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Global Care Room Gets Mobile for World Peace
Thousands joining virtually to create a better world

BOULDER CREEK, CALIF – Nov. 11, 2013 – Imagine strangers around the world on their smartphones, tablets and computers synchronizing their efforts for world peace through an online app. This is now a reality and is something that happens daily. The Institute of HeartMath’s (IHM) Global Care Room [Facebook and mobile-optimized app](#) is open to the public and facilitates participation specific Care Focus events for its members and anyone who would like to participate in a greater vision of peace.



The Global Care Room allows people to come together through meditation, prayer and positive thoughts directed for specific causes. It is a way to connect with other people in heart-focused intention, in real time. The newly optimized Global Care Room existed previously as a web application for computers, but its newest iteration that officially launched in Sept. 2013 is now optimized and redesigned for **Facebook. Mobile devices can also access it** through Facebook or its online website.

The Institute of HeartMath (IHM) is an internationally-recognized nonprofit research and education organization studying emotions and their influence on the heart, brain, health and performance. More than 50,000 people are members of IHM’s Global Care Room and many of them have been connecting in Care Focuses daily over the past two years.

“You hear news about natural and man-made tragedies in the world almost every day,” said Sara Childre, president of the Institute of HeartMath. “And while people donate to charities, give blood, and send food, medicine and supplies - there’s still a yearning to contribute energetically from the heart to focus our love and care towards those in need. The Global Care Room provides an outlet where all people, regardless of their background or religion, can collectively focus care for our global community.”

Participants of the Global Care Room are encouraged to join any of three scheduled sessions occurring on **at 4 am, noon or 8 pm PT**. For those who cannot make these synchronized session times, the Care Room is open 24/7 so members can come together at a time that is convenient for them and join in with others from around the world.

The Global Care Room was inspired by more than 20 years of IHM’s research to further the scientific understanding of *heart coherence* - a significant indicator of wellbeing. This research has helped to expand the understanding of the emotional (spiritual) heart in the scientific community.

IHM’s research has shown the heart is more than a blood pump; it plays a key role in emotional experiences and is a key influencer of thoughts and physiological reactions. [Studies](#) from IHM and elsewhere demonstrate that individuals who intentionally generate positive emotions are able to raise their coherence levels, which resulted in less stress, more intuitive connections, increased resilience and more meaningful relationships. Generating coherence is very much about increasing personal peace, according to Sara Childre.

Research also suggests that individuals in a [coherent state](#) (*balanced alignment of heart, mind and emotions*) can also have a positive influence on those around them. The Global Care Room is a place where individuals can join with others to radiate love, compassion and peace to areas of the world in distress.

Howard Martin, co-founder of HeartMath and spokesperson for the Global Care Room project said, “Peace is something we create moment to moment. We each have a responsible role in creating a more coherent and peaceful planet and it’s important for our own wellbeing as well as those around us.”

The Global Care Room offers a free membership with added perks such as exclusive webinars and free e-book downloads. Participants can join synchronized heart coherence sessions, which are scheduled three times daily, or visit any time they desire to do a session. There is also a suggested monthly care focus, often concentrated on sending out love and compassion to those affected by natural and human-made disasters. In the past the Global Care Room has created Care Focuses for events such as the Japan earthquake in 2011, Hurricane Sandy, the Sandy Hook shooting, as well the sociopolitical turbulence in Egypt and Syria and throughout the Middle East.

“It is very heartwarming to see so many people coming together to care for and support the global community,” said Howard Martin. “With the Global Care Room now accessible on Facebook people can easily join others in something very meaningful.”

Each individual that visits the Global Care Room will see a green geomarker showing their location, as well as yellow geomarker showing the location of other participants. An orange geomarker points to the area that collective Care Focuses are concentrating on. Members can join in the monthly care focus or any other focus they are drawn to. Participants can also leave comments and share with friends through Facebook. The Facebook version has enhanced features to see personal stats and earn participation badges. To get a quick video tour of the Global Care Room you can watch this [short video](#).

Childre said the common link between all Global Care Room members is their care for the global family and the planet. “By honoring our differences, we multiply the strength of connection and effectiveness in our care for the planet and each other. We’re coming together in the heart to co-create a greater wholeness,” she said.

To learn more about the Global Care Room or the new Global Care Room Facebook app, visit <http://www.globalcarerooms.org/rooms/login/gci>.

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About the Global Care Room: This special project, the Global Care Room is one facet of an even larger initiative called the Global Coherence Initiative (GCI.) GCI was launched by the nonprofit Institute of HeartMath (heartmath.org). The institute has been researching emotional physiology, optimal function, resilience and stress-management for more than 20 years. This research has significantly advanced understanding of heart-brain interactions, heart-rate variability (HRV) and heart-rhythm coherence, and the physiology of optimal learning and performance. The [Global Coherence Initiative](#) is a science-based, co-creative project to unite people in heart-focused care and intention, to facilitate the shift in global consciousness from instability and discord to balance, cooperation and enduring peace. We and others feel that these collective heart-based initiatives, rather than being a trend, represent the proactive consciousness platform of the future, in which individuals and communities take responsibility for shaping a new world by increasing love, care and compassion for the global whole. The Global Coherence Initiative also includes an important scientific measurement component. Advanced sensing technology, will test the hypothesis that the earth’s field is affected by mass human emotion, positive or negative.