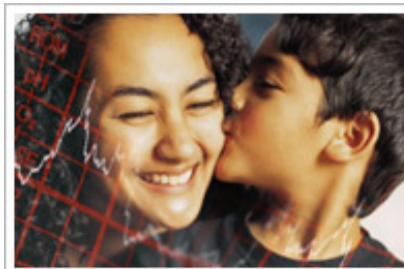


The Heart of Emotion



Have you ever experienced this? You come home, after a very stressful day, and your child rushes into your arms for a hug. Just feeling her love eases your heart and mind. Your feelings shift, and you actually forget about the challenges of the day.

Throughout our lives we experience the transformation of our emotions from sorrow to joy, anger to ecstasy. The experience of emotion gives life meaning.

We are not always aware of our deeper feelings and how these feelings affect the health of our bodies and minds. When confronted with a stressful event, we may become aware of tension, a nervous feeling, butterflies in the stomach, and the heart pounding. Research has shown us that the brain and body acting together produce emotions. It is the autonomic nervous system that connects the brain, heart, and body.

Scientists can observe how our feelings affect our bodies by measuring our heart rhythms. Strong emotions actually create change in our heart rhythms. Irregular heart rate patterns reflect emotions of fear, worry, anger or upset. Scientists describe the heart pattern as lacking coherence. In physiology, the term coherence describes a state in which two or more of the body's systems, such as respiration and heart rhythm patterns, become synchronous at the same frequency. A shift in emotion when we feel appreciated, confident and loved actually changes heart rhythms. These patterns show greater physiological coherence. At these intervals, the body and the brain are more efficient and function in harmony.

Learning to manage your emotions, to become skilled at taking charge of your emotions will enable you to find your bliss and become more satisfied with your life. Biofeedback technology has enabled greater conscious awareness of our biological and emotional states. A new device called the HeartTuner, invented by Mr. Dan Winter, has enabled individuals and pairs to train coherent emotion. The HeartTuner measures and displays the moment of empathy and bliss.

Mr. Winter is an internationally respected academic, author, physicist and inventor. He has agreed to speak with Nature's Wisdom in order to shed light and understanding on the HeartTuner.

Judy Chiswell: Dan, your work has inspired thousands of people around the world with your new coherence biofeedback training. What effect does emotional coherence have on heart/mind/body health?

Dan Winter: The medical literature is clear, when the heart (HRV - Heart Rate Variability) achieves harmonic inclusiveness (a maximum number of contained frequencies) disease disappears! We are just fortunate to have found that our new mathematics, (cepstrum) to measure coherence, is the right tool for teaching your heart emotional coherence. The more harmonics you invite into your heart (perfecting compression = compassion) the more electrically sustainable you become.

JC: How is a typical training session conducted?

DW: With the HeartTuner, EKG sensors rest under wristbands to both arms. First, the person settles down, for a minute, learning to watch his or her own heart activity. Then, we take notice if there are any dramatically missing peaks (harmonics) in the simple EKG harmonic analysis. We explain that healthy living things make complete cascades, and demonstrate how the missing harmonics reappear in the sequence when the person shifts their emotions to positive thoughts. Then, we look at the first cepstrum coherence peak. The person learns just to raise that peak. They will notice that if they think about something shareable and positive it goes up. The concept of what is a pure intention and what is a shareable wave is precisely what the cepstrum, as internal coherence, makes measurable. When two people are connected to the HeartTuner we can teach them, linking their two cepstrum peaks in the same heart linked place (peaks line up), when their two bodies can exchange charge and empathy. This is profound for healers, lovers and counselors, etc. Life force/charge/healing/love/tantra, these flow between bodies when they 'phase lock'. This actually makes empathy teachable!

JC: Can you share a case example of the HeartTuner being used in an unusual setting?

DW: A very poignant example was the teacher who wept after using HeartTuner to talk for the first time to a motionless quadriplegic (soulinvitation.com/heartlink/JR.html). Reaching thru consciousness barriers, we think autism, possibly even coma patients might respond when we use the heart singing as a simple yes/no conversation. The heart does not lie.

JC: Can anyone learn to use the HeartTuner without professional guidance?

DW: The HeartTuner is both the ultimate simple game and the powerful science tool. We feel that anyone can learn to use the system. When combined with existing therapies, a counselor could help people achieve real heart coherence and real empathy within just 2 or 3 fifteen-minute sessions learning how to watch the coherence peak. To make it easy, we provide 4 DVD and 1 CD training video with the system. So, it is fun. We do offer our four-day training courses, but this is not required to use the tool. The users group, HeartTuner in yahooogroups.com has a wealth of material. The best description of the complete HeartTuner Blissful system starts at soulinvitation.com/hearttunerspecial.

JC: You have conducted seminars worldwide on sacred geometry and coherent emotion. What is the relationship?

DW: The perfect geometry for your heart's music (harmonics) is the fractal compression, which is the limit or perfect form of coherence. It is becoming clear that the Golden Mean (geometry nature uses for phylotaxes and DNA) is this geometry of perfect (fractal) compression.

JC: Will you be conducting any workshops or training course in Canada or the United States during 2005?

DW: Not this year, but we are anticipating a conference time in the spring in Western Canada. Check our website for the updated information on seminars: www.soulinvitation.com/course

JC: Is there a key principle you want us to take away from this discussion? **DW:** Only that the perfect geometry of fractality (Golden Ratio optimized) gets the perfect squeeze together for our loving. This perfect compression then allows the perfect distribution of that charge we call 'spirit' into the electrical field we call consciousness. It starts in the heart! The message is not that you need a gadget to know when your heart is coherent. The message is that once you know how real it is to be coherent to hold your attention for our loving makes your heart 'sing', you can choose the feeling of love as the dominant emotion of your life. The loving heart is a state of feeling and being we can choose permanently for our life. We teach that this coherence is also electrically, literally, how biology gets thru death.

JC: Where can our readers contact you for further information about the HeartTuner?

DW: The best contact is our [website](http://www.soulinvitation.com) or new special United States hotline phone: 310 651 8123 (calls after 5pm EST may reach answering machine). The Implosion Group and Dan Winter has produced a series of training DVDs and videos available through the website or by calling the US hotline. My direct email address is: danwinter@goldenmean.info



With over 30 years of experience within the allied health professions, **Dr. Judy Chiswell, Ed.D., OTR, BCIA-EEG** has practiced in Ohio, California and now Williamsville, New York. She is a licensed therapist in the state of New York and is certified as a neurofeedback practitioner.