



***Transforming Stress* Group Reading Guide**

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Chapter 3: The Energetic Field of Stress

1. The heart's electric field, measured in amplitude by ECG (electrocardiogram) is 40 – 60 times stronger than the brain's electric field, measured in amplitude by EEG (electroencephalogram). The heart's magnetic field is 5,000 times stronger than the brain's magnetic field. An electromagnetic (electric + magnetic) field is a physical space of charged particles that are moving because of energy expended in that space. Research by the HeartMath lab showed that when people are within 3 feet of each other or are touching, a transference of electromagnetic energy produced by the heart happens. In other words, our heart produces electromagnetic energy that, like a cell phone, broadcasts to those around us how we are feeling and influences how others are feeling. Can you think of examples where a person's emotion affected a group?
2. We live in an environment of stress. What are some causes of modern day stress in our lives? My personal life?
3. What factors create an "attention deficit culture"? (p. 34)
4. What are some things that an overload of stress hormones create? (p. 35) How does this affect our lives?
5. What is an "emotional virus"? How is it spread? (p. 36)
6. Emotional viruses can leave us emotionally and physically drained. How can we be less susceptible to them? How can we avoid them or alleviate emotional viruses?
7. What are some emotional viruses in my life? What causes them?
8. We can relieve stress in our lives by practicing the HeartMath lab practice of shifting our hearts back to coherence and smooth rhythms. 5 min 3x/day