



Chiropractic Newsletter

Wellbeing

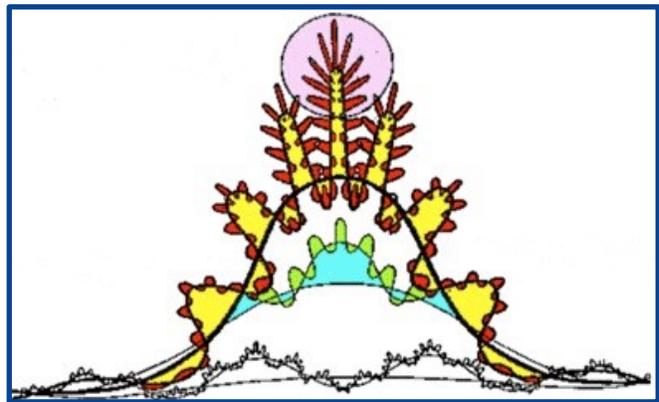
What is Heart Coherence?

If we want to grasp the meaning of heart coherence, we have to begin seeing the body in terms of waves and frequencies.

A few of the biological frequencies we are familiar with include the heartbeat, the inhale/exhale frequency of respiration, the spinal liquid pump frequency, the alpha and beta frequencies in brain-waves, and the energy production frequencies of cellular ATP and ADP. All of the frequencies of the body, collected together, make up the human being. But these waves/frequencies also determine the quality of our experience.

The role of the heart among this system of biological waves turns out to be quite important. First and foremost, the heart should be recognized—not as a pump—but as “the primary conductor of all biological waves in the body”—Dan Winter. In essence, when these waves learn to follow one another harmoniously, and embed in the rhythm

of the heartbeat, we feel the sensation of heart coherence and can grasp its visceral meaning.



What this harmonious ‘coherence’ looks like, visually speaking, is a fractal. A simple fractal can help explain what our biological waves—embedding one inside the other—looks like. Imagine plotting a large sine wave on a piece of paper, and then trace a smaller sine wave along the larger wave. Now imagine doing that for the smaller wave and on and on...

Continue reading on page 2

What you get is a fractal image you can zoom in on to see the same image, over and over, and this is what the body does with its frequencies in a state of coherence. In all their varying sizes, each wave-frequency ‘finds a home’ inside a larger frequency wherein harmonious interaction of the waves is the golden rule. What we get is a living wave on a wave on a wave, etc.

The picture gets grander when we take into account the bio-active field surrounding the body. This field is a detectable field of waves that come together in the form of a toroid or donut shape. It is a collection of waves emanating not only from the heart, but from the brain and other electrical activities of the body. Indeed, it is closely connected with the heart coherence described above, for when the heart experiences coherence with the whole of the body, the bio-active field takes on a serene and inclusive quality, as if to say to its surrounding environment, “come and join me!”

Our surrounding environment is also composed of various waves. Just as the body is composed of waves, so also is the ground we stand on, the walls of our

house, and the natural world outside. The inclusiveness of our bio-active field through heart coherence is one of our primary resources as human beings, because with it we can invite energy and charge into our field. As long as we can demonstrate to the world that we are a fractal and coherent system of waves and frequencies, we can grow the field around our body.

by John Marc
Pathways magazine Editor

