartMath is the way to reconcile everything. I hope to bring this to teachers and kids." – Julianna, donor



Military Service Appreciation Fund Spotlight

Over 150 veterans received crucial support with HeartMath tools and technology, honoring their service with the care they deserve. Your support ensures that those who've given so much are not forgotten.

"HeartMath has been life-changing. My wife and I noticed a huge difference with the kids. My life's purpose is to give back to the Veteran community." – Michael, 100% Disabled Vet



Sgt. Michael Blair
US Marine Corps

HeartMath for Communities Fund Spotlight – First Responders, Incarcerated, Community Workers, Trauma Response

From first responders to incarcerated individuals, over 1,190 community members gained access to life-changing HeartMath resources and training in 2023.

Your care and generosity strengthen the very fabric of our society.

“I’ve done everything in my power the past 18 years to change my life and to be a better human being. I feel like now with HeartMath in my life, no problem.” – Steven, maximum security teaching fellow inmates.



What Donors Like You Are Saying

- “They say that one person can’t change the world, but one person can support an organization like HeartMath, bringing needed change into the world.” – *Ruth*

**Together, we’re not just changing lives—we’re transforming the world, one heart at a time.
Thank you for being the catalyst of compassion and change.**

Additional Testimonials

- “My thanks to HeartMath for all you do, all the wonderful uplifting messages you share, how much your work has developed our understanding of what the human heart truly represents in the awakening and expansion of our consciousness. My decision to support HeartMath and all it stands for continues to bring me joy.” – *Marge*
- “I am so grateful for all that HeartMath Institute contributes to keeping the high frequency of LOVE pulsing globally!” – *Debra*
- “HeartMath has profoundly changed my life and those around me for the better.” – *Julian*
- “HMI is doing such positive work and it is so needed in helping us all become wiser and more loving and being able to see how we are so connected.” – *Linda*
- “It is wonderful that organizations like HMI exist and help to make global change in our world, society, and the development of us as humanity. I’m very glad to be a part of this process!” – *Alina*
- “I have benefitted enormously from HeartMath’s work over the years, and continue to do so both personally and professionally. My donation is a token of this appreciation.” – *Saul*
- “HeartMath is doing some very cool stuff. Keep it going, I will support this movement in any way I can.” – *Marcos*

The caring and hopeful spirit of contributors like you is present every time HeartMath touches someone's life. We truly appreciate your generosity.

All of us at HeartMath Institute thank you, our donors and supporters, for a successful 2023. Your care and generosity make all that we do possible. Our pledge to you is to educate people about HeartMath and provide them with research-based tools, programs and services that can empower them to manage their mental, emotional and physical well-being as they strive to reach their full potential.

Donations to the institute come from individuals, corporations, other nonprofits and a wide variety of public and private institutions and organizations.

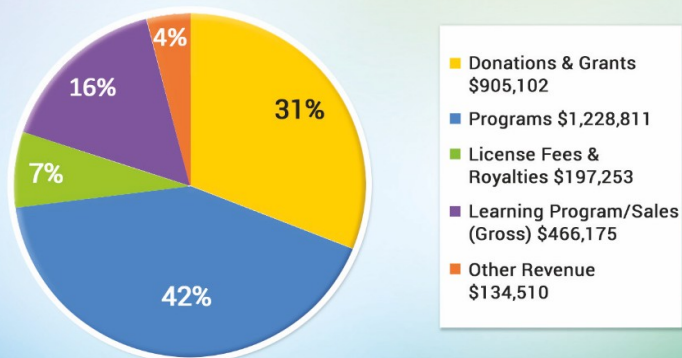
100% Donation Model

HMI is a nonprofit that uses 100% of the donations it receives to fund initiatives, public programs and research projects. We use product sales and licensing fees to cover administrative and fundraising expenses, so each contributor's donations can be used solely for projects that help people.

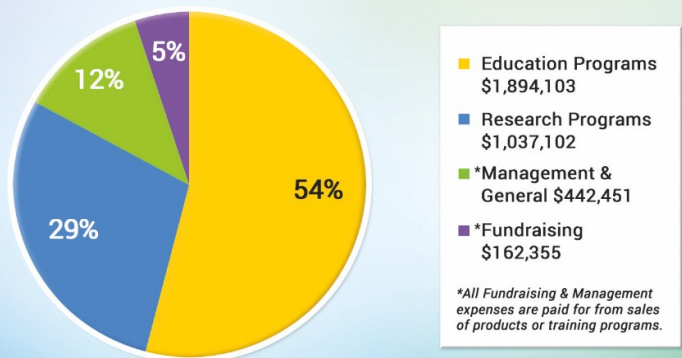
Every child, woman and man HeartMath is able to empower to improve their lives has contributors like you to thank. For them and all of us at HeartMath, thank you. We truly appreciate your generous spirit.



2023 HMI Revenue \$2,931,851



2023 HMI Expenses \$3,536,011



Our Volunteers and Board Members



With gratitude and heartfelt thanks, we salute our many volunteers for the time and energy they donated in 2023.

We are grateful to the many individuals, with diverse backgrounds, knowledge and expertise who oversaw the operations, organization and missions of HeartMath Institute and the Global Coherence Initiative.

Your dedicated service is integral in our ability to offer programs, services and outreach.

HMI Leadership Team:

Doc Childre, founder; Sara Childre, president and CEO; Rollin McCraty, executive vice president, director of research; Brian Kabaker, chief financial officer, director of sales; Katherine Floriano, executive vice president, office of philanthropy.



HMI Board of Directors:

Chair: Katherine Floriano. Directors: Brian Kabaker, Diana Govern, Donna Koontz, and Dan Bishop.



HMI Scientific Advisory Board:

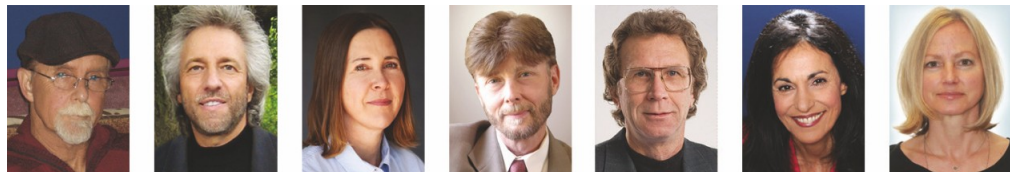
Doc Childre, Dr. Abdullah Abdulrahman Alabdulgader, Dr. John Andrew Armour, Linda Caviness, William C. Gough, David Joffe, Rollin McCraty, Ph.D., Minvydas Ragulskis, Ph.D., Dr. Richard Rahe, Dr. Deborah Rozman, Ph.D., Abdul Qahar Sarwari, Ph.D., Alfonsas Vainoras, M.D., Ph.D. and Carlo Ventura, M.D.



Our Board Members

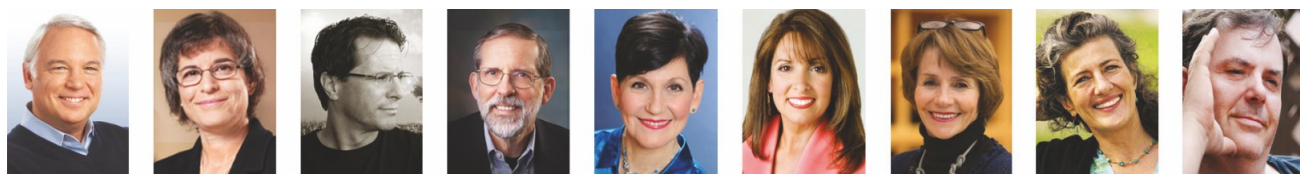
GCI Steering Committee:

Chairman: Doc Childre. Members: Gregg Braden, Jeddah Mali, Howard Martin, Rollin McCraty, Ph.D., Deborah Rozman, Ph.D. and Claudia Welss.



GCI Advisory Board:

Jack Canfield, Jill S. Dodd, Mark Hempel, Larry Kuechler, Lynne McTaggart, Marci Shimoff, Lynne Twist, Nina Rothschild Utne and David Whalen.



GCI Scientific Advisory Board:

Rollin McCraty, Ph.D., Dr. Abdullah Abdulrahman Alabdulgader, Mike Atkinson, Jude Currivan, Ph.D., Annette Deyhle, Ph.D., Bruce H. Lipton, Ph.D., Roger Nelson, Ph.D., Dean Radin, Ph.D., Marilyn Mandala Schlitz, Ph.D. and William E. Vosteen.



2023 Annual Report



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