

HeartMath has been really helpful! It helps settle me down and focus to be more present and make good decisions and execute them in the moment, instead of thinking about what I could have done later and then wishing I had done it differently. And I have more energy now for what is most important to me. HeartMath is putting me back in my Heart Intelligence, where my true power is. – *Teacher and Mother*

The HeartMath techniques have helped me so much!! I put them to the test with the most important mediation and court dates of my young child's life. Actively using HeartMath techniques before and during those crucial meetings made a world of difference in my presence, confidence, clarity and communication, which contributed to the best possible outcome. Whenever I start to feel nervous, I can calm my heart and whole body quickly so I could refocus and feel clear, empowered and effective again. That saved me and it all went great! Thank you! – Michelle, *Health Professional*

I am extremely grateful for the training you provided and the wonderful tools I now have in my arsenal to continue strengthening the new neural pathways I am establishing. You are a wonderful teacher and I feel so blessed. Janet C., Retired

Thank you for the training today. It was amazing. I really appreciate your brilliance and how you shine as a coach for the heart! Vicki, Coach

"Learning to access my Heart Intelligence to power my inner guidance system has brought me so much more peace, confidence, ease, success, effectiveness and efficiency in my personal and professional life. It has helped me to be more authentic and manifest the life and relationships that feed and nourish my heart and soul, which brings me the energy needed for my best health. And it is a compliment and boost to any practices or modalities that I had previously found effective and enriching. I am so grateful." M.Susan

I wanted to thank you for yesterday's call. It was enormously helpful to me. I have had several breakthroughs as a result of our conversation. Your facilitation was beautifully done and much appreciated. AnneMarie

I wanted to let you know that after our HeartMath session on the issue, everything worked out so well with my client. I am grateful for your highly conscious guidance!!! It made a difference. Jane, Psychologist

I wanted to thank you very very much. Our talk has really helped me turn a corner, as if it saved me months or years of pain. Thank you for all you did!!! Lora

Living with HeartMath is really living. It has helped me so much. I feel like sky is the limit. I have had diabetes since 2003 and now the doctor just told me my blood sugar is normal : 87 after 6 months of practicing HeartMath. It is a phenomenal modern tool..... After learning Heart Math from you, I tell everyone that Heart Math is worth more than all of the other training, therapies and pain I have had. Tina, Accountant

What Others Say About HeartMath...

"Nearly every disease or illness I've seen or treated in two decades of medical practice could have been improved or even cured had my patients or I known how to access the physical power of our heart's intelligence. HeartMath is the owner's manual we've been waiting for to help us recognize and use our heart's energy to help heal our bodies and our lives."

Christiane Northrup, M.D. author of *Women's Bodies, Women's Wisdom*

"The HeartMath Solution is a celebration of the intelligence of the heart and a practical guide to living it."

Gary Zukav, author of *The Seat of the Soul*

"In a few short sessions, HeartMastery training has allowed me to find peace, and even sometimes a smile, in the midst of a crazy day of struggles and stress. I've been able to look forward and see looming decisions with more clarity, and even more happiness. What wonderful coaching!"

Dr. Abe Morgentaler, Men's Health Boston, Associate Clinical Professor of Surgery, Harvard Medical School

"...if this were a pill, [HeartMath] would be called the most important medical discovery of the century." -
Natural Health Magazine