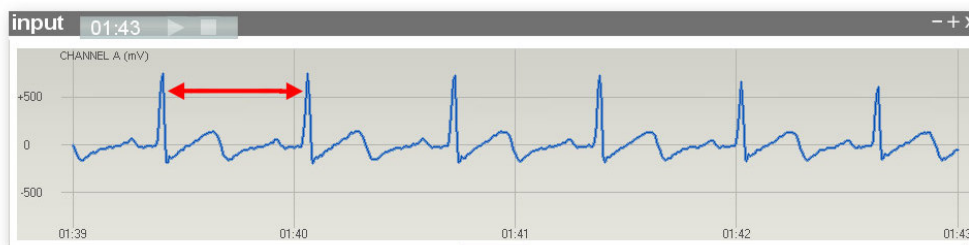
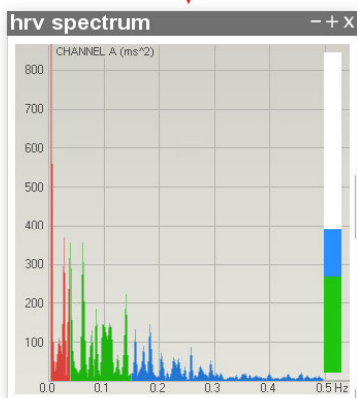
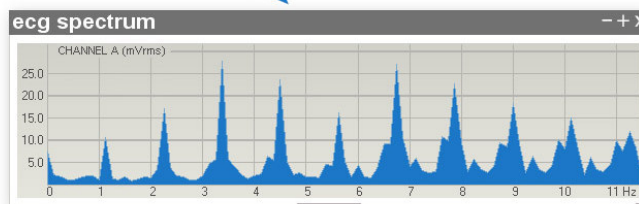
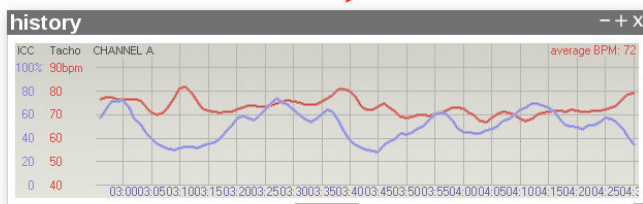


# The Human Heartbeat

## Measuring and Entraining Internal Cardiac Coherence



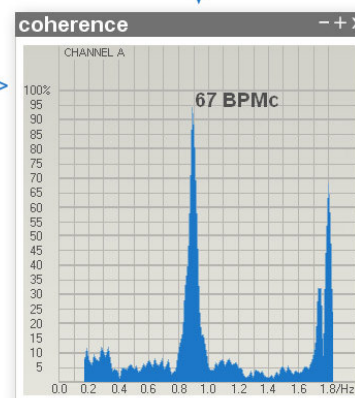
The heartbeat is "the most complex signal" in the universe, containing various layers of information, about our physical health, psycho-physiological balance, and innermost resources



High (momentary) Internal Cardiac Coherence >



< Healthy all over HRV level; rich spectrum



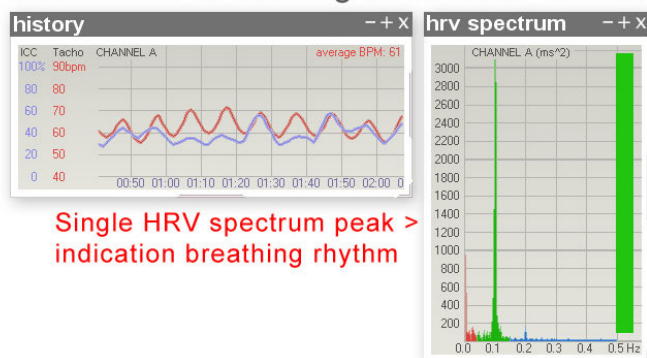
**Harmonic Inclusiveness of the HRV spectrum, optimized by fractality and Golden Ratio:**

- INVOLVEMENT
- EMPATHY, COMMUNICATION
- HARMONY, "STILLNESS OUTSIDE"
- AUTHENTICITY,
- INSPIRATION, MOTIVATION
- "THE WHOLE IS MORE THAN THE SUM OF THE PARTS"

**Internal Cardiac Coherence of the ECG Spectrum, optimized by octave geometry / periodicity:**

- INDIVIDUAL FOCUS, COMMITMENT, STRENGTH
- MENTAL CLARITY, COMPETENCE
- PRESENCE, "STILLNESS INSIDE"
- JOY, FULFILMENT
- "I AM MORE THAN THE SUM OF ALL THAT I RELATE TO"

### Monotonic breathing to release stress



Single HRV spectrum peak > indication breathing rhythm

**Dynamic Index of ICC: HOW SMART DO I LIVE?**

