

Broadcast Love – What It Means & How to Practice

Video Source: [HeartMath Institute](#)

Love is an intelligent, unifying, and transformative attribute of the heart that is the key to uplifting ourselves, and our global community. Let's talk about how we can activate and grow this potential through a simple, effective daily practice that has proven benefits personally and socially.

For practical guidance on deepening your heart practices and building resilience especially in times of elevated stress, visit this Free Resources page <https://www.heartmath.org/-resources/>.