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HeartMath® Institute

expanding heart connections

April 28, 2015 – Boulder Creek, California -- The Institute of HeartMath is pleased to announce that they have officially changed their organizations name to, “The HeartMath Institute.” The reorder of their name comes after many years of using the Institute of HeartMath and the acronym IHM.

The change was inspired by history and people. “More often than not, over the past two decades people lead with the name HeartMath when they refer to the institute’s work, said Sara Childre, President and CEO of the HeartMath Institute.

The HeartMath Institute will also officially use the acronym, HMI. Sara Childre, added, “People know us as the HeartMath Institute. It is what our loyal following has warmly called the organization for years. You could say our name was unofficially crowd sourced. Since this is how our organization name is remembered by our value members, it makes good sense to now make it our official name.”

In their 24th year of serving and leading the movement of heart intelligence, HMI is celebrating this name change with a simultaneous redesign of their website. HMI representatives say that the web redesign was really driven by the growing need of their global community’s use of mobile devices.

The HMI site will continue to offer its rich content and [research](#) on stress, heart intelligence, heart coherence and energetic connections. It will also continue to provide the HMI free [resources](#) such as article, tips, tools and techniques for stress management, personal development, coherence and resilience building.

A new section that has just been added to the HMI website is the [Global Coherence Initiative](#) (GCI), a special project launched by the HeartMath Institute several years ago. This special initiative is aimed at increasing heart coherence, harmony and peace worldwide.

Since 1991, the nonprofit HeartMath Institute has focused its research and education mainly on the heart-brain communication and its relationship to managing stress, increasing resilience and heart coherence. HMI’s scientists explore the electrophysiology of intuition and how all things are interconnected.

Through clinical studies the HeartMath Institute has demonstrated a critical link between emotions, heart function, and cognitive performance. This work has been published in numerous [peer-reviewed journals](#) such as *The American Journal of Cardiology*, *Stress Medicine*, *Global Advances in Health and Medicine*, *Preventive Cardiology and Biological Psychology*.

The HeartMath Institute’s research has led to reliable, scientifically based tools to reduce stress and overwhelm and help to create a bridge between the connection of the heart and mind - deepening people’s connection within and with the hearts of others.

Doc Childre founded the HeartMath Institute and believes the intelligence of the human heart is a powerful force that can lead humanity away from the destructive cycles of stress towards a more

hopeful future. HMI's mission and their methodology focus on facilitating people in bringing their physical, mental and emotional systems into balanced alignment with their heart's intuitive guidance.

HeartMath's research, training and technologies are aimed at guiding all of humanity toward the realization of its full potential and to rely on the qualities of the heart in its role as caretaker of future generations and our planet.

To learn more about their work and research you can visit their website at www.heartmath.org.

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