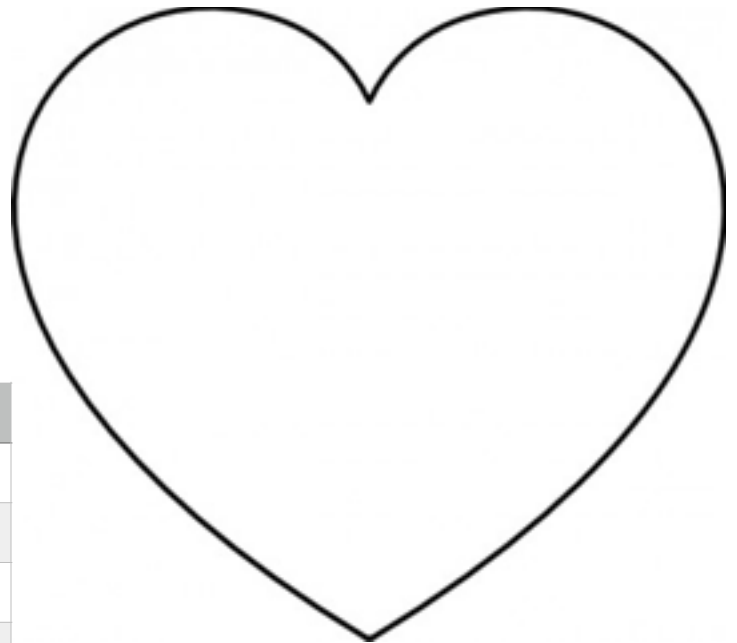


## Coherence

Personal coherence is an exceptional physiological state of being where the heart, mind, emotions, and physical systems are all in cooperative alignment. Coherence is typically marked by such things as clarity of thought, emotional composure, and inner peace. This higher-order cooperation among subsystems of a larger system (i.e. between the heart, brain, glands, and organs as well as between the cognitive, emotional and physical systems) can be described as a harmonious flow of information, cooperation, and order that allows for the emergence of more complex functions.

Social coherence refers to a state in which groups of people around you - families and friends, even large organizations - interact and cooperate at elevated levels of coherence and it extends out to the global community.

"The heart generates the strongest electromagnetic field of body and this field becomes more coherent as this shifts from the brain to the heart." - Catherine Jane Larkin



| FEAR                 | LOVE                 |
|----------------------|----------------------|
| Feels bad            | Feels good           |
| Motivates grasping   | Motivates liberation |
| Seizes control       | Relaxes control      |
| Insists on certainty | Accepts uncertainty  |
| Needs everything     | Needs Nothing        |

Our heart is a magnetic vortex and the center of our being. When we can align our word and our heart, we feel vulnerable and powerful, and can align what we bring into our life.

It is the rhythm of the heart that sets the beat for the entire system. The heart opens up and becomes coherent in direct perception of nature.