See How Love Changes Those Around You

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Measuring Love

Love = Gratitude.

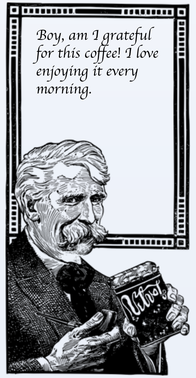
It's impossible to love without being grateful.

- **Think of someone or something that you love**. You'll notice that you are also grateful for them.

- **Think of someone or something you're grateful for**. You will find that you either love them, or you can say you love having them in your life.

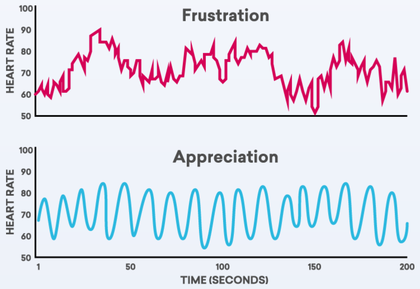
Even thinking of something we use every day, like coffee or toilet paper, can initiate an emotional gratitude/ love response for us.

*That **emotional response** causes a **measurable change** in the **heart rate**.*



The Heart Rate Responds to Emotions

"Heart rate variability is a measure of the beat-to-beat changes in heart rate. . . The incoherent heart rhythm pattern . . . characterized by its irregular, jagged waveform, is typical of stress and negative emotions such as anger, frustration, and anxiety. . .[T]he coherent heart rhythm pattern . . . is typically observed when an individual is experiencing a sustained positive emotion, such as **appreciation, compassion, or love**. The coherent pattern is characterized by its regular, sine-wave-like waveform" (HeartMath.com/science).



Source: HeartMath.com

Your Body on Gratitude

Sitting quietly, breathing regularly, and feeling gratitude creates the state of regular heart rhythm and Autonomic Nervous System balance called **Coherence.**

Every system in our bodies works better when performing in a state of coherence. McCraty, Atkinson, and Tomasino of Heart Math reported,

"Heart coherence is a reliable marker of overall physical health, associated with pervasive effects throughout the body. It reduces cortisol secretion and expands the amplitude of alpha waves in the brain. It brings not only the brain but other organ systems such as circulation and digestion into coherence too, while also boosting the immune system."

Beyond Your Body: The Law of Resonance

"The Law of Resonance states when two bodies are vibrating at nearly the same frequency, there is a common frequency (10^{-30}) that all life shares. We can use that channel. When you are in the proper state as a healer, **the other person will automatically come into resonance with you**." ~Naisha Ahsian, author, speaker.

Dr. Valerie Hunt emphasizes in her book *Infinite Mind,* "For the healing transaction, the healer with a strong field, focused through intent, will provide a coherent, powerful energy field" (269).

The Power of the Heart's Energy Field

A study called *The Electricity of Touch: Detection and Measurement of Cardiac Energy Exchange Between People* reports,

- *Evidence that the cardiac field changes as different emotions are experienced, combined with this study's finding that this field is registered physiologically by those around us, provides the foundation of one possible mechanism to describe the impact of our emotions on others at a basic physiological level. One implication is that the effects of therapeutic techniques involving contact or proximity between practitioner and patient could be amplified by practitioners **consciously adopting a sincere, caring attitude, and thus increasing coherence in their cardiac field.***

When Hearts "Touch"

In *The Source Field Investigations*, David Wilcox states, "When people were able to internally entrain their own personal heart and brain waves [through meditation and other related techniques], they caused the heart and brain waves of other individuals to entrain with theirs" (37).

The Strongest Energy Wins

Lynne McTaggart in *The Intention Experiment* reports, "Sending a directed thought seems to generate palpable energy; whenever one of Radin's senders sent a healing intention, many subtle aspects of the receiver's body became activated, as though her or she had received a minuscule electric shock . . . People appear to receive healing deep in their bodies by being retuned to the more coherent energy of the healer's intention" (61).

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