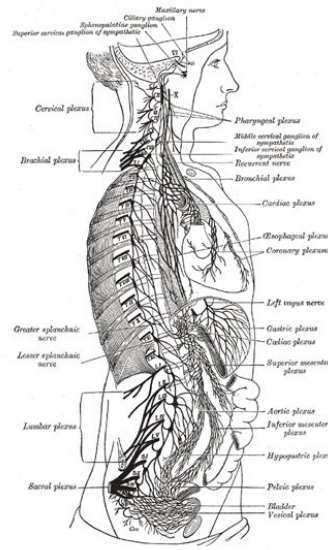


The Anatomy of Heart Coherence

Classical-, Yogic- and Wave Matrix analysis

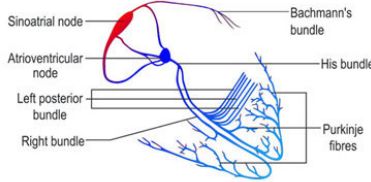


Parasympathetic

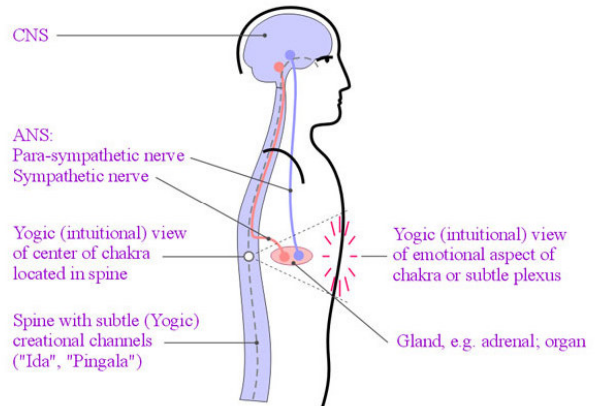
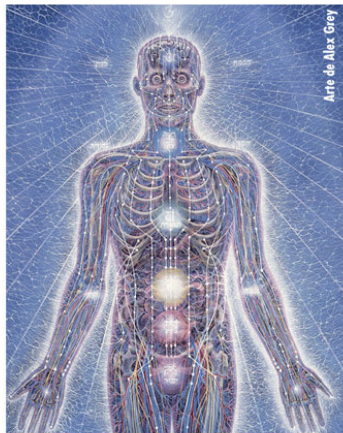
- mostly inhibitory
- emerges from brain stem and lower spine
- supports evolved individual and synergetic psycho-physiology

Sympathetic

- mostly excitatory
- emerges from spine
- supports basic physiology

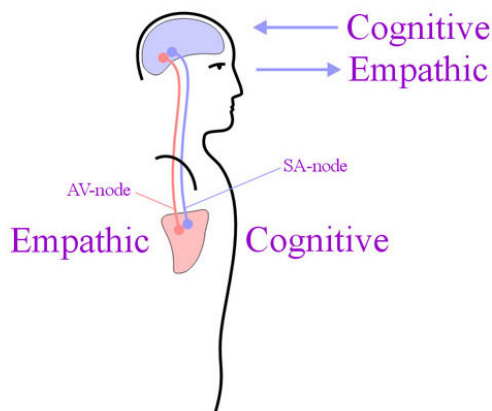


The Autonomic Nervous System (ANS)



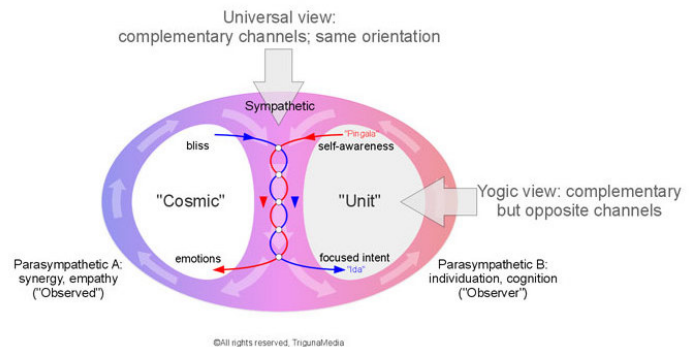
The Yogic perception of subtle channels: "Ida" and "Pingala"

The subtle channels are anatomically associated with the sympathetic branch and spine, and para-sympathetically relate to the glands and organs. The ANS branches are correlated in the form of a chakra.



The Mind and the Causal Matrix

Universal vs. Yogic view



The Wave Matrix of Heart Coherence

A causal analysis shows that the parasympathetic differentiation is implied in the sympathetic control but not actualized.