



How to draw on the power of your heart – Laura Lane’s interview with Jeff Goelitz – Full Transcript

April 27, 2022 / Spiritual Growth

[Music – Sending a Line by Fiz Anthony]

Thank you for tuning into the Hope Strength Courage Podcast. Love and support for parents whose kids are fighting for their lives! A weekly podcast created to support parents and caregivers of children diagnosed with cancer where you will find resources collected to help you face each day with Hope, Strength and Courage. From interviews with the top experts in their fields: doctors, psychologists, chaplains and inspiring frontline workers in pediatric oncology as they share their best advice, as well as day-to-day advice collected from other cancer moms and leaders in personal growth and development. From individuals who understand how hard it can be, I hope you will feel better prepared to cope with the day-to-day challenges of caring for your child.

Hi, I am Laura Lane, and I am your host. My own daughter Celeste was diagnosed with cancer at the age of 12. In 2015, I wrote about our experiences in the book “Two Mothers One Prayer: Facing your child’s cancer with Hope Strength and Courage”. Since that time, I have dedicated thousands of hours to share with other parents and caregivers the resources, tools, tips, skills and strategies I learned that helped our family to stay happier, healthier and more hopeful. My goal is to share with you my interviews with experts to support you as you care for a child with cancer.

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Today’s episode features my interview with Jeff Goelitz, stress solutions expert at the Institute of HeartMath.

In our last episode, Marci Shimoff gave us a basic introduction to HeartMath when she shared with us how to change our brain chemistry and how to feel more balanced, centered and open through a quick 2-minute exercise you can use anywhere. Well, this week, Jeff does a great job of explaining about the HeartMath institute, how we can access depth of heart, and provides us with a daily reflective activity with we can do with our children – a hands-on activity on how to create an inner weather report as well as heart-centered breathing exercises. I hope you will enjoy this interview as much as I did.

I am pleased to formally introduce you to Jeff Goelitz. Jeff Goelitz is currently an education curriculum developer, senior trainer and education specialist with the non-profit Institute of HeartMath. He regularly consults with education professionals, mental health specialists and parents around the U.S. and Canada to help improve the well-being of youth, parent-child communication, and classroom climate and performance. In the last fifteen years he



has created and contributed to numerous educational curricula and programs designed to improve social and emotional learning. Jeff is the co-author of *Using emWave Technology For Children With ADHD*, *The College De-Stress Handbook*, *Heart to Heart: Communicating With Your Child* as well as *Transforming Stress for Teens*. As a stress solutions expert on HowtoLearn.com, he contributes ongoing articles and webinars on a variety of topics related to youth.

Laura Lane: Thank you Jeff. I'm so pleased to have you with us today.

Jeff Goelitz: Thank you so much Laura for inviting me I'm so glad to be here.

Laura Lane: So if you could help us with an introduction into HeartMath and what it is you do, it would be great to help our audience to understand better about the HeartMath.

Jeff Goelitz: Absolutely, the HeartMath institute is a non-profit educational organization located in northern California about an hour and a half south of San Francisco. And we've been around since 1991. A lot of what we do is we bring the power of the heart in a way that is grounded and credible and sensible to the lives of people to help upgrade the quality of their lives, their decision makings, even their performance. We've also done a lot of science research on the results of those trainings and those strategies and tools and best practices, as well as published a lot of books. We also do a lot of public webinars, we have some of this incredible technology that trains people to get resilient, and I'll talk a little more about that later on, and I think there is also a whole research arm that would be of interest to people. We study actually kind of the electrophysiology of the brain, the body, and the heart, and the heart as it turns out, is much more influential than we previously thought. It's much more than just a pump and I'll detail some of that information later on.

Laura Lane: Well that's great. Now, I understand and I heard that you say that tragedy and challenge require a depth of heart. What do you mean by depth of heart and how can we access depth of heart?

Jeff Goelitz: It's a really, really good question. If you think about heart, just the word heart if you look it up in Webster's dictionary you'd probably see something along that says a physical organ inside us that pumps blood, and it certainly is that it's a well-known function and feature. But if you look a little farther down in the in the definitions you'd see these metaphorical or even spiritual definitions, the core of who we are. Throughout history, throughout even global cultures, heart has this other meaning than just being the pump. When we're in the United States here, and we salute the flag, or we sing our national anthem, where do we put our hands? We put it on the heart, right in the center of our chest there. We're drawing on the power of the heart. It means we're sincere, we put a lot of feeling or emotion in it, and just to kind of look up some of the common language or metaphors in life that we hear. We calmly hear listen to your heart, or go to your heart for the answer, or put your heart into it, or he has a great heart. So, throughout history and even now in our little rituals, like the flag of the allegiance, the pledge of the allegiance, or singing the national anthem when we put our hand on our heart, or the language, we are



referring to this power of the heart, source of intuition, wisdom, intelligence, more than just it being a metaphor I would suggest. Not just something that is symbolic but is ... I'll talk a little later on some of the really interesting neuroscience emerging just on this subject.

When we have tragedy and challenge it helps us immensely if we can pull on that depth of who we are, what are our core values? What's most meaningful to us? What's the most important thing in our life? That's one we sort of let aside some of the normal distractions that everybody gets through and we go to that deeper heart place for comfort, for wisdom, for intelligence, for answers, for clarity, or just almost even as a coping mechanism. We get this larger prospective going on like this is a really challenging moment especially, like, if your child has cancer. For goodness sake that's a huge thing, it's a very primal fundamental relationship, the relationship between a parent and a child, most fundamental relationship in nature. So the pull on the power of the heart is to get to that which is most important, the *coeur* is how they say it in France which means courage. So the heart gives us courage, gives us wisdom, it gives us a resilience capacity that maybe we don't even know we have but those kind of moments we have to pull on our deeper resources to get through those really tough moments or in the case of a child having cancer, ongoing difficult or challenging moments where your whole world is tilted, it's thrown aside and your orientation becomes radically different and everything else becomes meaningless other than that one primal relationship and getting you and your child through.

Laura Lane: Can you just sum up then how we access that depth of heart? Is it just that's the relationship, that's the depth of heart?

Jeff Goelitz: Well, it's a good question and there's several ways to access your heart. One is you have to sort of let go of some of the noise inside our brains and our bodies, and that takes practice because we live in a very noisy, sometimes turbulent, sometimes stressful, sometimes very chaotic world, but letting go of some of that noise just sort of listen to the quiet intuitive voice or feeling and I'll share some techniques later on that have proven very useful to do that. And I think also just asking yourself on a daily basis and it's really kind of a values question is "what's most important to me?" and when you strip away some of all the day to day mundane stuff and you get down to what is most important to me? And if you're not over thinking it with your analytical brain, you can access that deeper heart. So it takes ... you have to initiate it, it's not going to land on your doorstep automatically in many cases, but you have to kind of ask yourself what's most important? What's most meaningful to me? Usually it's family, usually it's your faith, usually it's some deeper love and then you have to listen and be quiet so that the normal pulls of the day to day noise doesn't distract you.

Laura Lane: So that's what other people would call going inward and reflecting and so you're sort of coming into that core of who you are and what's most important. Ok, I understand what you're saying, that's what you mean right?



Jeff Goelitz: It is what I mean and I'll embellish that just a little more. Just imagine if anybody's had a real set back when you get the bad news that your child has cancer or there's someone in your family who's ailing, you feel grief, you feel deep sadness. And you're not necessarily going to do a bunch of busy work, but you can. But maybe you want to take a walk in the woods, or take a walk on the beach or talk to a friend to get some perspective, maybe to get some compassion or understanding. It's when those kind of events happen and we don't wish them on anybody but it's part of life, tragedy, challenge, life in a way if we follow its cue it'll automatically help us to get to that deeper perspective without forcing it and so you do go inside in those moments to ask those fundamental questions, or try to reach for some clarity or some release or some wisdom or some guidance, or you go to God depending on your circumstance. So, it's definitely that and the piece I would add is going to our heart, we're very specific about going to the heart region away, from the thinking brain, it's not just some, just going to the body. We're talking about the area of the center of the chest and there's a reason, a strategic reason from my point of view, when we do the pledge of the allegiance or we sing the national anthem people are putting their hands on their heart or chest areas, it's not accidental. There's a depth of feeling, a depth of sincerity that we're drawing on, a power. We're not doing it with our knee cap, we're not doing it with our foot, we're not doing it with our stomach, we're not doing it with our ears, we're not even hardly doing it with our forehead. We're going to that part of the body. If I asked you Laura to point to yourself, who are you really? Or where's your soul located? Where might you point?

Laura Lane: I guess most of the time when we point to ourselves we point right to the middle of our chest. I picked up both of my hands right now and put them together and both of them pointing towards the middle of my chest, that's what I do when I talk about me.

Jeff Goelitz: Why do we do that?

Laura Lane: Good question.

Jeff Goelitz: Or when we pray, when we pray we put our hands together, aren't they often times lodged right against the center of our chest?

Laura Lane: Mm hmm.

Jeff Goelitz: There's a depth of feeling, a depth of heart, a depth of a power of the heart that we're trying to draw on, some aspect inside ourselves, yes we're all going inside, but I'm getting a little more geographically finessed here, talking about the power of the heart, and again it's throughout our culture, go back to the Mesopotamians, the Egyptians, the Babylonians, and even the Greeks, even Aristotle, they talked about the power of the heart as the primary organ that influenced and directed our emotions, our morality, our decision making. It's been over thousands of years it's going on and then we kind of lost it a little bit when we got in to, understandably we got into brain development, cognition, the power of the brain.



Laura Lane: Right.

Jeff Goelitz: And the heart almost came a passive organ. But lots is going on in the world of neuroscience to give us some new information about this going back to some of what the ancients or even the middle-aged thinkers were talking about the power of the heart. And again, I'll talk a little more about that later on, some of the really interesting neuroscience and the properties of the heart that would be really intriguing for your listeners to hear.

Laura Lane: Well, why don't we get into that? My next question for you is what are three key things that parents with children with cancer can do right now to become resilient and better support their children and families during difficult times? And I assume that that will mean some of the things that you've been hinting at. Can you share those with us?

Jeff Goelitz: Yeah indirectly. Well, here's what I'd like to do. I'd like the listeners right now to take out a piece of paper, or notebook, and a writing instrument, whether it's a pencil or a pen, and I'm not asking you to take notes, but I want to guide you through some simple exercises.

Laura Lane: Okay.

Jeff Goelitz: And it's best if you kind of be an active participant in this, because when you write it down on paper it's going to help concretize it or internalize it the activity.

Laura Lane: Okay.

Jeff Goelitz: And one will be a reflective activity, and I'll call it inner weather in the emotions, and this is something that you can do with your child. Daily exercise if you want, then I'm going to guide you through a couple techniques, simple techniques. And then at the very end I'll get a little more concrete with some other activities to do with you and your child with the idea of bringing that power of the heart to yourself and your relationship with your child, but also as some strategies, some practices to use in your day-to-day life to help you cope with this very gut-wrenching challenging situation that some of you find yourself in. I'm not trying to trivialize that for a second, that's why I talk about the depth or the power of the heart, tragedy, and challenge often times take us there because we have to go deeper within to get the big perspective because something's happened to us that is just very scary, very threatening. So, to begin, with that blank piece of paper or your notebook, I want you to write at the very top "The Inner Weather Report," the inner weather report forwards.

Laura Lane: Okay.

Jeff Goelitz: And underneath that right in the top center I want you to draw a vertical line that goes down about 4 or 5 inches, right down center of the paper, from top to about maybe two-thirds (2/3) of the way down, just a straight line, not on the edges, right down the center, vertical, top to bottom. And then cross that line maybe three inches down the so



there's four equal sized squares, I want you to draw a horizontal line, but there's a bit of a cross here.

Laura Lane: Right, we now have four quadrants.

Jeff Goelitz: You have four quadrants and let me talk a little bit about emotions and I'm going to have some participants reflect on them. So, every day we have emotions that come up. An emotion is like, simply said, is like kind of a psycho-physical response inside the body and the brain, in response to life. It's energy and motion. It we have many many diverse emotions that happen throughout the day, and they have movement with them. If you look at *emoteri* in the Latin it means kind of to move, so whenever you have emotion it propels us, another synonym is motivation, from *moteri*.

Laura Lane: Right.

Jeff Goelitz: So, it drives us. And wherever our emotions are often times drives our attention. Make sense?

Laura Lane: Yes.

Jeff Goelitz: Yup. Whatever you're feeling at that moment whether its happy or sad, whatever the object of that happiness or sadness is, that emotion will drive that attention, emotions are very primal. Some emotions are really, we have a wide range of emotions. Upper left we have those high energy depleting emotions like anger, frustration, high anxiety. The bottom quadrant, left quadrant, we have those low energy emotions that can deplete us like boredom, anxiety, depression, grief. These are not good or bad they happen to us. In many cases we wouldn't even choose these, they happen to us, and we learn a lot from them. But to kind of go around the circuit here start with the high energy depleting emotions like angry and frustration, we have the lower left emotions like depression, grief, deep grief, sometimes deep grief will be so strong it's out in the upper left. And then we have the lower right quadrant more like calm, peace, and upper right is like joy, excitement. So, every day we have a range of emotions that show up, a lot of times we're not conscious of them. When we are conscious sometimes, we'll feel them in our bodies. They can be a really loud if we're really really upset. So right now, very understandable, a lot of the parents who are listening to right now, they're in grief, or worry, or anxiety, or fear, a very natural response. In fact, it would be worrisome if there weren't those kinds of emotions. So, they're perfectly natural and healthy and understandable. But they vary. Our lives are varied. They're not just one flat line and we have a wide range of emotions that go on. So, from a heart map perspective, emotions can really affect our perception, our wellbeing, even our thinking process. So, one thing you can do daily for yourself, but also with your child, is do an Inner Weather Report. And what I want the participants to do right now is just take the last couple of days, reflect on your days, and try to place those emotions in the right quadrant. So, you have the upper left – the high energy emotions like anxiety, frustration, anger. The lower left ones could be grief, sadness, depression, disappointment. The bottom right ones – peace, calm, compassion. And the upper right ones like excitement,



or joy. Not good or bad, but just as an exercise think of four or five emotions from the last few days and understandably there would be the ones of depression and grief and worry. But I would also suggest there are other ones. Other kinds of emotions. It could be joy just seeing your child, seeing the sparkle in the child's eyes, or appreciation and gratitude for some of the medical people that you have or for family members who are pouring out their heart. Wide range of emotions. So just take a minute or two to reflect in those and then we'll kind of pull everything in together after you've done that.

Laura Lane: And our audience has the opportunity that they can pause this recording and sit and do this for a few minutes and then press play again and come back to you.

Jeff Goelitz: Very good. So, emotions tell a story, they're in response to a life event. Many of the stories we tell each other have some kind of an emotion as a thread through it. So with this range of emotions it is healthy in an appropriate way to talk about your Inner Weather. It's something you can discuss with your child and your child will most likely have an authenticity; there's a lot at stake here so there's not going to be a lot of, perhaps, a lot of filters. At the same time, you want to be appropriate and not every day go to the grief or depression. Again, there's many sides to us. But this is a healthy way of having some honest but maybe even non-threatening communication about that which is going on inside.

Laura Lane: Right.

Jeff Goelitz: And what this does is it builds up a deep heart vulnerability but maybe with a little bit of dispassion. It kind of can diminish the intensity as we talk about it, and there's a depth of communication going back and forth. You're going to ask your child well, what's your inner weather report today? Why don't you go first and then I'll share? And again, you can kind of defuse it a little bit with the kind of the humor of the day because you went shopping and somebody spilled their groceries, they got upset, you had compassion for that person, or somebody did something really silly and it was funny and it just brought up the lightness of life. So, it's a range of emotions. None of them are good or bad. Now, ideally as we move to another strategy we want to be as heart present with our child because the child will pick up from us, they'll pick up our emotions. Emotions by their very nature are contagious.

Laura Lane: Yeah.

Jeff Goelitz: We can walk into a room, and we can feel, if we're paying attention, sometimes we can feel what another person's feeling. You can't lie our way through that when somebody wears their heart on their sleeve so to speak. So, with any understandable grief, it's not about to repress it but you want to almost bi-locate with it and bring the right side of the quadrants of the emotions to your child as well, because your child's going to worry – potentially – they may worry about you, a lot. They sense your emotions, and they can be upset, so the Inner Weather Report gives a little bit of a structured authenticity and it gives also a release, an objectivity about it, you could do it over several days. And again, a



cautionary note, do it appropriately here. It may be uncomfortable for some of you to discuss this so you want to do it in modest doses, or it may be so so uncomfortable that you won't even choose to do it at all, and I get that. It's new to some of you, some of you are not wired or have had exposure to this kind of activity so I want to be very sympathetic to that choice. But it could be something even you do it dial on yourself, just again to get that more objective look. Make sense?

Laura Lane: Yep, totally.

Jeff Goelitz: So that leads to a technique, a strategy. And this is a strategy to de-escalate sometimes the intensity of our emotions knowing that grief and tragedy can have a shocking intensity that just does not disappear. It's in the body for a while and it's a natural response to a very threatening situation. But emotions by their very nature they modulate, they go in cycles. So, with something like heart focus breathing you can gain a little bit of composure a little bit more of poise, there's still that sadness and that sadness is legitimate, but you can bring that brightness if you will, the bright aspect of you to the situation while honoring the grief, almost a simultaneous process. Heart focus breathing has some really simple steps, and I'm actually going to read them because I try to honor the steps, if you will.

So first of all, you try to find a place where you can be quiet when you're initially practicing it because it may be foreign to some of you. You focus your attention on the area of the heart, or the center of the chest. Imagine your breath is flowing in and out of your heart or chest area. Breathing a little slower and deeper than usual. And if you want you can inhale for 4-5 seconds that could be a little long for some of you, exhale for 4-5 seconds or whatever rhythm is comfortable. And the idea here again is not to repress sadness or grief but to help you have some perspective and compassion for yourself in this situation. Very very important and it may sound like a nuance point, I'm not here to deny or repress grief, please do not leave with that impression, it's actually honoring the grief but bringing it to the power of the heart if you will, to get more perspective maybe a little more self-control. Make sense?

Laura Lane: Yes.

Jeff Goelitz: Very clear, I just want to be really super clear, I'm not talking about denying or repressing grief but honoring the grief and here's a way you can take it into the heart, breathe through it, so you have some degree of self-control when needed. We're all going to have our moments when we're really really upset, but you can bring more of your composure and poise to your child where your child wants you to be and that way there's more of an energetic care if you will. So that's heart focus breathing and it takes practice. But you can do it with the eyes open or the eyes closed. You can do it in conjunction with prayer. Go to the power of the heart and do some deep prayer, draw on that power of the heart to strengthen your prayer. It's almost like a sacred moment if you will, and access that power of the heart. Then there's an extension of this, it's called quick coherence. Where you can add, in addition to doing heart focus breathing, you can add a renewing feeling like love,



gratitude, appreciation. Not gratitude or appreciation for the circumstance, which is gut wrenchingly challenging, but for life itself. For the support, the love, the beauty of your child, the medical care perhaps. Medical care can be a complicated subject, a very draining subject but you try to breath in through your heart, maybe its compassion, you draw on the power of compassion, have compassion on yourself, have compassion for other family members who are really struggling. Just bring it that depth that composure that poise, maybe there's even a little sweetness that kind of just simultaneous with some deep sadness almost a bitter sweetness if you will or that deep sadness. It takes practice. You have to do it a couple of times a day; strategically carve out some moments. Maybe you're in the hospital waiting room just waiting, you're praying, you're breathing through the heart you're trying to draw on the power of the heart to help you cope with this difficult situation. It does take some persistence to kind of get good at it and not just one and done when you need it the most when things are really really hard, it's a skill set, it's a practice, it's a strategy. So the heart focus breathing, just the simple breathing through the heart or chest area, in and out 4-5 seconds, maybe do it for a minute or two just to kind of quiet down some of the noise of the world and all the craziness that can go on, then the quick coherence, add in a layer of something you appreciate or compassion, or maybe you're trying to breathe in patience for the medical personnel who are crazy busy and not as responsive as they can be and they're overwhelmed, so you're trying to breath in patience for those around you. So that way you're bringing the best of who you are to the situation at hand, if that makes sense.

Laura Lane: Yeah that's beautiful. That's such a good reminder.

Jeff Goelitz: And then there's just one more tool I'll share, it's called Heart Lock In, heart lock in. You want to lock into the heart, it does take practice. You build on the heart focus breathing, breathing through the heart or chest area, you try to add a feeling of love or patience or kindness or compassion, and then you want to take that feeling and radiate it out, almost like you're a heater or a sun, not in a pretentious way, you do it from your heart not your head. And again this could be really foreign or even weird to some of you who are listening, I do get that. But putting out into your environment that love, that compassion, that kindness, especially for those who are struggling, you're going to be modelling energetically for them, if you can do this, if you're capable and some people might not because the grief process is overwhelming, but in those moments when you can you want to pull on that power, that strength of your heart and send that out model energetically through your body language, through your composure, that love, that graciousness, grace under fire if you will. That poise, that inner beauty, maturity, wisdom, and it's so so helpful when there are moments of grief or challenge like this especially among other people. And we probably all have models of people that have done that, who have been just incredibly gracious under duress. That's a goal that could be really like climbing a mountain for some of you, it does take practice. There's a great book out called Heart Intelligence, you can get it on Amazon, Heart Intelligence, it talks about the power of the heart, and some of these very strategies that I'm talking about but in more of nuance ways ... not these just do this



and that won't happen that's not life, you don't push a button and magic happens or a panacea happens; it takes effort to stay in practice, especially if it's new to you. So, heart locking, you're actually radiating out love, compassion, patience, calmness, ease. And you can look sometimes – maybe you get really mad at the medical personnel, they're just not responsive or you even think they're incompetent, maybe you get judgmental and so frustrated with them, and maybe there's some validity in what you're saying, but this can help take off some of that edge, just breath in through the heart, breathing in more patience, try to be as civil and dignified as you can in these very trying circumstances. Does that make sense Laura?

Laura Lane: Yeah, it does and it sounds to me, Jeff, that these are a great tool that I think a lot of times somewhere under stress, we turn to less effective things to calm ourselves. When we're worried, stressed out, angry, it's easy to turn to things that become addictive, so it could be I have to have a glass of wine every night to unwind, or a beer. It could be people turning to a cigarette, to even social media, being addicted to just spending time doing things that are not productive to them that they're getting a dopamine hit instead of actually learning a real technique to help them get through.

Jeff Goelitz: You're right. I think everything in balance is, I mean everything you said has its place, its time and place, a good glass of wine.

Laura Lane: Yeah it has, it's when we turn to it repeatedly in order to cope with something or keep our emotions ground.

Jeff Goelitz: Yeah yeah.

Laura Lane: ... versus it being an enjoyable activity.

Jeff Goelitz: Yeah exactly. So these are these are strategies that are employed by HeartMath in many many different area's in life for people that are at risk, branching from soldiers who have trauma, PTSD, hurricane victims, people that are in acute poverty with a lot of just misery actually, and struggling to try to find hope in the midst of darkness, let alone people in their day to day lives who are overwhelmed or have anxiety and so these very practical strategies that I shared, they're not going to land on your doorstep, you do have to do them, but the research out there is very strong, not just our research but research from many independent people, independent peer reviewed journals and organizations have shown some really successful results with strategies done in balance with the circumstances that some of us are facing, so there's got to be perspective. I'll just share briefly a little about the science of the heart which I think is, I'll try to simplify, and I think this will be really really fascinating. So just to broaden a little bit that there's more to the heart than being just a pump, or when we would suggest there's more to it than just being metaphor, we did some research in the American Journal of Cardiology back in 1995 and in that research we showed that when you have different emotions anger versus let's say gratitude, it shows up differently in what are called your heart rhythms, every time your heart beats it has a certain flow and if you look at the time between heartbeats – it gets a



little complicated, it's called heart rate variability – there's a pattern, and it's not heart rate, it's called heart rhythm.

Laura Lane: Right.

Jeff Goelitz: And the heart constantly is communicating to the brain along with the brain communicating with the heart. People might not know that actually the heart sends more messages to the brain than the brain sends to the heart. It's called the vagus nerve, these circuits that line the front of our chest and up to the lower brain and all the way up to the upper brain, from the heart and the body. We look at the signals that the heart is generating, called heart rate variability technically speaking, and if those signals are chaotic, like when we are frustrated or angry, they will ascend up the nervous system to what's called the vagal nerves, to the brain and it's called cortical inhibition, we can't think as well. Like trying to do a math problem when you're frustrated.

Laura Lane: Right.

Jeff Goelitz: You can't access that part of your brain. So, what we're suggesting is the quality of emotion – that's why I started with the inner weather report – affects those signals whether they're chaotic or not. Life is life. Life happens. We're all going to have chaos, we're all going to fall flat on our face, we're going to be all over the map. But can we increase the ratios of that coherence and sickness being in sync? A couple of other things, the heart has its own complex intrinsic nervous system called the heart brain – that's not our language at HeartMath, that's actually what somebody called a neurocardiologist, who studies the nervous system of our heart – yes, the heart has a nervous system, it has all sorts of neurons and dendrites just like the brain has but well, the brain is the thinking instrument let's be honest about that, but processes information independent of the thinking brain and, again, what we're saying is quality of the signals the heart sends to the brain affects our decision making coordination reaction times, so forth so forth. And this is all laid out quite exquisitely in the book Heart Intelligence. Also, if you want, if some of the parents want and this is done a lot with children as well, children that are about six or seven and above, there's some really cool technology called the inner balance technology for iPhone's only – they have a hand held device that's called emWave too that's for Samsung or for people that don't have an iPhone – and what it does is it trains users, both parents and children to get in sync. So, kind of do that rhythmic breathing I talked about earlier and then you get these windows of feedback, non-medical, non-invasive, just put a little clip on your ear and it measure's it, all research based. It takes practice but it's just a way of actually training you to build up your composure and calm, not magic potion, not a panacea, but well proven out in many circumstances to be effective when done over time. So that might be fun. It's a little on the pricey side so if you want to e-mail me and we can maybe talk about that for your particular needs, \$129 dollars retail for the inner balance. And then there's also a game called The Wild Ride to the Heart which is a game board for kids, 4-8. It's a game of how to get to the heart first but it's got all sorts of twists and turns,



adventures, step backs, disappointments, and actually teaches kids useful language of emotions to talk about them.

Laura Lane: Well very good.

Jeff Goelitz: So, Heart Intelligence, some of our technology can be found at heartmath.org or a game like Wild Ride to the Heart are options if you go to www.heartmath.org, our non-profit name.

Laura Lane: Well, that's great. That was going to be my last question for you was what website can we send our audience to so they can learn more about HeartMath. Can you repeat that one more time and we'll be sure to also include the link below this interview for people to click on. So that is..

Jeff Goelitz: It's www.heartmath.org That's heart that beats in your chest, math – one and one is two – so HeartMath all one word dot org (www.heartmath.org).

Laura Lane: Okay great. Well, that's terrific. Thanks you so much, Jeff. This has been a pleasure to learn all of the things. I'm going to look up that book Heart Intelligence, that sounds terrific. You've certainly taught me a number of things on this call, I really appreciate it and I'm sure our audience is going to really appreciate it, and listening to your voice it's so calming, and soothing and doing the breathing exercises, and this Inner Weather Report this is terrific, thank you so much!

Jeff Goelitz: Well, Laura, I really do appreciate the opportunity to be on the phone with you, it's a very important service you're offering to the parents and listeners. You do have to draw on the power of the heart to endure or cope with that situation and hopefully there's some skill sets or some ideas and practices that have been useful. Pick and choose that which is appropriate for you as you are facing these challenging times. There is a power in the heart. It's just lying waiting, but we have to pursue it to actually kind of pull it close to us and access it.

Laura Lane: Well that's terrific, thank you, thank you so much Jeff. I hope you have a wonderful week and I look forward to speaking to you in the future.

Jeff Goelitz: Laura, thank you so much for having me, you have a great day.

Laura Lane: Thank you.

Jeff Goelitz: Bye now.

What I love most about this interview with Geoff is how we got into the discussion with the reminder of the importance of taking time to ask the question – What is most important to me? To sink into that depth of heart. As I reviewed this interview again, and I'll be honest it was a while ago when he and I had this conversation It was such a good reminder to me that when things get tough, I do need to take time out to go inwards and reflect, that is the best



way and so necessary to connect back the heart. I hope you enjoyed this interview as much I did.

It really is one of my favourites. As I said before, I really appreciate the reminder to go inwards, to focus on the heart, focus on what we are feeling right now. To use our breathing as an opportunity to breathe in positive emotions and then sending that peace, calm, gratitude out to those around us. Such wonderful reminders. I hope you too will take the time to practice the strategies Geoff shared with us.

To learn more about Jeff Goelitz and the work he does, you can visit his website at www.hearthmath.org. That's H E A R T M A T H DOT ORG.

Please join me next week for Part 1 of my interview with Pediatric Oncologist and Podcast Host Dr Geoff McCowage as we discuss how to get the best help from your medical team when your child is first diagnosed with cancer.

Before we end our show today, we have one last segment. Over the last few years, I have asked other cancer moms what advice they wish they had known when their child was first diagnosed. I have compiled that information and will be sharing their advice each week. You can download the top 101 pieces of advice that I put together as a mini E-book at www.lauralane.ca/advice

Today's advice comes from Narece.

She said "I was told to accept any help offered to me and not to be proud or whatever. Say yes. And I did and I am glad I did. Yes, please and thank you!"

Thanks, Narece, for sharing that.

If you have advice you have learned along the way that you wish someone had told you weeks, months or years earlier, I invite you to fill out the contact form on our website www.lauralane.ca/advice and I will be sharing your advice with our listeners on future shows.

[Faded music]

Thank you for taking time out of your busy schedule today to listen to the Hope Strength Courage Podcast. I look forward to sharing more experts and advice with you again next Wednesday. Please remember to take a minute to subscribe to the show. Thanks also need to go out to our Hope Strength Courage Production Team which consists of my wonderful assistant Tracey Ogilvie-McDonald, Andrew Braun at Braun Audio and Audio Geek, music by Fiz Anthony, social media support by Marife Constantino and graphic design by Amy Hosmer. To learn more about myself, Laura Lane, and to order my book please visit www.lauralane.ca

[Music ends]