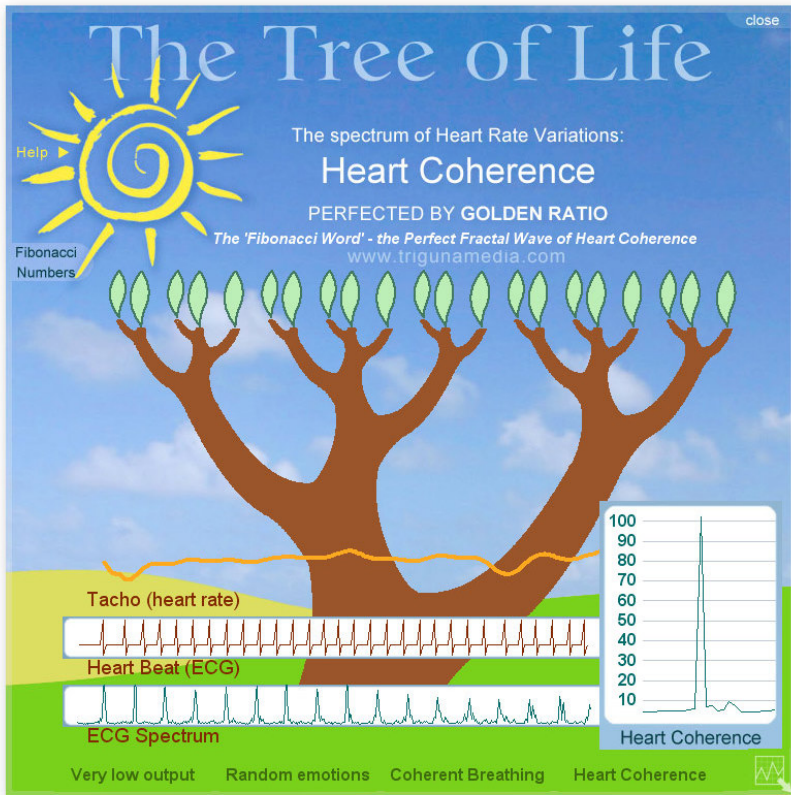


The "Tree of Life"

Visualizing Harmonic Inclusiveness of the Heart Rate Variability (HRV) - spectrum, optimized by fractality and Golden Ratio

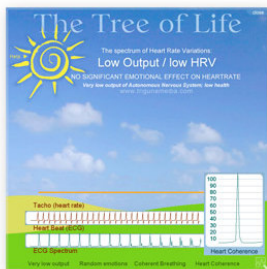


The "Tree of Life" is a visualization of the HRV spectrum and its meaning for Internal Cardiac Coherence.

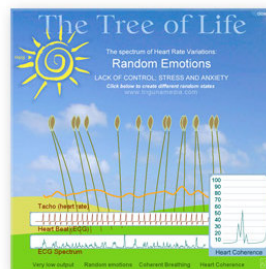
The positions of the leaves or the tips of the reeds correspond to actual peaks in the HRV spectrum. From this, the tachogram and ECG spectrum are created, and finally the Internal Cardiac Coherence level is calculated.

The main types of HRV spectrum, and their corresponding states of mental and emotional coherence are summarized below.

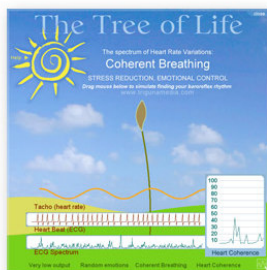
FREE DOWNLOAD
<http://science.trigunamedia.com/treeoflife>



A. Very low output of the ANS. In most cases this points at an unhealthy condition.



B. Random emotions. This indicates lack of emotional control and thus coherence, and possibly stress.



C. Monotonic breathing. This is a good exercise to release stress. It helps to reduce emotional chaos but does not create emotional coherence.



D. True Internal Cardiac Coherence. The ANS output is strong, but the emotional waves have fused together, creating true feeling, empathy and authentic communication. The harmonic spectrum creates a flat tacho, indicating mental focus and emotional coherence.