

# You Are the UN

Being a Pathway To Peace  
Thursday Lunch N' Learns



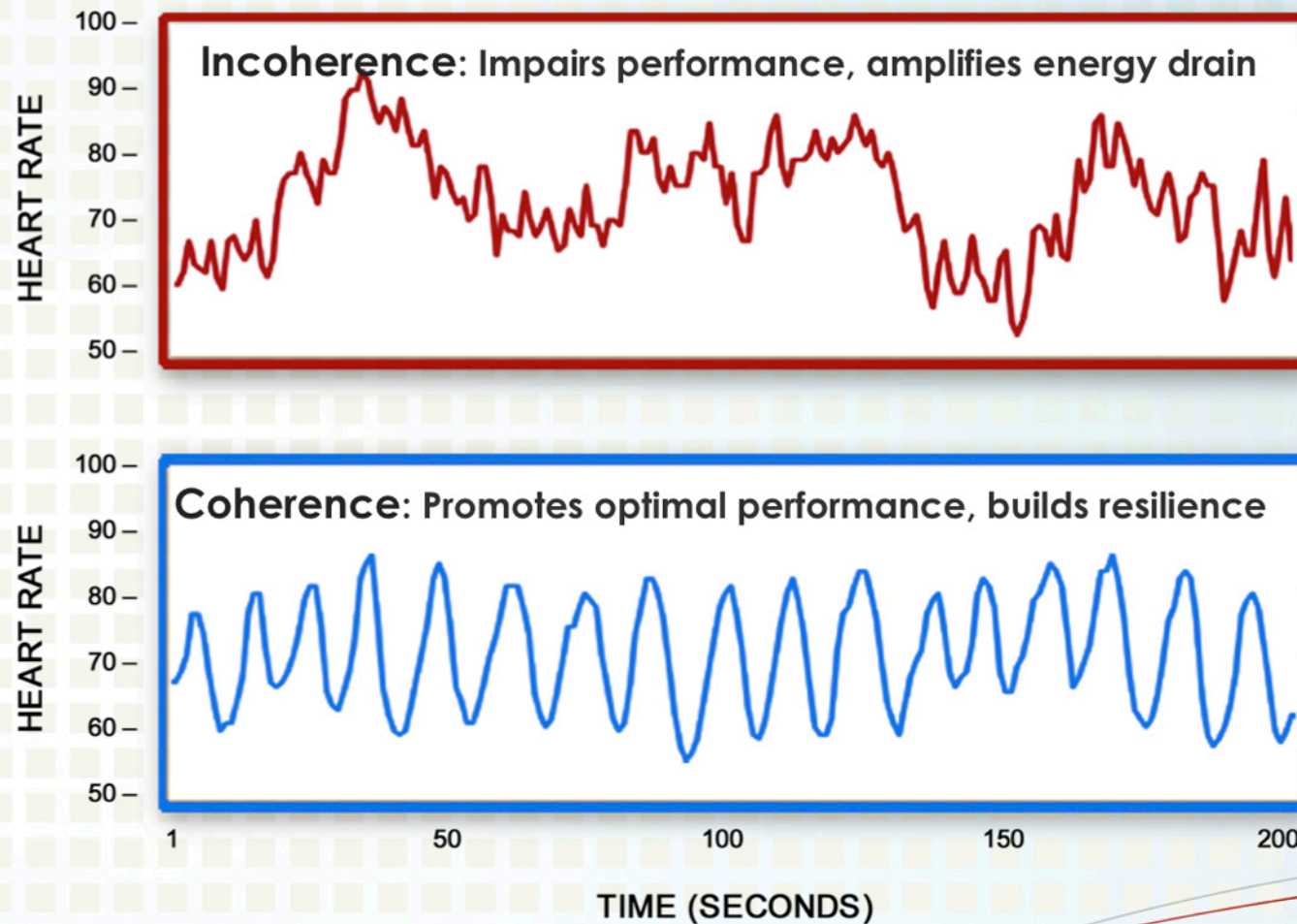


- > our heart beats about 100,000 times in one day and about 35 million times in a year
- > the electrical field of the heart is 40-60x stronger than the electrical field of the brain
- > the heart starts to form in the fetus before there is a brain
- > the heart is autogenic, it does not require a signal from the brain to beat
- > the electrical field of the heart can be measured 8 feet away from the body
- > the heart has its own intrinsic nervous system with over 40,000 neurons

The heart-brain system expresses heart intelligence or inhibits it



# Emotions and Heart Rhythms



Inhibits  
Brain Function  
(Incoherence)

Facilitates  
Brain Function  
(Coherence)

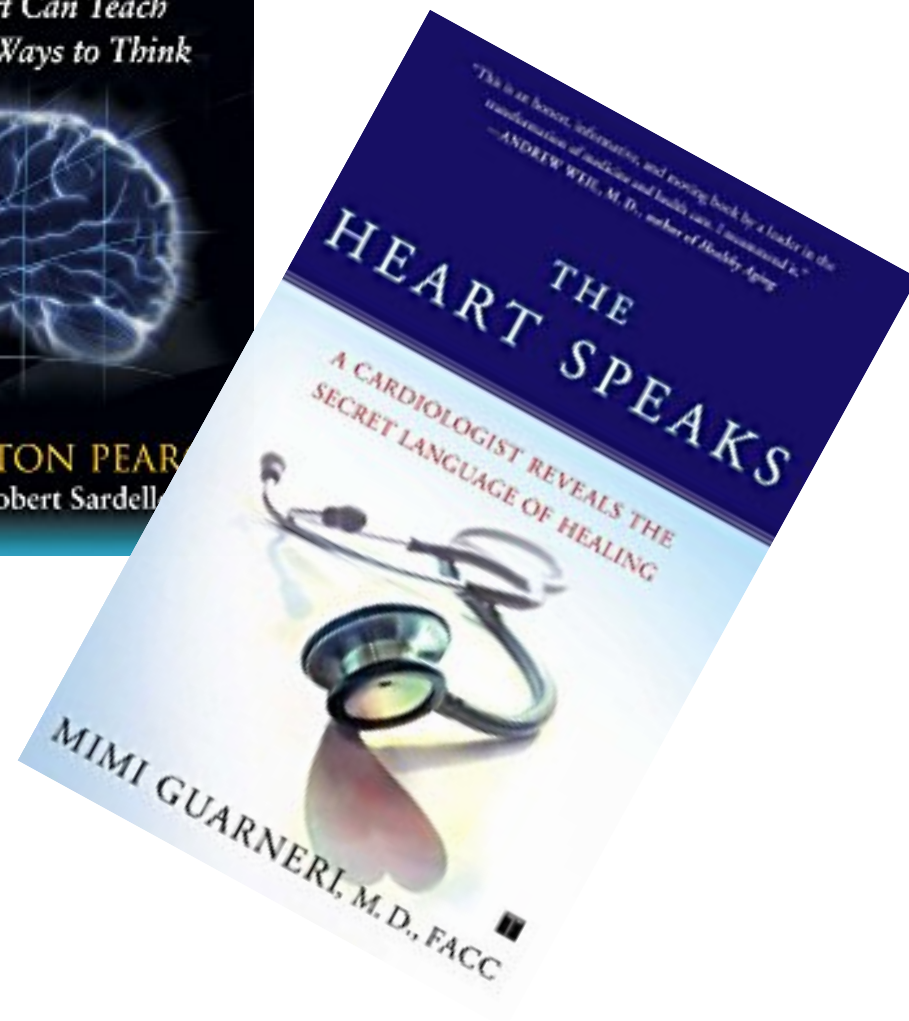
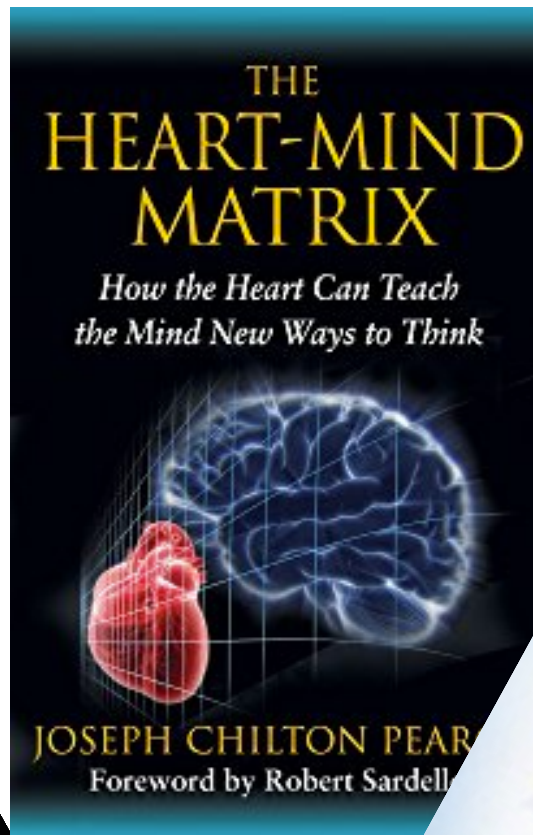
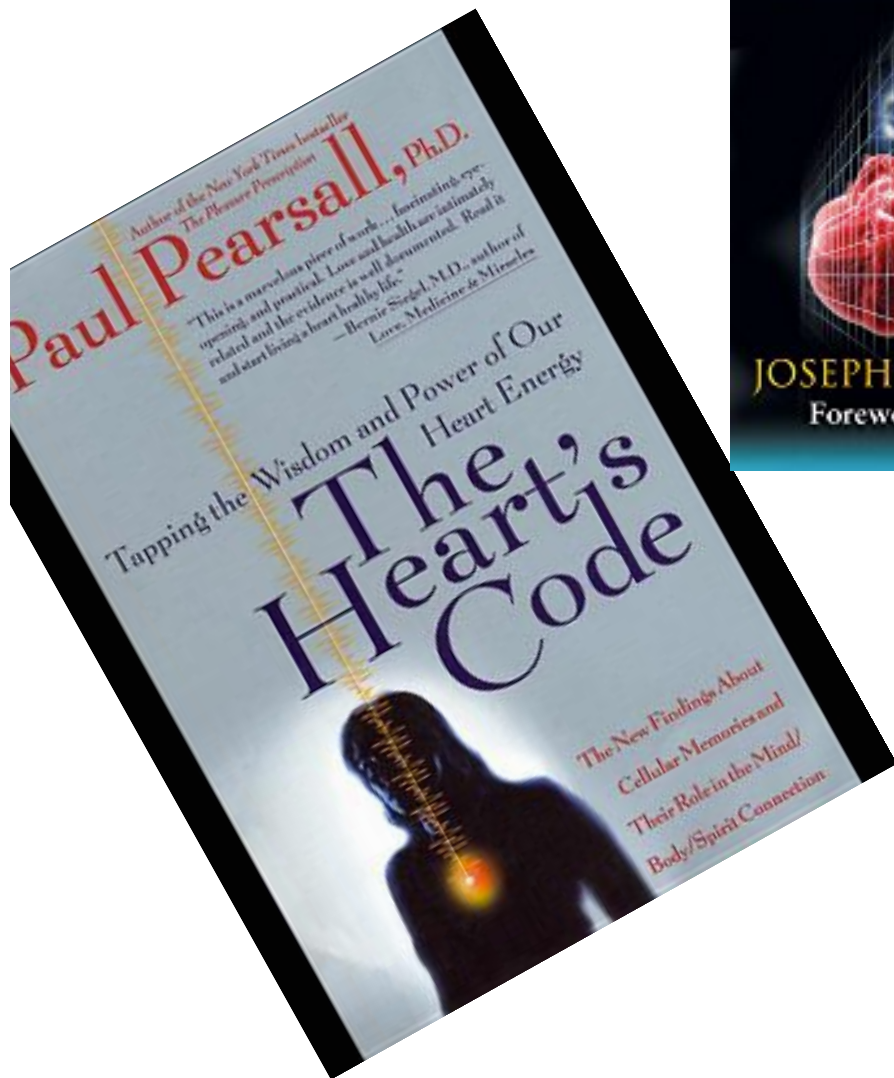


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*“There are so many gifts still unopened from your birthday, there are so many handcrafted presents that have been sent to your door by the Divine...”*

-Hafiz





# Manifesting your full potential: under construction













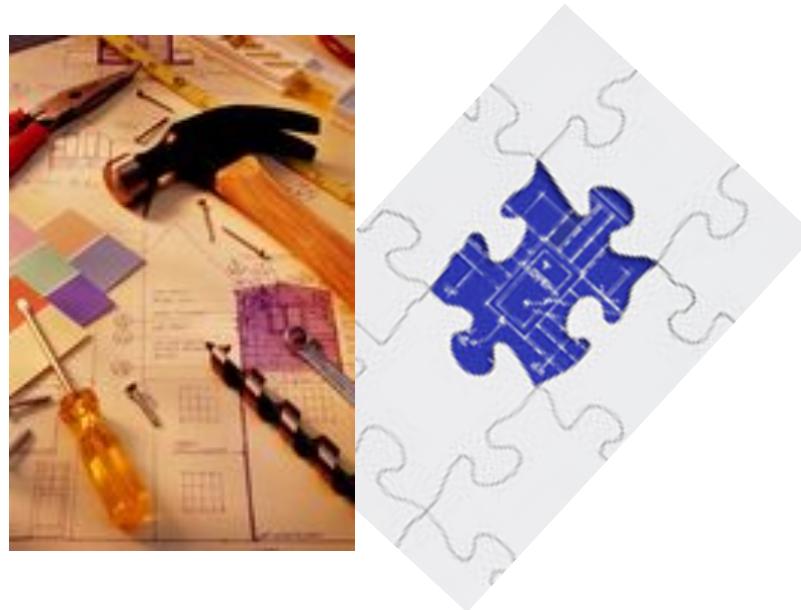








# Not everyone lives their potential blueprint...



# What pulls us off track?





# And how do we get back on track?





THE  
UNITED NATIONS

PEACE AND  
SECURITY  
SUSTAINABLE  
DEVELOPMENT  
HUMAN  
RIGHTS  
HUMANITARIAN  
ASSISTANCE

[www.un.org](http://www.un.org)

## The United Nations

- Provides food and assistance to 80 million people in 80 countries
- Supplies vaccines to 45% of the world's children, helping save 3 million lives a year
- Assists and protects 65.3 million people fleeing war, famine and persecution
- Works with 195 nations to hold the rise in global temperature below 2°C/3.6°F
- Keeps peace with 117,000 peacekeepers in 15 operations on 4 continents
- Fights extreme poverty, helping improve the lives of more than 1.1 billion people
- Protects and promotes human rights globally and through 80 treaties/declarations
- Coordinates US\$22.5 billion appeal for the humanitarian needs of 93.5 million people
- Uses diplomacy to prevent conflict: assists some 67 countries a year with their elections
- Supports maternal health, helping over 1 million women a month overcome pregnancy risks

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# Quick Coherence® Technique

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## Step 1:

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

## Step 2:

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

# Who inspires you?



***My wish is that, one day, formal education will pay attention to the education of the heart, teaching love, compassion, justice, forgiveness, mindfulness, tolerance and peace.***  
***- The Dalai Lama***



# Quick Coherence® Quick Steps

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1. Heart-Focused Breathing
2. Activate a positive or renewing feeling





Not everyone can be famous, but everyone can be great because greatness is determined by service.

- Martin Luther King



# True Care: The User Name and Password to Access Your Heart's Blueprint





What do you care most about?  
What do you stress most about?



# Types of Overcare

- Attachment
- Expectation
- Over-identifying
- Sentimentality
- Worry, protectiveness
- Sympathy/self pity
- Indignation, righteousness
- Perfectionism





# How do I know its Overcare?

Ask yourself:

- “Is my care stress reducing?  
Or stress producing?”
- “Is my caring regenerative?  
Or draining my energy?”



# Overcare often turns to “No care”

- Burn out
- Depression
- Resignation
- Despair
- Depletion and disconnect
- Cynicism





# How does Overcare Show Up in Your Life?

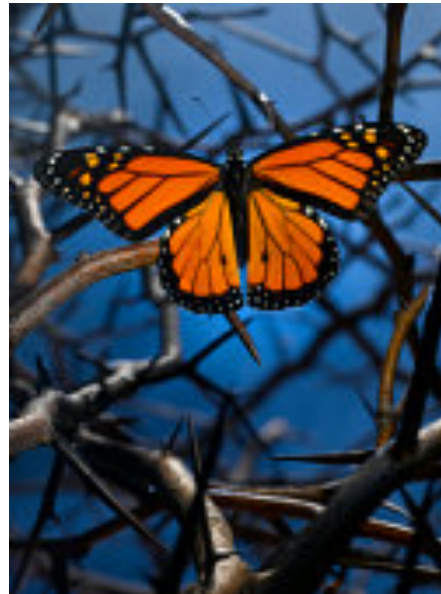
- At home
- At work
- In Your Relationships
- Your health
- Our world?

# True Care

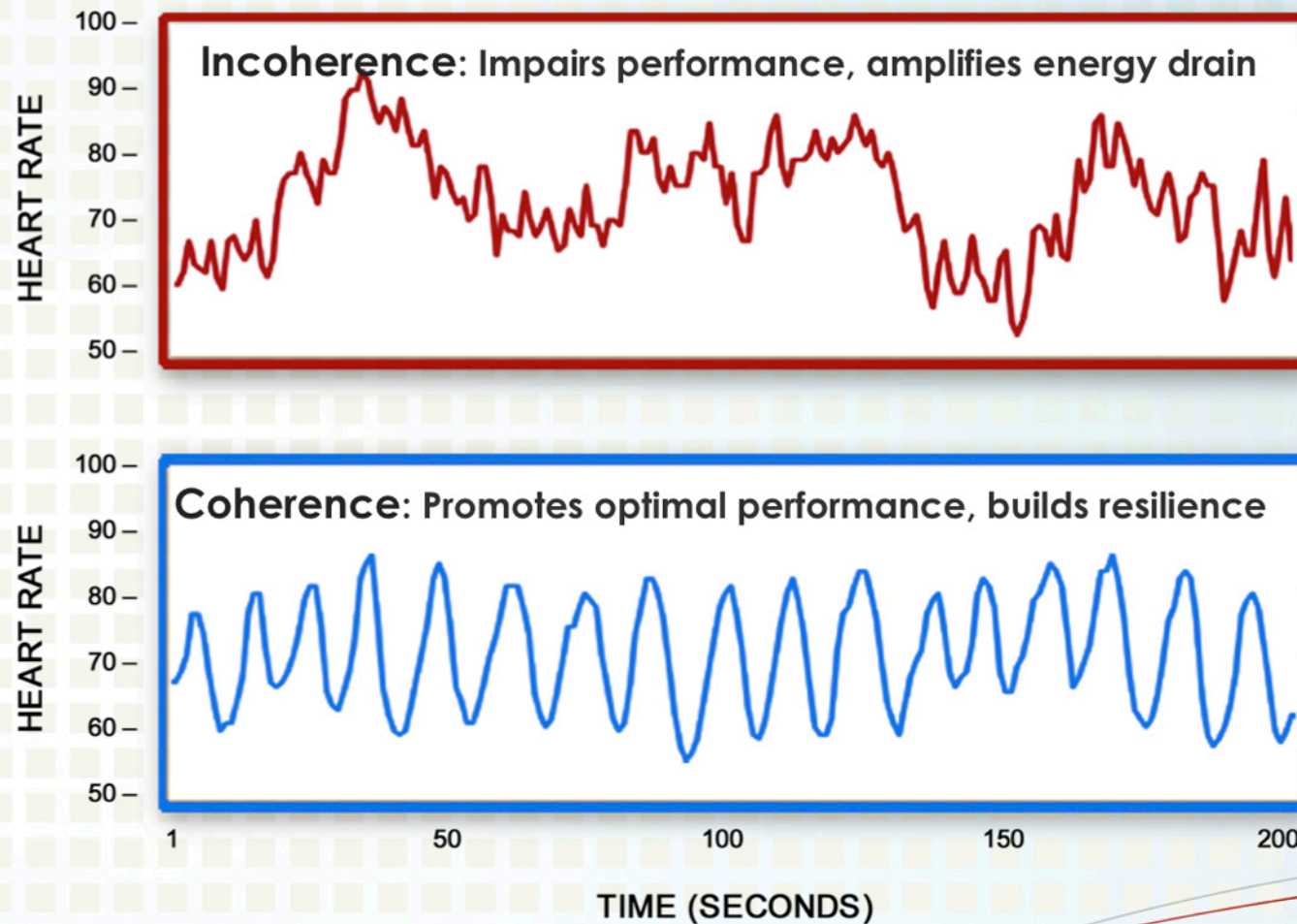
- Energizes
- Empowers
- Listens
- Allows us to see outside the box and find solutions
- Enhances mental clarity and vision
- Resolves conflict
- Inspires hope and proactivity



# Transforming Overcare



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# Inner-Ease™ Quick Steps

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1. Heart-Focused Breathing
2. Draw in the feeling of inner ease
3. Anchor and maintain the feeling

*With practice you can shift to the attitude of ease by remembering to breathe it in.*

# Freeze Frame® Quick Steps

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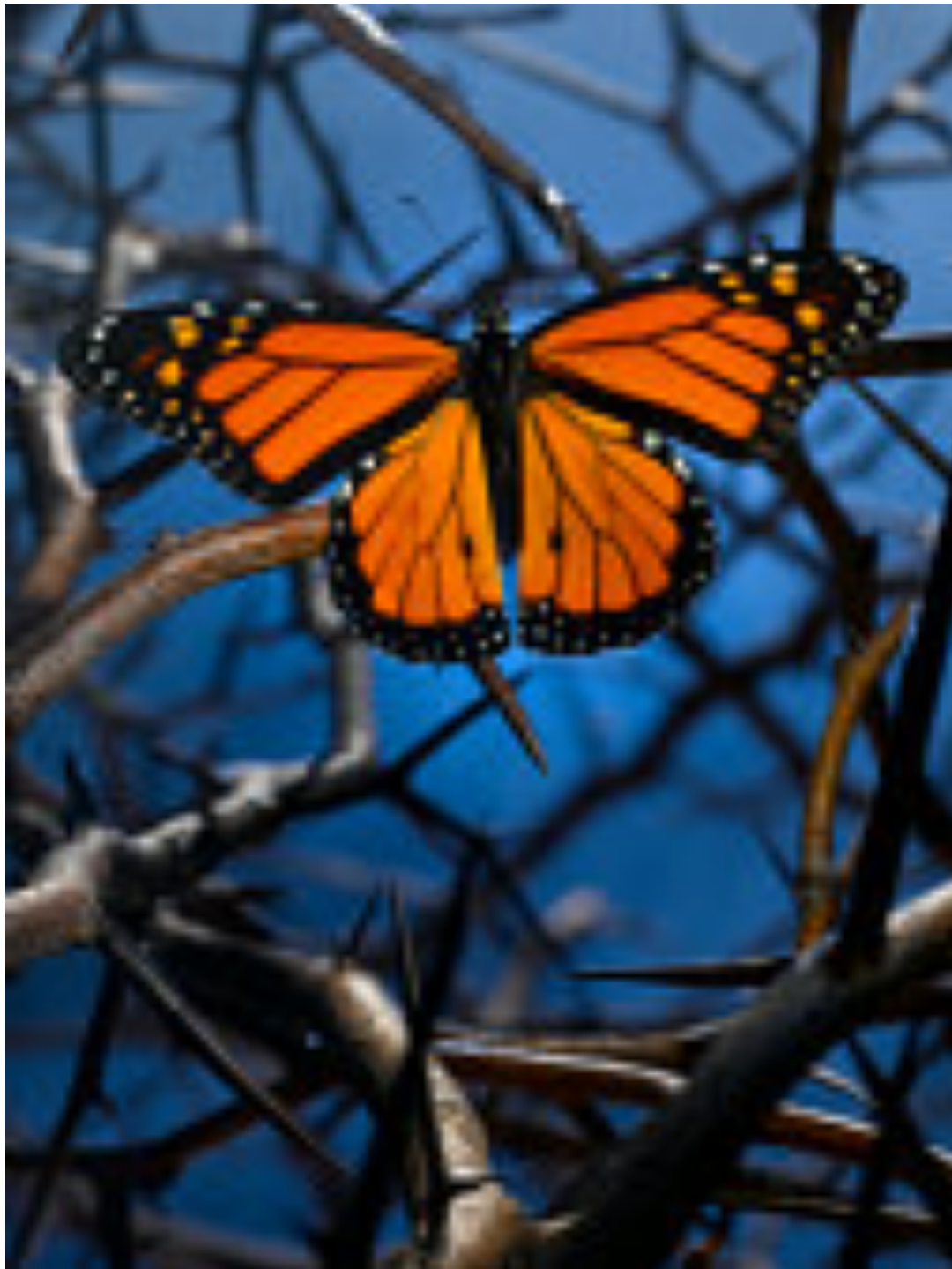
1. Acknowledge
2. Heart-Focused Breathing
3. Activate a positive or renewing feeling
4. Ask
5. Observe and act



*Every problem has a gift  
for you in its hands...*

*-Richard Bach*







# Heart Lock-In® Quick Steps

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1. Heart-Focused Breathing
2. Activate and sustain
3. Radiate



**INSTITUTE OF HEARTMATH**

Empowering Heart-Based Living



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AMBASSADORS**  
LIVE YOUR LEGACY

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