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## HeartMath® Institute Honors Three for Lives of Service

### *Second Annual Humanitarian Heart Awards Presented*

**Boulder Creek, Calif., Jan. 22, 2018** – Three caring individuals whose efforts have touched the lives of thousands for decades were named HeartMath® Institute’s 2017 Humanitarian Heart Award recipients. HMI honored them during its annual gathering, the Mexico Heart Adventure – *Awakening the Global Heart: Facilitating the Planetary Awakening*. The recipients were present along with attendees from around the world for Nov. 1-5 event in the Mexican Riviera on the Yucatan Peninsula.

“These three individuals have been doing truly wonderful things to improve people’s lives for such a long time, said HMI President Sara Childre, “so it is a great honor for HeartMath to be able to recognize them and their lives of service.”

Following are brief profiles of honorees Debbie Lassiter, Katherine Anne Barkley and Dave Grace.

**Debbie Lassiter**, who holds a doctorate of divinity, has been working with people to rebuild their lives after trauma for over 40 years.

Lassiter recalled an important day when she was among her church congregation: “I am a task-oriented person, so when we were challenged by our Pastor to reach out to a lonely person, I did. That single act changed my life forever and led to my current life passion as the CEO and co-founder of the Convergence Resource Center in Milwaukee.

CRC, according to its website, is a nonprofit organization that provides “ancillary support for men and women rebuilding their lives after trauma, with an emphasis on formerly incarcerated women and female survivors of human trafficking.”

HeartMath’s techniques, tools and technology have helped keep Lassiter stable and resilient in what can be emotionally draining work. The goal with one of CRC’s key projects, the Trauma Recovery Package, “is to equip survivors to self-regulate during and after traumatic episodes. We are seeking to expand this package to women that are currently incarcerated and to youth between the ages of 15 and 17.”

**Dave Grace**, after earning a BA in psychology and sociology, another in physical education and a teaching degree, all at different Canadian colleges, began teaching in Toronto public schools.

In 1980, the year after leaving 14 years of teaching in Toronto collegiate schools, Grace said, “I started my own specialty sport camp for boys and girls ages 9-17, offering basketball, football, volleyball, tennis, soccer and dance, with approximately 500 kids attending. We called it Olympia Sports Camp.”

Olympia, which fulfilled a dream of Grace’s since age 18, offers over 90 different specialty sports and activities, with over 3,000 campers attending and more than 200 camp staff and coaches throughout the summer.

HeartMath has been with in recent years. “I read the *HeartMath Solution* and attended the very first HeartMath certification training in 2000,” he said. “I have returned for two more certifications over the years and have also attended several trainings in Mexico.”

**Katherine Anne Barkley**, not quite a decade after being inspired by her humanities and arts studies at Stanford University, went to Mexico “with the dream of contributing to the empowerment of the Mexican people.

“My destiny was to fall in love with the beauty of Mexico and its people: their spiritual light, enormous hearts, intellectual potential and artistic talents,” Barkley recalled. “And so a profound compassion was activated in me.”

In 1998, she said, “I found HeartMath: It was my Eureka moment! I was the first to bring emWave® (then called Freeze-Framer) to Mexico, and worked ... to share the science and tools with hundreds of people who came to my home looking for help. ... I found that HeartMath was the most practical, effective and cost-efficient solution, accessible to anyone, without regard of their social, economic and educational level, making it possible for this system to disseminate at all levels.”

In 2009, she said, “My husband, Aaron, daughter, Kira, and I founded an educational institution – Institute Specialized in Heart Intelligence - in Guadalajara.”

### **About HeartMath® Institute**

HeartMath Institute (HMI), [www.heartmath.org](http://www.heartmath.org), is a 501(c) (3) nonprofit research and education organization headquartered in Central California. For more than two decades HMI has researched and developed reliable, scientifically based tools and programs through its research and education divisions that bridge the connection between heart and mind and deepen people’s connection with the hearts of others. The HeartMath methodologies offer hope of new and effective solutions for the many daunting problems that face society by restoring mental, emotional and physical balance and maximizing every individual’s potential.

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