Heartmath Meditation Assistant: Integrating Emwave Inner Balance Technologies (Paperback)

By Deborah Rozman

Waterfront Digital Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The HeartMath Meditation Assistant provides you with a comprehensive understanding of how to use the HeartMath heart coherence techniques and the emWave or the Inner Balance technology to enhance your spiritual/self-help practices. It provides scientifically validated HeartMath techniques to synchronize your heart, mind and emotions, and more easily find a place of inner stillness. The HeartMath Meditation Assistant can be a facilitator to any system of meditation, self-help or healing practice. In this program, all systems and techniques are honored and respected. Whatever practices you follow, using the emWave or Inner Balance creates more ease and flow from the heart, which helps you gain the benefits you are seeking and experience new enrichment. Throughout, you will find interesting stories and testimonials from people who have used the HeartMath methods to assist their meditation or mindfulness practices and gain more inner peace, clarity and connection to the intuitive guidance of their heart. Too often when people meditate, they actually have no idea how they re doing. There s no feedback. The beautiful thing about the HeartMath program is it gives you immediate ongoing...

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