

## CONSCIOUS COHERENCE: RESOURCE GUIDE

*“Coherence is the state when the heart, mind and emotions are in energetic alignment and cooperation. It is a state that builds resiliency – personal energy is accumulated, not wasted – leaving more energy to manifest intentions and harmonious outcomes”*

- HeartMath Institute Research Director, Dr. Rollin McCraty

### Why change your state?

**Book:** [The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles](#). Bruce Lipton PhD, Hay House Inc, 2010.

**Book:** [Human By Design: from Evolution by Chance to Transformation by Choice](#). Gregg Braden, Hay House Inc, 2017.

**Book:** [The HeartMath Solution: The Institute of HeartMath's Revolutionary Program for Engaging the Power of the Heart's Intelligence](#). Doc Childre, Howard Martin, HarperOne, 2000.

**Study:** McCraty R, Childre D. [Coherence: bridging personal, social, and global health](#). *Altern Ther Health Med*. 2010 Jul-Aug;16(4):10-24.

**Study:** McCraty R, Deyhle A, Childre D. [The global coherence initiative: creating a coherent planetary standing wave](#). *Glob Adv Health Med*. 2012 Mar;1(1):64-77.

**Study:** Edwards SD. [HeartMath: a positive psychology paradigm for promoting psychophysiological and global coherence](#). *J. Psychol. Afr*. 2015 25:4, 367-374.

**Personal coherence** – a state of peaceful resilience and enhanced function that benefits self, people and planet

**Article:** [Is fear inducing learned helplessness?](#)

**Article:** [How to Boost Your Thinking & Make Better Decisions By Increasing Personal Coherence?](#)

**Article:** [How your ripple can change collective consciousness and the world around you?](#)

**Article:** [Could the Energy of Our Hearts Change the World?](#)

**The Science of the Heart:** [The Heartmath Institute](#)

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## Techniques to enhance conscious coherence:

**Breathwork** – a direct method for changing your state due to the effect on heart rate variability and vagal tone.

According to [Breathwork.co.uk](https://www.breathwork.co.uk) the term '[Breathwork](https://www.breathwork.co.uk)' refers to a spectrum of techniques that have in common the awareness of breath, with a view to creating a different experience or perception.

### [Types of breathwork](#)

**Article:** [HRV - the best proxy measure of your stress?](#)

**Study:** McCraty R, Shaffer F. [Heart Rate Variability: New Perspectives on Physiological Mechanisms, Assessment of Self-regulatory Capacity, and Health risk.](#) *Glob Adv Health Med.* 2015 Jan;4(1):46-61.

**Study:** Shaffer F, Ginsberg JP. [An Overview of Heart Rate Variability Metrics and Norms.](#) *Front Public Health.* 2017 Sep 28;5:258.

**Study:** Porges SW. [The polyvagal perspective.](#) *Biol Psychol.* 2007 Feb;74(2):116-43. doi: 10.1016/j.biopsycho.2006.06.009

**Research Topic:** [Heart rate variability, health and wellbeing: A systems perspective.](#) Topic Editors: Robert Drury, ReThink Health Cambridge, United States; J P Ginsberg, Wm. Jennings Bryan Dorn VA Medical Center Columbia, United States; Stephen W Porges, Indiana University, United States; Julian F Thayer, The Ohio State University, United States. *Frontiers in Public Health.* 2020.

**Podcast:** [Dr. Stephen Porges: HRV and Polyvagal Theory \[OPP 142\]](#)

**Study:** Seppälä EM, Bradley C, Moeller J, Harouni L, Nandamudi D, Brackett MA. [Promoting Mental Health and Psychological Thriving in University Students: A Randomized Controlled Trial of Three Well-Being Interventions.](#) *Front Psychiatry.* 2020 Jul 15;11:590.

**Study:** Lalande L, Bambling M, King R, et al. [Breathwork: An Additional Treatment Option for Depression and Anxiety?](#) *J Contemp Psychother.* 2012 42, 113–119.

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**Earthing** – making direct contact with the earth, be it the ground or in the water, allows for the exchange of healing and transformational electrons. This state of being grounded is our evolutionary norm and brings immense benefit.

**About:** [What is earthing?](#)

**Video:** [Watch The Earthing Movie](#)

**Study:** Throughout history, humans mostly walked barefoot or with footwear made of animal skins and slept on the ground or on skins.

Chevalier G, Sinatra ST, Oschman JL, Sokal K, Sokal P. [Earthing: health implications of reconnecting the human body to the Earth's surface electrons.](#) *J Environ Public Health.* 2012;2012:291541.

**Study:** Reduction of stress response. A Jamieson et al. [Grounding & human health – a review.](#) *J. Phys. Conf. Ser.* 2011 301 012024

**Study:** Helps improve your sleep. Oschman JL. [Can electrons act as antioxidants? A review and commentary.](#) *J Altern Complement Med.* 2007 Nov;13(9):955-67.

**Study:** Reduces pain levels. Brown D, Chevalier G, Hill M. [Pilot study on the effect of grounding on delayed-onset muscle soreness.](#) *J Altern Complement Med.* 2010 Mar;16(3):265-73.

**For Body:** [Natural Movement](#)

**Meditation & Mindfulness** – becoming consciously coherent through stillness and inner peace.

**Article:** [August Acceleration 2021: Sovereign breath and forest bathing](#)

**Podcasts:** [ANH Intention Circle meditations](#)

**Video:** [Regaining the lost art of meditation](#)

**Article:** [Mindfulness](#)

**Article:** [Mindfulness meditation: A research-proven way to reduce stress](#)

**Article + Podcasts:** [Mindfulness Meditation: Guided Practices](#)

**Research summary:** [Compilation of studies detailing the benefits of Transcendental Meditation by Dr Roger Chalmers, 2017](#)