

“A celebration of the intelligence of the heart  
and a practical guide to living it.”  
—GARY ZUKAV, author of *The Seat of the Soul*

# THE HEARTMATH<sup>®</sup> SOLUTION

## DISCOVER HOW YOU CAN

- Immediately lower stress hormones
- Raise anti-aging DHEA hormone levels
- Improve your heart rate for maximum longevity
- Maintain emotional clarity in the midst of chaos
- Achieve peak mental and intuitive performance

Scientifically  
proven program  
includes three  
easy techniques  
that will change  
your life!

DOC CHILDRE *and* HOWARD MARTIN  
*with* DONNA BEECH

Foreword by Stephan Rechtschaffen, M.D.  
*President of the Omega Institute*

A hardcover edition of this book was published in 1999 by HarperCollins Publishers.


HeartMath<sup>®</sup>, FREEZE-FRAME<sup>®</sup>, CUT-THRU<sup>®</sup>, HEART LOCK-IN<sup>®</sup>, Inner Quality Management<sup>®</sup> (IQM), Heart Empowerment<sup>®</sup>, and Physics of Humanity<sup>®</sup> are registered trademarks of the Institute of HeartMath.

Science graphics appearing throughout the book are copyrighted by the Institute of HeartMath Research Center. Duplication of these graphics is prohibited without permission from the copyright holder.

THE HEARTMATH SOLUTION: *The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence*. Copyright © 1999 by The Institute of HeartMath. All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. For information address HarperCollins Publishers Inc., 10 East 53rd Street, New York, NY 10022.

HarperCollins books may be purchased for educational, business, or sales promotional use. For information please write: Special Markets Department, HarperCollins Publishers Inc., 10 East 53rd Street, New York, NY 10022.

HarperCollins Web site: <http://www.harpercollins.com>

HarperCollins<sup>®</sup>, <sup>®</sup>, and HarperSanFrancisco<sup>™</sup> are trademarks of HarperCollins Publishers Inc.

FIRST HARPERCOLLINS PAPERBACK EDITION PUBLISHED IN 2000

*Library of Congress Cataloging-in-Publication Data*

Childre, Doc Lew

The HeartMath solution : the Institute of HeartMath's revolutionary program for engaging the power of the heart's intelligence / Doc Childre and Howard Martin with Donna Beech. — 1st ed.

p. cm.

ISBN 0-06-251605-1 (cloth)

ISBN 0-06-251606-X (pbk.)

1. Psychophysiology. 2. Heart. 3. Emotions. 4. Emotions and cognition. 5. Brain. I. Martin, Howard. II. Beech, Donna. III. Institute of HeartMath. IV. Title.

QP360.C48 1999

613—dc21

98-55300

# Contents

[Foreword by Stephan Rechtschaffen, M.D.](#) ix

[Acknowledgments](#) xiii

[Introduction](#) xv

## **[Part 1: Heart Intelligence](#) 1**

**Chapter One** Beyond the Brain—The Intelligent Heart 3

**Chapter Two** The Ultimate Partnership 24

## **Part 2: Accessing Heart Intelligence 47**

**Chapter Three** The Risks of Incoherence 49

**Chapter Four** FREEZE-FRAME 64

**Chapter Five** Energy Efficiency 87

**Chapter Six** At the Heart's Core: The Power Tools of the Heart 102

## **Part 3: Advanced Heart Intelligence 133**

**Chapter Seven** Understanding the Mystery of Emotions 135

**Chapter Eight** Care Versus Overcare 158

**Chapter Nine** CUT-THRU to Emotional Maturity 183

**Chapter Ten** HEART LOCK-IN 211

# PART 1

## Heart Intelligence

The HeartMath Solution is a comprehensive system that provides information, tools, and techniques to access your heart intelligence. Part I is designed to give you the foundation needed to take the first step of the HeartMath Solution: acknowledging your heart intelligence.

This first section will describe heart intelligence, explain how it works, and discuss why it's so important. Scientific research will be presented that reveals an intelligence residing within the heart and shows how the heart communicates with the brain and the rest of the body. This research has shown that when heart intelligence is engaged, it can lower blood pressure, improve nervous system and hormonal balance, and facilitate brain function.

In order for the mind, emotions, and body to perform at their best, the heart and brain must be in harmony with one

another. Learning to align these two integrated but separate sources of intelligence is another important part of this section.

In Part I you will:

- Realize the significance of heart intelligence
- Understand the biological communication between the heart, the brain, and the rest of the body
- Distinguish the difference between the head and the heart