

**Learning Objective:** Given a tool, the emWave ©, learners will experience and demonstrate an improvement in the effect of their thinking on their nervous systems.

**Materials and Resources:** Lecture, PowerPoint projector and handouts, computers, emWave©, checklist for Instructor for assessment purposes

**Key Vocabulary Terms or Concepts:** Nervous system, thoughts, coherence, emWave© PC, HeartMath©

**Opening Activity:** After presenting the main idea that thoughts are effective and powerful, I will divide the learners into groups of two and ask them to discuss their familiarity with this idea, whether they were aware of it before it was introduced today, and whether or not they have previously tried to apply the idea in their lives. One person in the group of two will be asked to record and present their ideas to the group as a whole. When they return to the larger group, the information each person shares will give me knowledge about whether the idea needs to be explained further in greater detail, if more examples of it need to be given, and about the readiness of the group for the demonstration of the truth of the concept. They will also have an opportunity to ask questions, and the responses I give will offer a further opportunity to raise the understanding of the learners.

**Instruction:** Each learner will have an opportunity to practically experience the affect of their thinking on their nervous system by introducing them to, and letting them directly experience, the emWave© of the HeartMath© System that is “based on over fifteen years of scientific research on the psychophysiology of stress, emotions, and the interaction between the heart and the brain.” This machine allows people to “observe [their] changing heart rate rhythms in real time. . . as an indicator of health and fitness.” “It reflects [their] ability to adapt to stress and environmental demands” (<http://www.heartmathstore.com/cgi-in/category.cgi?category=sciencebehind>) And it teaches them how to improve that ability, and that is what will be shown to the learners and demonstrated by the learners.

**Guided Practice:** Each person will sit at a computer, and I will show them how to connect to the emwave© PC by an ear clip attached to their ear lobe and directly to their computer. A screen on their computer will chart their physiological coherence. They will see the variance of their heart rate and whether their physiological coherence (how well the nervous system functions in the body), is low, medium, or high, demonstrated on a graph that charts these functions. Most people will probably find their coherence scores to be low.

After a few minutes of testing, they will be given instructions about how to raise their coherence scores. They will be encouraged to breathe slowly, deeply, and fully, and while they are breathing, they are to focus on things, experiences, or memories that make feel good, possibly on beautiful places they have been to. What everyone will find is that their coherence scores will be appreciably raised just by breathing fully and focusing on positive thoughts, feelings, and experiences. They have just demonstrated to themselves that what they focus on affects how they feel and act. That is a powerful understanding that, if acted upon, can greatly improve the quality of life of the individual and the success of a corporation.

**Independent Practice and Assessment:** After everyone has experienced the EmWave© PC twice, I will divide them again into new groups of two to share their experiences and then meet collectively with everyone to share thoughts and feelings. This will consolidate and reinforce the learning experience. And it can be pointed out to those whose learning experience was not as strong as others that they could continue to practice the idea that improving their thoughts impacts their life and work. I will also point out that concert pianists don't reach the heights of their skill in a single session. Practice is required. So, the individuals are encouraged to practice and they also have the opportunity to purchase the program for their computer, the company could purchase several for their office, or I could return in a week or two to test them again. Even without the EmWave© PC, the demonstration can show learners how to use their thoughts to improve their feelings and actions, and they can practice this independently without it. Assessment is based on watching their demonstration with the technology, listening to their feedback when we meet collectively, and filling out a checklist provided for each participant that includes a list of activities they complete during the training (use of the technology, participation in the group, for example).

The handouts include activity sheets so the learners can track their practice of breathing and thinking with intention and any noticeable effects on their personal and work experiences. These sheets include a brief reminder of the topic, specific instructions for use with the emWave© PC, and instructions for breathing and thinking with intention without the use of the emWave© PC. The sheets will also include facts and stories from the emWave© HeartMath© website and stories from previous and current learners of their experiences with careful selection of their thoughts. While not mandated, the learners are encouraged to share their experiences and progress using the technology or the process.