Heart Coherence - Emotional Balance

Real Heart Coherence Measure from FlameinMind.com
Dan Winter & Patrick Botte - Here using Dan Winter’s original discovery - using CEPSTRUM- 2nd order power spectra to measure INTERNAL coherence in EKG

The vertical AMPLITUDE of this peaks measures AMOUNT of Heart Coherence (here also indicated for 2 persons in SIZE of the blue/red egg shape)
experience shows clearly this ‘measurement of EKG becoming LASER like’ is a true measure of passion, a LIE DETECTOR and functionally measures the KINESIOLOGY (body truth) response!

The moving right/left position of this cepstrum peak indicates the musical key signature of heart rate, when 2 Hearts Line up - the physics of empathy/entrainment are measureable- (even Tantra) also experience shows peaks near .61 are more TOUCH PERMISSIVE /heart centered’ versus peaks nearer to 1.0 are invariable more CONCEPTUAL /head centered’ emotion.
Relationship between Theraphi sound frequencies & the body

Theraphi sounds can also be used to enter in resonance with specific parts of the body.

Edit the sound table to select frequencies in relationship with specific parts of the body.
Frequencies related to different parts of the body

125 Hz:
- skin, sexual organs

250 Hz:
- lower gut, bladder

500 Hz:
- upper gut, spleen

750 Hz:
- liver, kidney, pancreas

1000 Hz:
- stomach

1500 Hz:
- heart, lower lung, allergies

2000 Hz:
- upper lung

3000 Hz:
- jaws, ears, eyes, teeths

4000 Hz:
- memorizing

6000 Hz:
- tympanum

125 Hz:
- sacrum, legs, arms

250 Hz:
- sacrum, legs, arms

500 Hz:
- pelvis

750 Hz:
- lumbars

1000 Hz:
- D6

1500 Hz:
- shoulders

2000 Hz:
- neck

3000 Hz:
- jaws, ears, eyes

4000 Hz:
- skull

6000 Hz:
- skull
Bi Naural Beats
Music Beat

0.1 Hz beat = 6/minute
10 seconds

440.0 Hz
440.1 Hz
Tibetan bowl - Stereo mic
Theraphi sounds table

Left & Right parts of the table are related to Left/Right ears.

Best results are achieved when BEAT & SHIFT are both selected.

If you want to change the presets, make sure to alternate BEAT & SHIFT from left & right channels for each selected frequencies (like in this example).

It is possible to set 9 selections in each Left & Right channels. Once 9 buttons are selected in one channel, you must deselect one of them to add a new selection.

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Relationship between Sound Beat - HRV - Breath

Your HRV is linked with your breathing.

During inspir, heart rate increases.
During expir, heart rate decreases.

When you are in a deep meditating state, your breath (so your HRV) can be automatically tuned to the beat generated by the binaural sound wave.

This display helps to show the resonance between the generated sound wave and your cardiorespiratory system.
Brain Waves Analyser
Beta Freq
Alpha Freq
Theta Freq
Delta Freq
Last 2 Minutes History: Ratios & Symmetry

Symmetry in Alpha Peaks

Octave Ratios
Phi Ratios
L/R Brain Symmetry
Performance

Creativity

Stress

Waves

PHYSIOLOGY

Hormones regulation
Adrenalin, cortisol, ...

The diagram illustrates the relationship between stress and creativity, showing how performance peaks at a certain level of stress. The hormones adrenalin and cortisol are also regulated under stress.
Performance

More than 7 minutes apnea

Photos tirées de l’émission Matière Grise RTBF
flow = one of the altered states of consciousness

FLOW:
brain performance
State of **very well being ACTIVE** (<= bliss !!!)
Ability to perform a movement, an activity with ease and **pleasure**

1) Motor activity (because brain origin = control movements)
   2) challenge (little stress)
      3) Pleasure to do it

**FOCUS** (not in front brain)
induces slow waves
back of the brain => self-awareness
Interaction of the Left & Right Brains
Performance vs. Stress

- Bored
- Frazzled

FLOW
More connected to the body
connected to feelings, senses
connected to the movements of the body !!!
(Glen Gould - F1 runners)

Meditation with small movements
Tai chi
Fascia
Music
New DashBoard

to summarize the different types of brain waves analyzes

FLOW = BackBrain / FrontBrain Activity

=> BackBrain Power Spectrum / FrontBrain Power Spectrum
FlameInMind BrainFLOW

Now 4 channels (Front+Back brainwaves)
FLOW = Back/Front brain activity
Bliss, medit... = alpha & theta peak size & ratios

New DashBoard options
Mean RATIOS = last seconds average of peak ratios
FLOW = last seconds average of BackBrain / FrontBrain Activity
Peak Ratios = last seconds average of Phi & Octave Ratios
GLOBAL EFFECT = Alpha Peaks + Theta Peaks + Mean Ratios + FLOW
The best effect when the eye is full open, the eyeball is white & the color is light blue

According to symmetry between left & right channels, the white external part of the eye (eyeball) will turn from gray to white.

The size of the pupil (black inner circle) is related to the FLOW

The color of the iris is related to Phi & Octave ratios: will turn from dark blue to light blue.

The size of the white ball inside the pupil is related to the Global effect
FLOW

Big Alpha or Theta peak

Cascade in Back Brain Spectrum

Lower Front Brain Spectrum