

Entrainment

In the seventeenth century, a European inventor by the name of Christiaan Huygens took great pride in his invention of the pendulum clock. He maintained a fine collection of such clocks in his studio. One day, when he was in bed, he noticed a peculiar thing: all the pendulums were swinging in unison, though he knew they hadn't started out that way.

Christiaan got out of bed and started all the pendulums swinging differently; breaking the synchronized rhythm. To his amazement, all the pendulums soon fell back into synchronization again. Every time he misaligned their swing, the pendulums found their way back into sync.

Although Christiaan couldn't completely solve the mystery, later scientists did: The largest pendulum – the one with the strongest rhythm – was pulling the other pendulums into sync with it. This phenomenon, termed *entrainment*, has been found to be prevalent throughout nature.

When your body is in entrainment, its major systems work in harmony. Your biological systems operate at higher efficiency because of that harmony, and as a result you think and feel better. Because the heart is the strongest biological oscillator in the human system – the equivalent of the strongest pendulum in a collection of clocks – the rest of the body's systems can be pulled into entrainment with the heart's rhythms. As an example, when we are in a state of deep love or appreciation, the brain synchronizes – comes into harmony – with the heart's harmonious rhythms. This state of head/heart entrainment occurs precisely when the heart rhythms complete one cycle every ten seconds (0.1 Hz).

When brain waves entrain with heart rhythms at 0.1 Hz, practice members report heightened intuitive clarity and a greater sense of well-being. Network adjustments (entrainments) are designed to help people get their heads and hearts in sync. These techniques work precisely because they encourage a coherent state of entrainment.

According to studies, at those elusive moments when we transcend our ordinary performance and feel in harmony with *something else* – whether it's a glorious sunset, inspiring music, or another human being – what we're really coming into sync with is *ourselves*. Not only do we feel more relaxed and at peace at such moments, but the entrained state increases our ability to perform well and offers numerous health benefits. In entrainment, we're at our optimal functioning capacity.

Our research shows that people can develop their ability to maintain entrainment by sustaining sincere, heart-focused states such as appreciation and love. The results of studies on head/heart entrainment suggest that by intentionally altering our emotional state through specific techniques – i.e., Network adjustments (entrainments) – we modify the input from the heart to the brain. Our bodies were designed to function at optimum capacity when the heart and head are highly attuned to one another and working together.