

How You Can Quickly Connect to the Intuitive Guidance of Your Heart While Raising the Collective Vibration – Deborah Rozman

Video Source: [scienceandnonduality](https://www.scienceandnonduality.com)

Speaking at a Science and Nonduality Conference, Deborah Rozman of HeartMath provides tips on connecting to the intuitive intelligence of your heart.

Here are notes of some of the highlights of her talk:

- The heart has its own brain that can sense, feel, learn and remember.
- When we are feeling love, compassion, or appreciation, the heart creates a coherent pattern, which is sent to the head.
- Heart rhythm patterns affect mental performance. A coherent heart causes a coherent brain – improving mental performance AND our connection to intuition.
- Heart intelligence: *The emergence of heart intelligence in society will represent a breakthrough in consciousness and understanding, leading humanity into a new frontier of perceptual experience and transformation.*
- The heart sends more signals to the brain telling the brain what to do, then the brain sends to the heart.
- Heart intelligence is the flow of awareness that happens when the heart, brain, mind and emotions are in coherent alignment. And that gives us more of a connection with our intuitive guidance.

- The heart knows what is going to happen before it actually occurs.
- Conclusions of Intuition Research: Heart intuitive processes *access a field of information* that is not limited by the boundaries of time and space. It's the source of our deeper intuitive guidance: *Heart Intelligence*.
- People who practice getting into heart coherence are more connected to their intuitive guidance.
- What gets us into a heart coherent state? It's that sincere shift out of the mind and into the heart by putting out love, care, compassion, kindness, and appreciation.
- When we increase personal coherence, we increase social coherence, which increases global coherence. We each affect the global communication grid.
- We are connected and affecting each other's fields all of the time. When you are heart coherent, you can cause others around you to become more so.
- Large numbers of people creating heart-centered states of care, love, and compassion will generate a more coherent environment that can benefit others and help offset the current planetary-wide discord and incoherence.
- A first step in raising the vibration of the collective energy field is taking self-responsibility for our own energy and what we are "feeding the field" each day, making it easier for others to connect with their higher potentials and increased joy.
- Heart Lock-in (Quick Coherence) Technique (also, see the video below):
 - o Step 1: Focus your attention in the area of your heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. (Suggestion: inhale 5 seconds and exhale 5 seconds).

o Step 2: While doing step 1, activate a feeling of love, care, appreciation, or gratitude.