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Register for Account

By registering you agree to our
Terms of Service and Privacy Policy

Username

Password

Forgot password?   Login

Welcome to the Global Coherence Network!

We're building a global community of people who are collectively radiating heart-focused love and compassion into the planetary energetic field environment, to facilitate the shift in global consciousness from instability and discord to compassionate care, cooperation, and increasing peace. You can use this app to facilitate increased family, group, or team coherence and heart connections.

Using the optional HeartMath Inner Balance Coherence Sensor or your phone's camera you can see and track how much coherent heart energy you and others are adding to the planet and your own private groups.

Thanks for being a part of the global coherence community: One world, in coherence.

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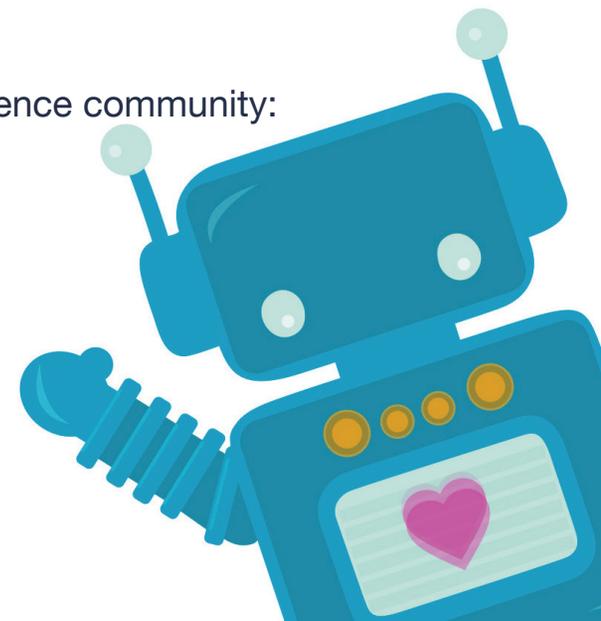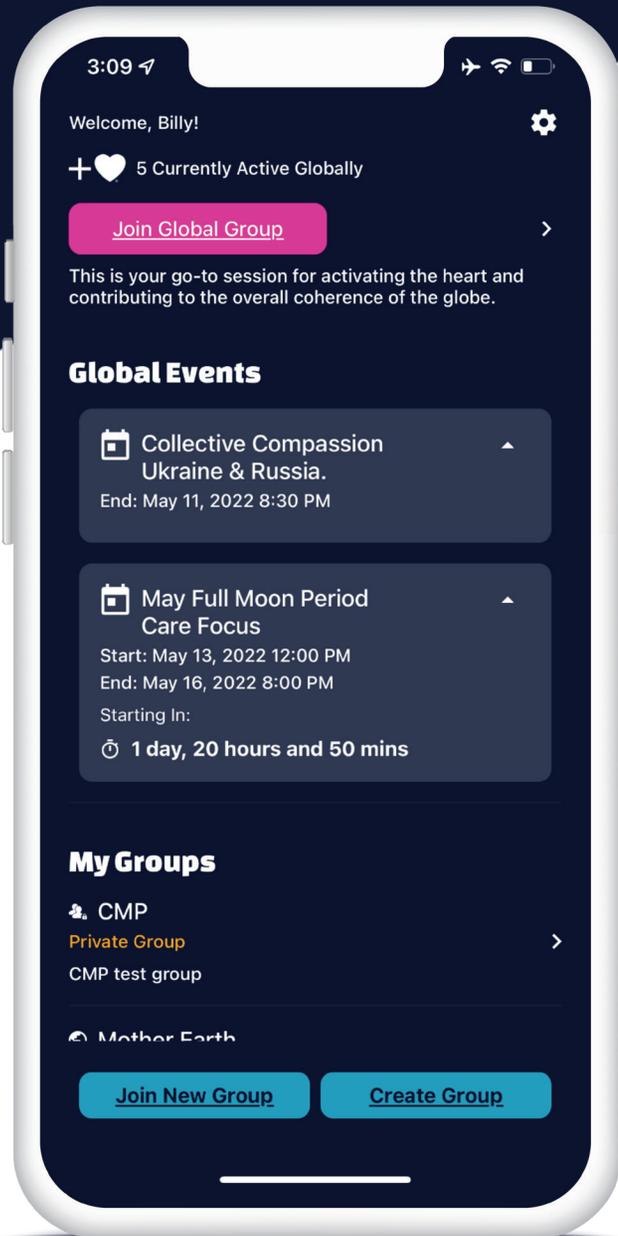
This is your Dashboard

Your dashboard is the hub for browsing available sessions and managing your groups. Join an existing group, or create your own group, so you and your friends can contribute to the Global Coherence as a team.

Join New Group

Create Group

Joining a group is easy, just select from a list or enter an access code for a private group.

Creating a group enables you to invite friends to your events and manage the group.

![HeartMath® Institute logo]
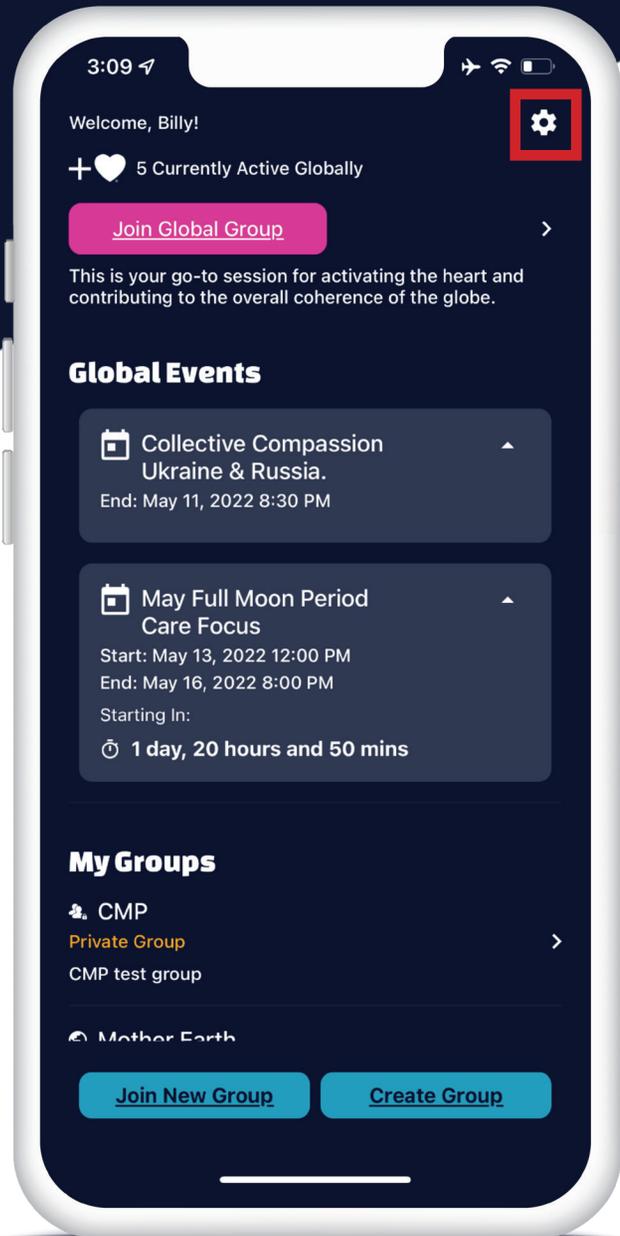
Access your Settings

You can access your settings at any time from the main dashboard screen (the gear icon). In settings, you can edit your account information, adjust your breath pacer speed, set your notifications preference and re-watch the how-to tutorials.

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Phone screen content

3:09

Welcome, Billy! ⚙

+♥ 5 Currently Active Globally

Join Global Group →

This is your go-to session for activating the heart and contributing to the overall coherence of the globe.

Global Events

📅 **Collective Compassion Ukraine & Russia.** ▲
End: May 11, 2022 8:30 PM

📅 **May Full Moon Period Care Focus** ▲
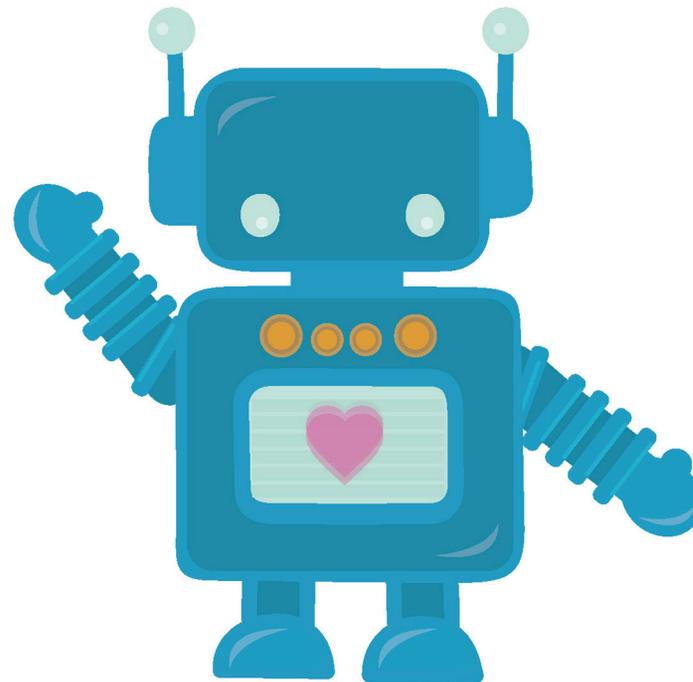
Public Groups

Public Groups are set-up and moderated by HeartMath Institute, and they're available for anyone to join. Global events like hurricanes or human tragedy are often candidates for public coherence groups, and they are usually temporary in nature. Public groups are designated by a hot pink color.
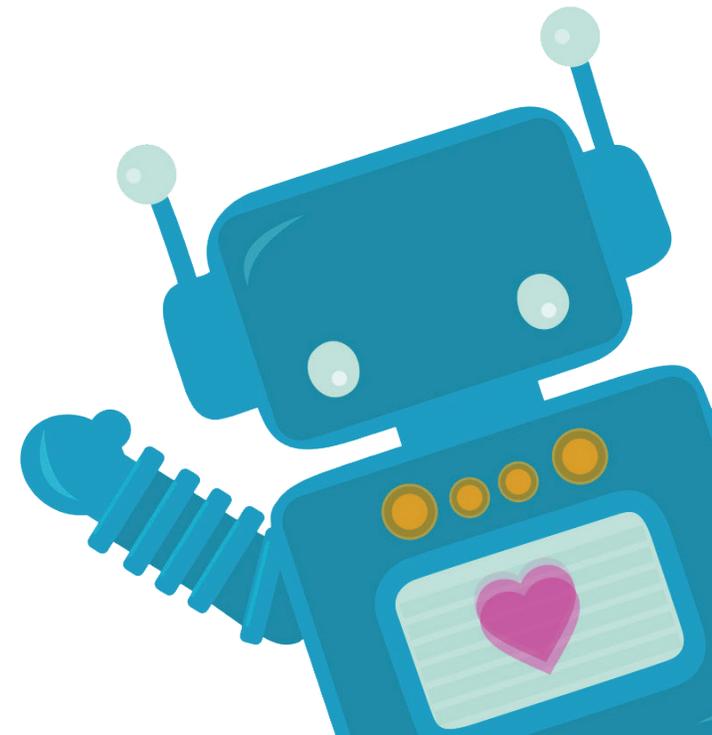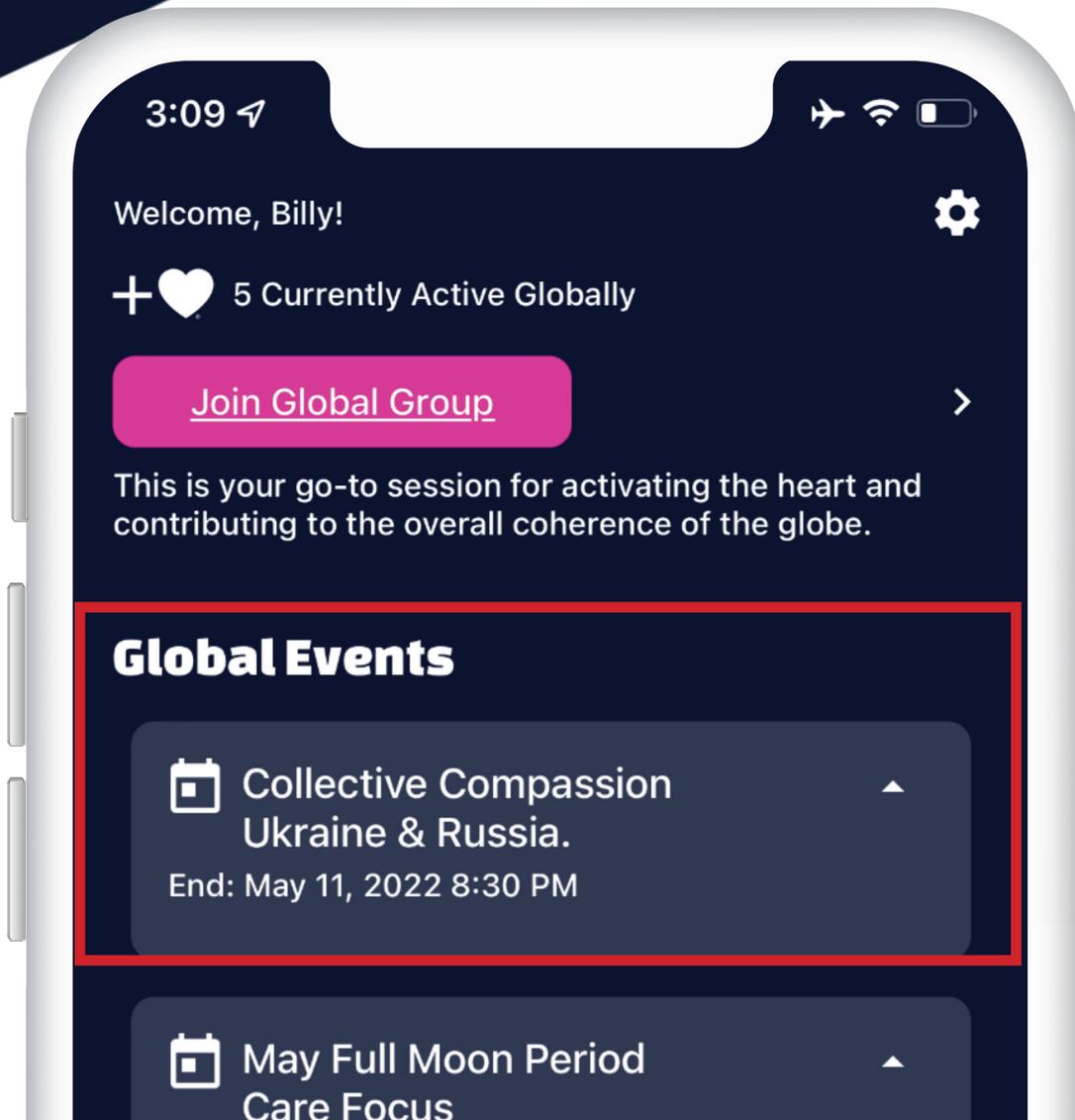
Private Groups

Anyone can create a private group and invite friends to join in adding to the overall global coherence. These groups can only be joined if you know the access code for that particular group. Private groups are designated by an orange color and a small icon with a person and a lock.

HeartMath® Institute

Welcome, Billy!

My Groups

CMP
Private Group
CMP test group

Mother Earth
Public Group
Try to spend 5 minutes per week appreciating her beauty, including animals, trees, rivers and oceans.

Twinkle Twinkle Little Star
Public Group
Before going to sleep, add heart by spend a few minutes radiating compassion to yourself and others.

Ed / Dev Teams
Private Group
HMI Ed Team

HeartMath Connected Community
Private Group

+♥ HeartMath® Institute

3:09 ✈ 📶 🔋

Welcome, Billy! ⚙

+♥ 5 Currently Active Globally

Join Global Group ›

This is your go-to session for activating the heart and contributing to the overall coherence of the globe.

Global Events

📅 Collective Compassion Ukraine & Russia.
End: May 11, 2022 8:30 PM ▲

📅 May Full Moon Period Care Focus
Start: May 13, 2022 12:00 PM
End: May 16, 2022 8:00 PM
Starting In:
⏱ 1 day, 20 hours and 50 mins ▲

My Groups

👥 CMP
Private Group ›
CMP test group

♥ Mother Earth

Join New Group   **Create Group**

3:10 ✈ 📶 🔋

Create Private Group

👥 Private Group

All groups created by users are automaticalled labeled as private. It is the responsibility of the creator to promote their group and encourage other users to join. An access code will be generate after group is created.

Group Name
Enter Name for Group

Individual Average Goal
Individual Average Goal

Group Description
Short description of the global event goes here.

Create Group

Cancel

Creating a Group

To create a private group, simply click "Create Group" in your dashboard and fill-in the form. Once you create a group you can then share the automatically-generated access code to your intended friends via text or email.
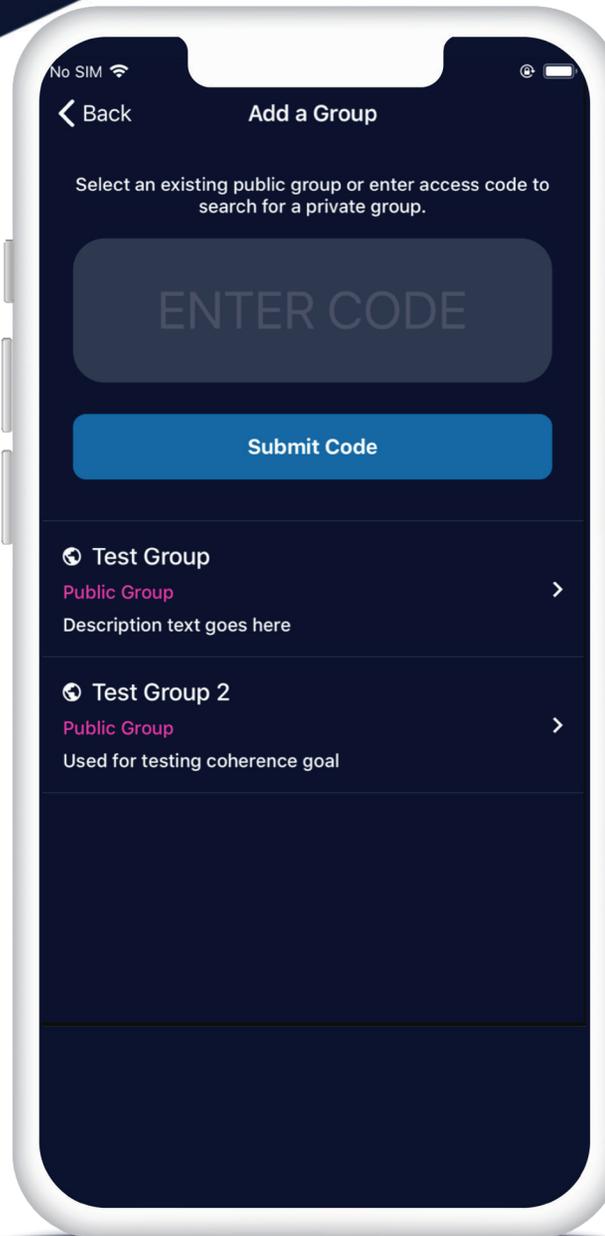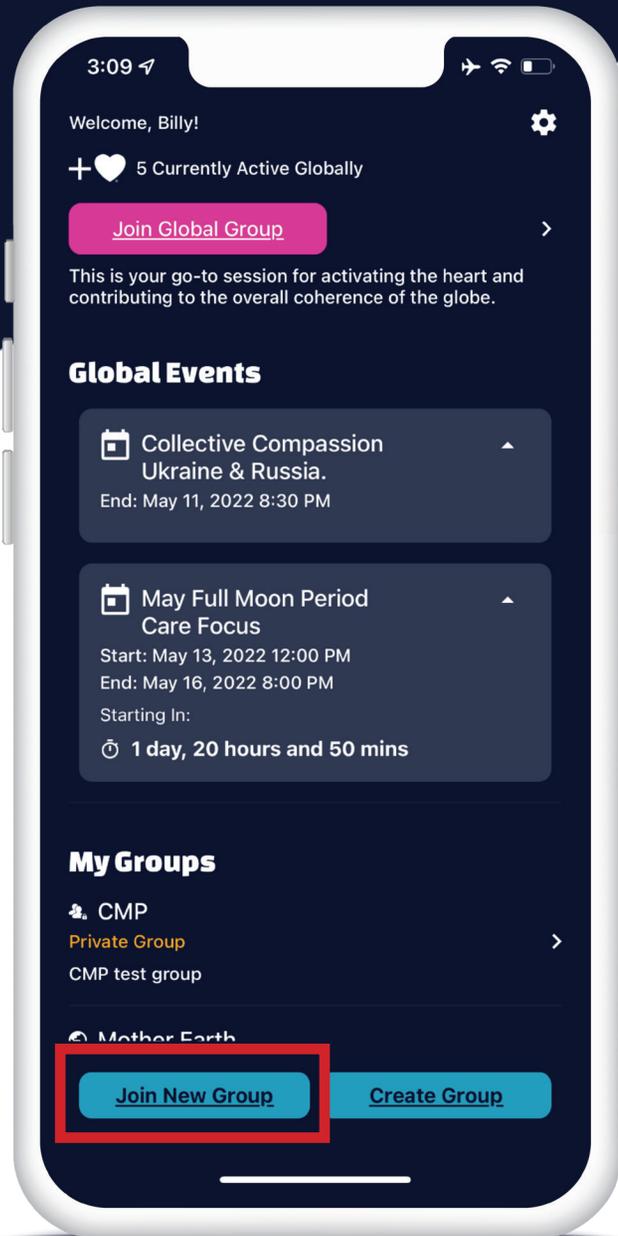
Joining a Group

Click the "Join New Group" button and follow the instructions. If you have been sent an access code from a friend, simply enter it in the text box and click "Submit Code". After that, you can go to your dashboard and select from "My Groups" at any time.

![HeartMath Institute app interface showing Global Events screen]
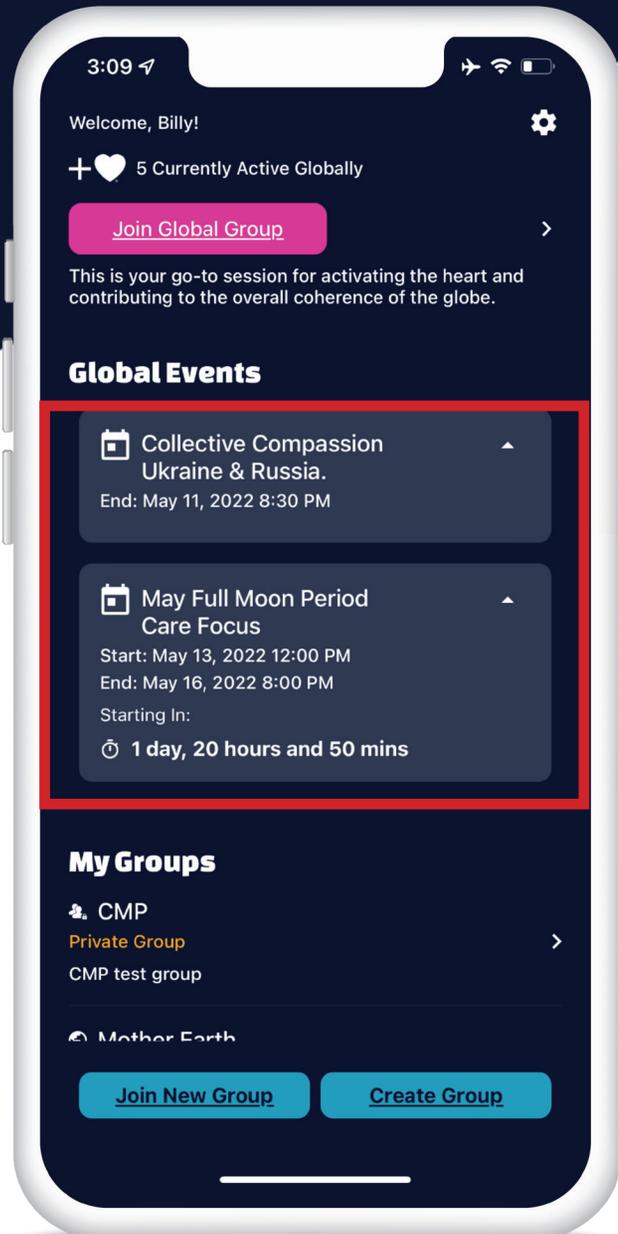
Global Events

Global Events are Public and have a specific time and date range. They facilitate a coming together of people to focus on a specific intention. Upcoming events are listed in the Global Events Window. You may join a Global Group Session during the specified date and time ranges.

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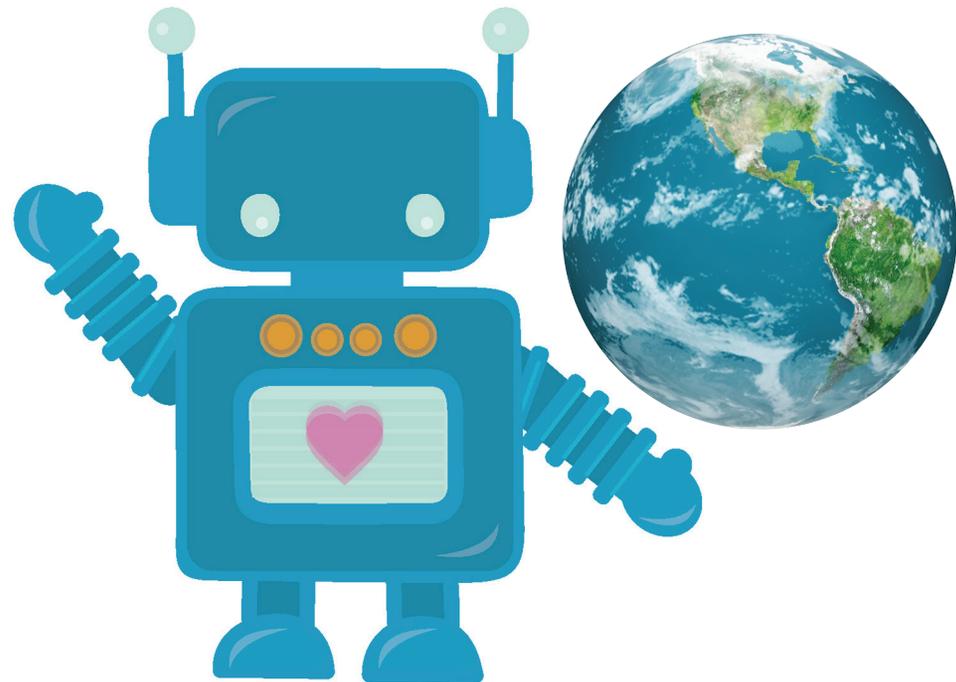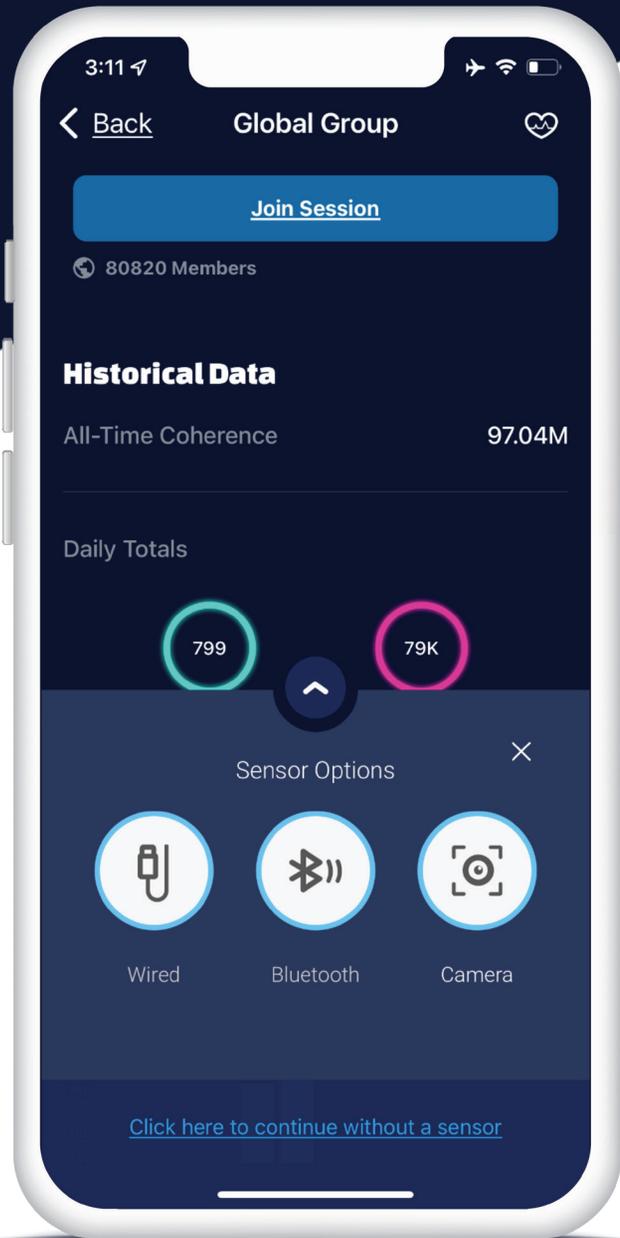
Connect a Coherence Sensor

Measure your heart coherence with a coherence sensor or the phone camera.

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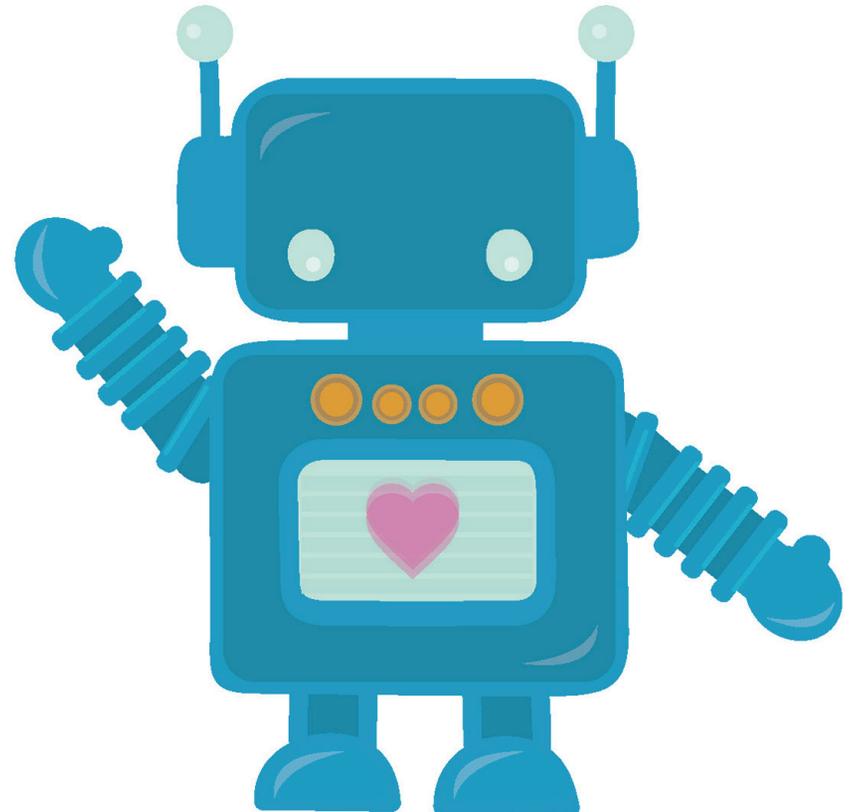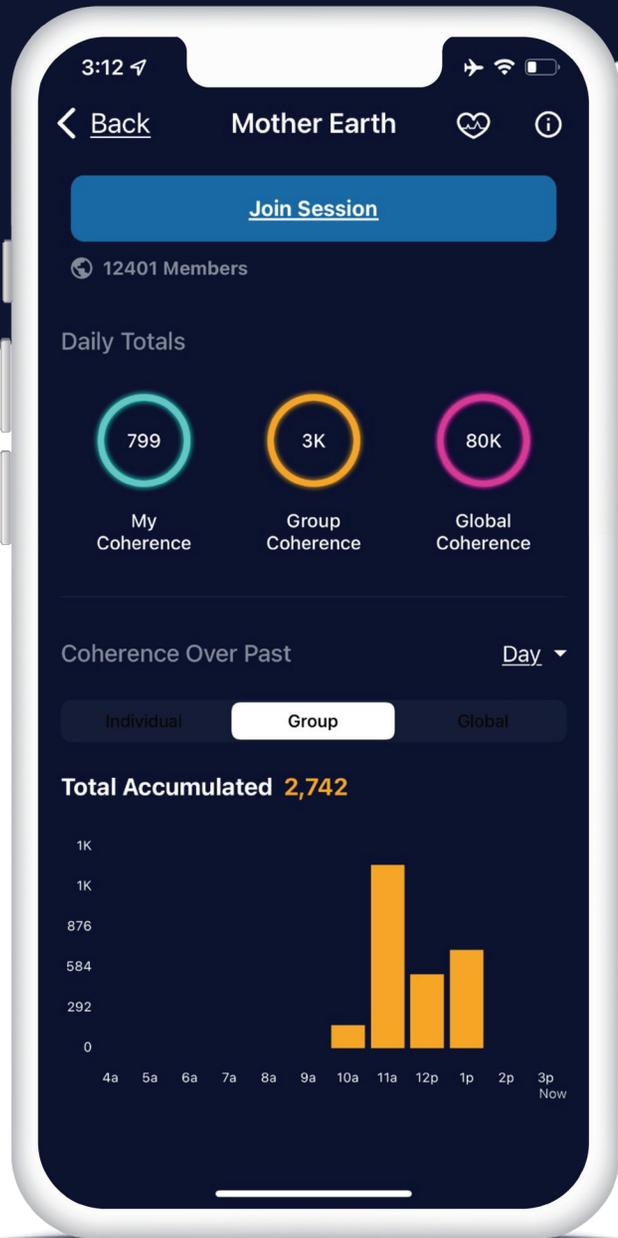
Historical Screen

Before you join a session, you'll see some historical data that displays your coherence, the group coherence (for that particular group), and the global coherence (all groups combined), and how close each is to their designated goal for the day. You'll also notice graphs where you'll see the coherence trend over a designated span of time.

Teal - Represents your Individual Coherence

Orange - Represents the Group Coherence

Pink - Represents Global Coherence.
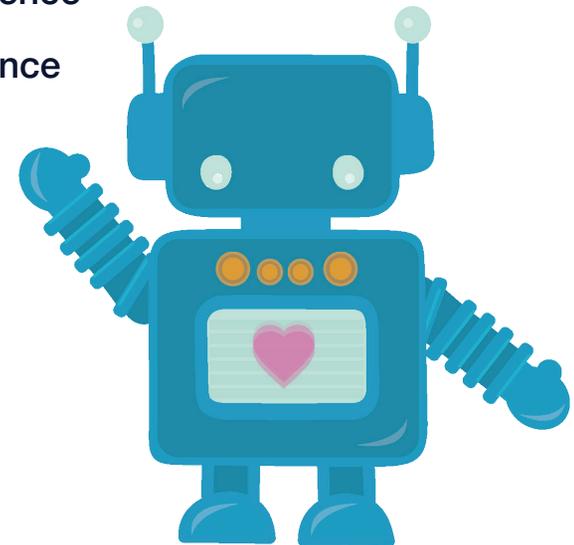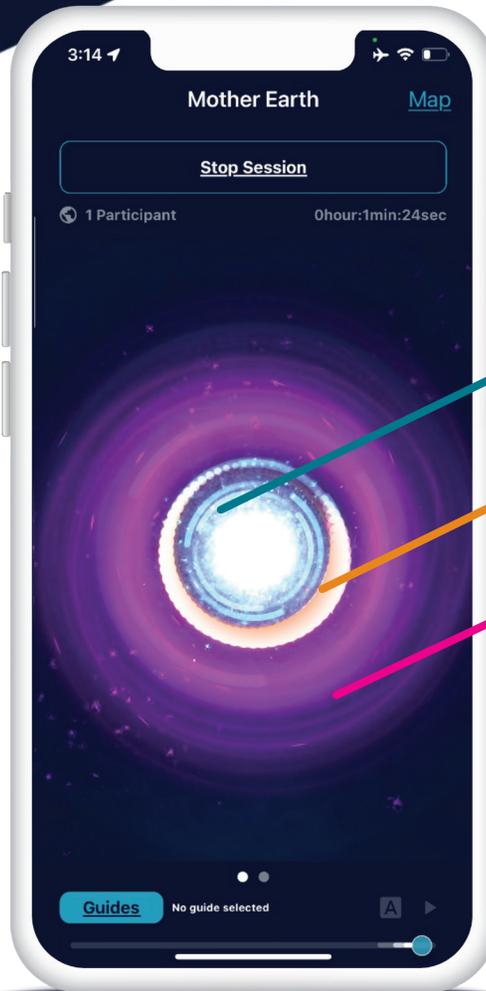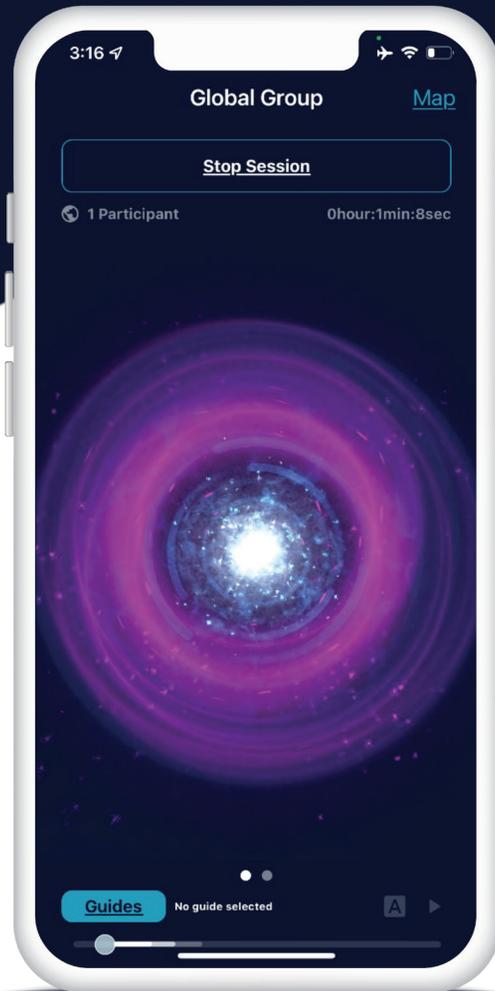
Teal - Represents your Individual Coherence

Orange - Represents the Group Coherence

Pink - Represents Global Coherence.

Animation Screen

The animation screen displays graphical feedback for the current session. The vortex will turn brighter and the colors become more vibrant as the coherence contribution increases. The colors represent the different types of coherence: Individual, Group and Global. The inner teal and white lights represent your Individual Coherence. The middle ring displays Group Coherence for any non-Global Group that you are participating in and the outer violet rings represent the coherence of the Global Group (Everyone using the app.)
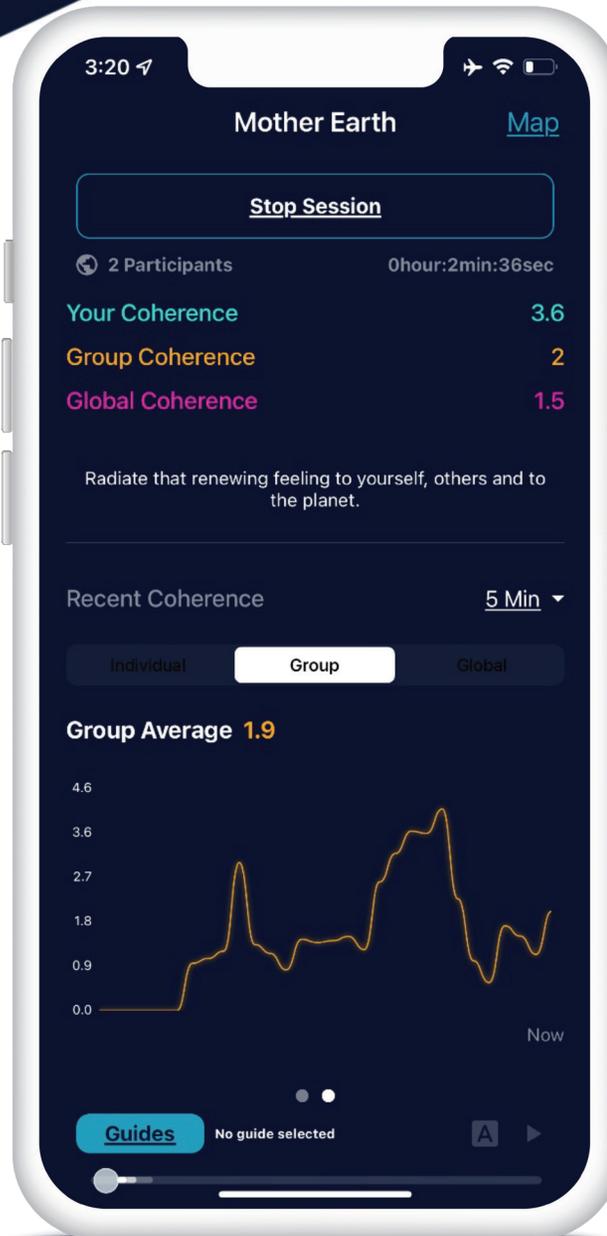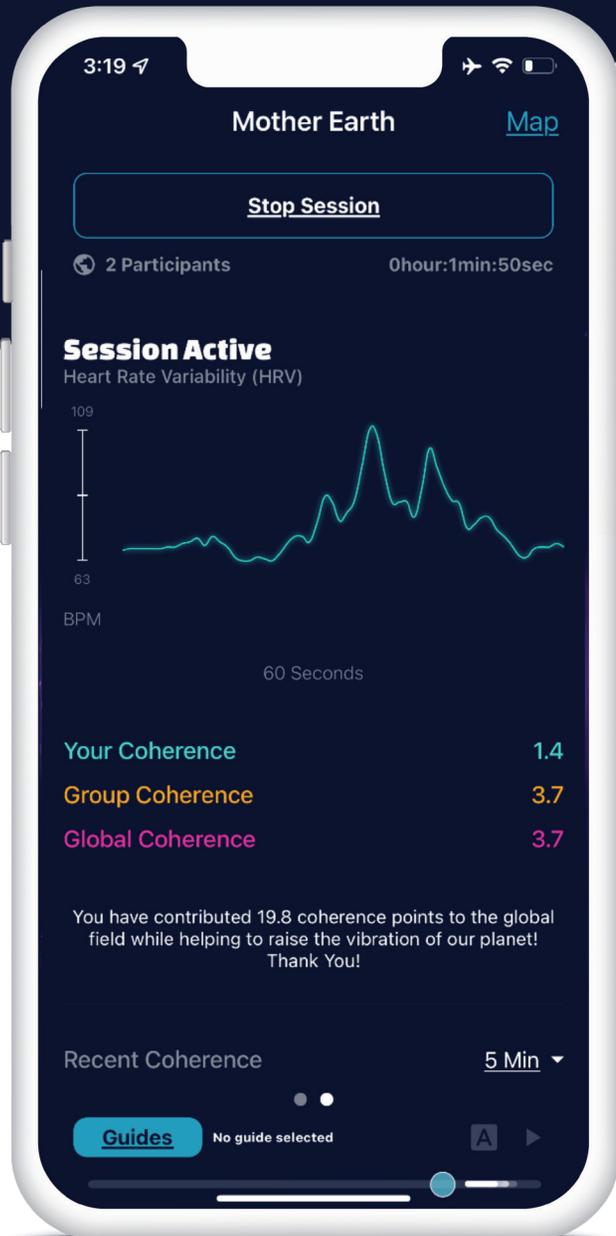
In-Session Statistics

In an active session you'll first notice the HRV (Heart Rate Variability) which is data coming directly from your pulse sensor and it's graphically represented in a rolling 60-second timespan. If you scroll down, you will see the graphs which depict your session coherence over varying amounts of time which is color coded to the type of session (individual, group and global).

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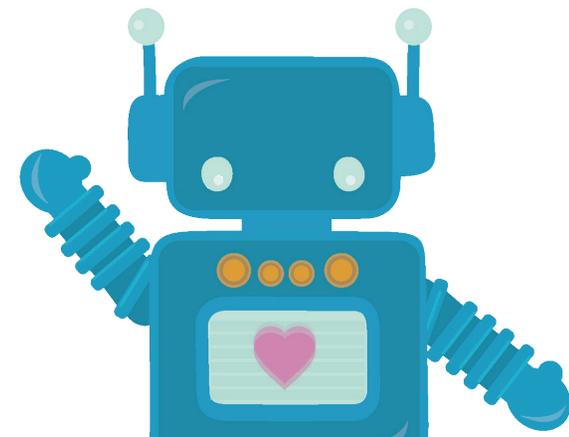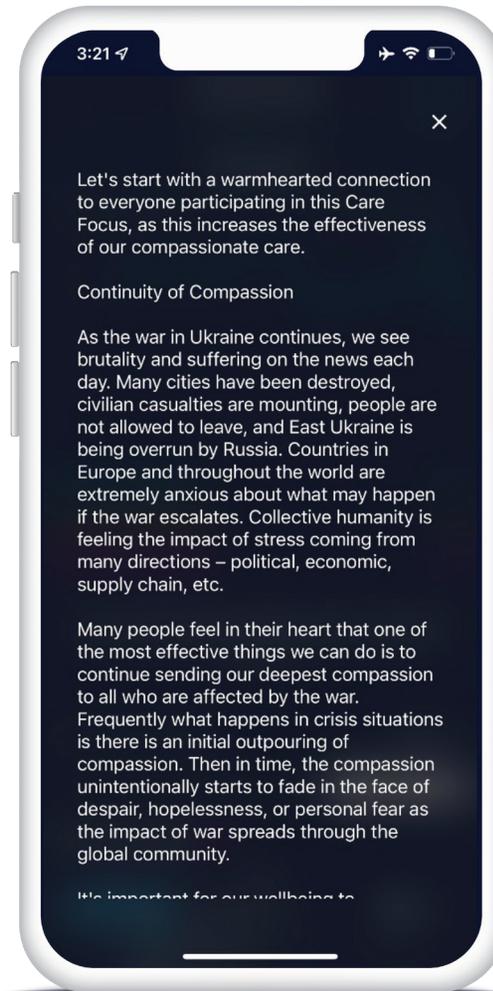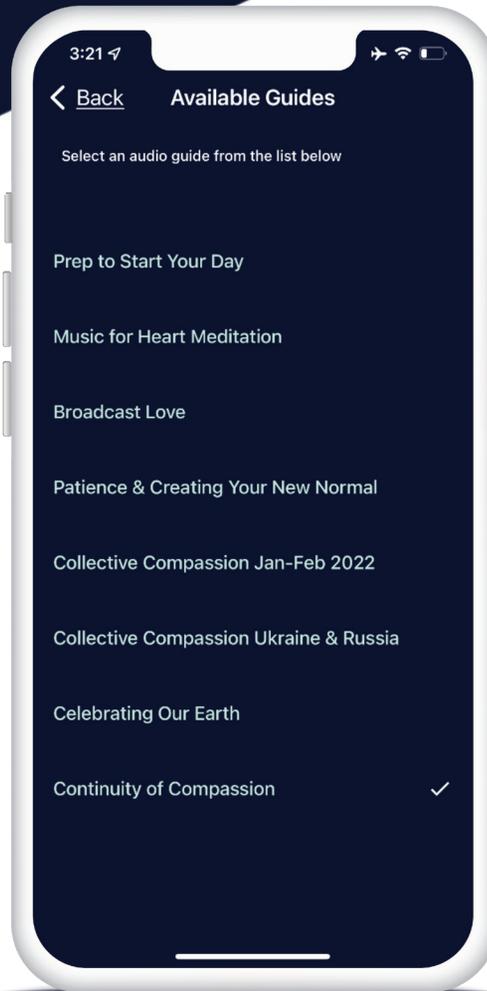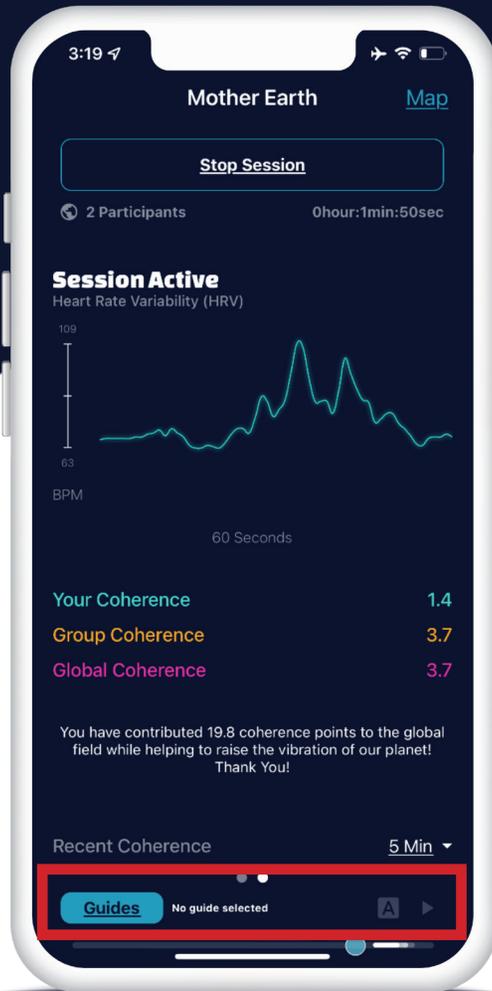
Session Guides

Guides are developed by HeartMath Institute to provide added context to a public event and might include narrated audio, music and text. You can pause/play the audio, and access the text portion by clicking the text icon (letter "A").

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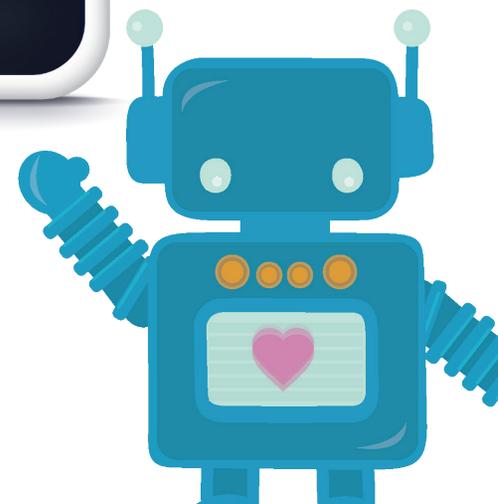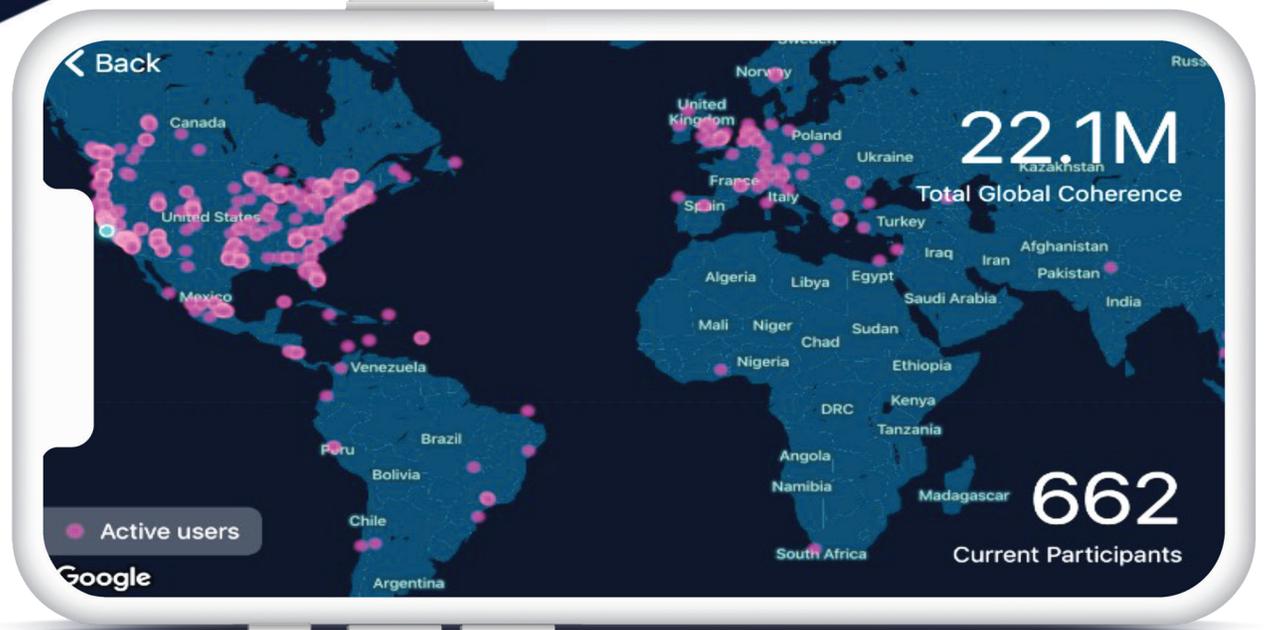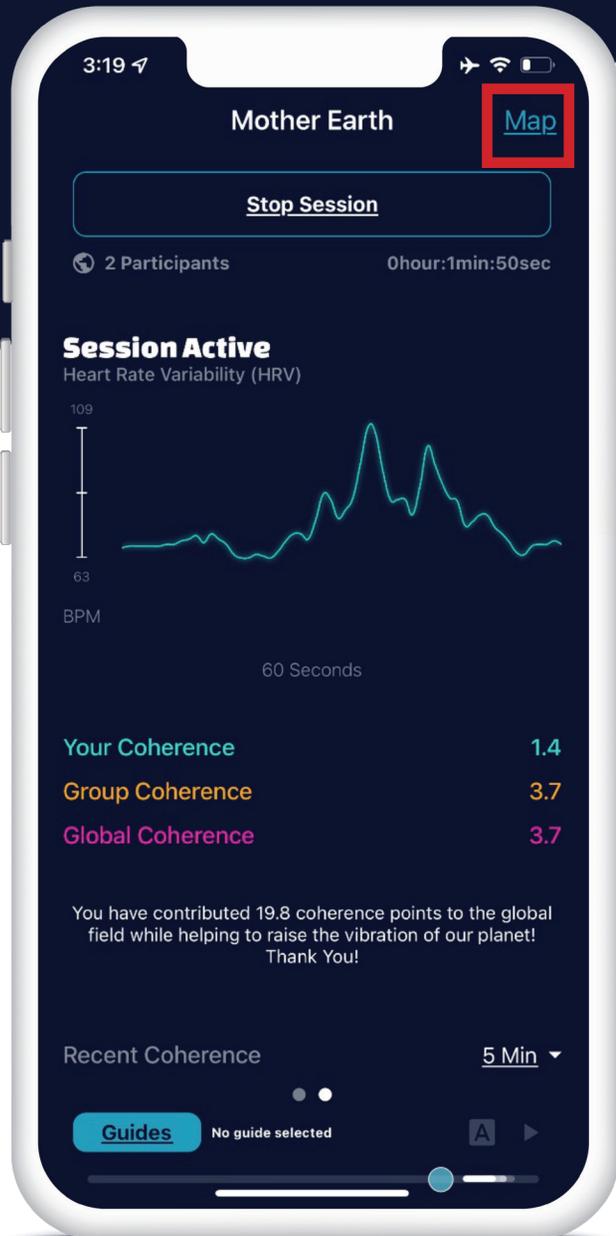
The Global Map

The map is accessed on the active session screen (map icon in upper right of screen). The map is fully interactive, allowing you to scroll and zoom around the screen to see active users from around the world. The map is set to operate in "landscape" mode. The larger the circle of lights, the more coherence is being generated from that location.