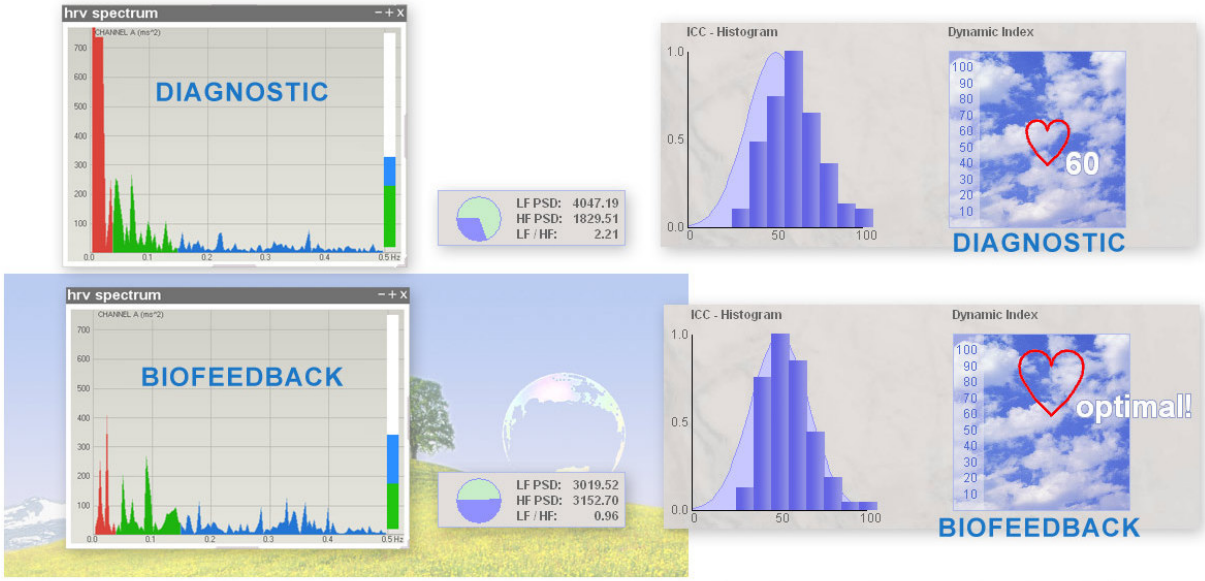
The Human Heartbeat (2)

Measuring and Entraining Internal Cardiac Coherence

ICC Biofeedback (Harmonic Entrainment) with the Cardiogem



HRV spectrum, HRV histogram and Dynamic Index during diagnostics only (top) and during biofeedback. Both are the same person, in subsequent sessions. In this somewhat ideal example, the biofeedback immediately resulted in a much more balanced HRV spectrum, and thus also histogram, as well as a much increased Dynamic Index.

The heart as a bi-stable free oscillator, controlled by one sympathetic and two parasympathetic branches of the Autonomic Nervous System

AUTONOMIC NERVOUS SYSTEM	LEFT PARASYMPATHETIC (AV) STRONG	LEFT PARASYMPATHETIC (AV) NORMAL	PARASYMPATHETIC WEAK	RIGHT PARAS. (SA) NORMAL	RIGHT PARAS. (SA) STRONG
	SUBJECTIVE PSYCHOLOGY - (HIGHER)MENTAL FACULTIES				
SYMPATHETIC WEAK	Low HRV, fixed mood		Total indifference; (withdrawal, coma, death..)	Bradycardia, random moods	
SYMPATHETIC NORMAL	Stress High stress	EMPATHIC ATTRACTOR: HARMONIC INCLUSIVENESS Engagement, emotional coherence, empathy, inspiration	Indifference	COGNITIVE ATTRACTOR: INTERNAL CARDIAC COHERENCE Individual focus cognition, competence fulfillment	Isolation Strong isolation
SYMPATHETIC STRONG	Random HRV, uncontrolled emotions	Indecisiveness Chance of arrhythmia >> << Chance of tachycardia (uncontrolled complex oscillation, no coherent experience)			Fixed rhythm, fixed perceptions
	OBJECTIVE PSYCHOLOGY - PHYSICAL PREDISPOSITION				

Whereas vagus action is normally explained as "inhibitory", from a subjective viewpoint it is in a way "excitory", as it pulls the mind out of chaos into higher states. Thus the dual parasympathetic actions provide two paths out of chaos, one through synergetic / empathic synthesis, the other through individual / cognitive synthesis. These actions are referred to as the internal synthesis phases of the heart matrix. Excessive vagus action however pulls the heart out of equilibrium, and the mind gets either stuck in uncontrolled emotions, or emotional detachment.