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**Statement submitted by The Fyera Foundation in
consultative status with the Economic and Social Council***

The Secretary-General has received the following statements, which are being circulated in accordance with paragraphs 30 and 31 of Economic and Social Council resolution 1996/31.

Statement

Neurophysiology points to an innovative, paradigm shifting approach to help end poverty. What if the impoverished are not only the “people and communities that cannot meet a minimum standard of living because they lack outer resources”? What if those with material wealth, who are motivated to protect and defend what they have rather than collaborate to distribute resources for the best interest of the whole, suffer from a different kind of poverty? What if poverty’s definition included “a lack of access to inner resources of higher problem-solving intelligence, innovation, solution seeking, awareness of the whole and the inextricable connection of all such that if one goes without all do”? It is well documented that living fixated on greed, defending what one has against others who need, causes a cascade of neurophysiological changes in the body/brain closing innovative solution seeking centers and limiting the brain’s view of what is both possible and available. This mindset and its impact on the cardiovascular system can lead to the number one killer, heart disease, and all-cause mortality and morbidity. If this mindset is defined as a state of impoverishment, which neurophysiologically it is, then most of the world living in perceived outer abundance is actually living in inner poverty of greed and defensiveness. That mindset is a driver of the crisis of the outer rich/poor economic gaps. When educated about the costs of this debilitating mindset on health, wellbeing, relationships, and the world, all are strongly motivated to shift their modus operandi. 35 years of peer reviewed science at The HeartMath Institute shows a shift to this mindset is achievable with very simple breathing techniques that improve personal health while optimizing brain function, measurably producing a state of peace in the nervous system and heart rhythm: solving for SDG 16 and SDG 1 are intertwined in us. When those with access to



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outer resources gain access to the inner resource we call “heart intelligence”, they are positioned to redirect their outer resources in service to the whole. Those in outer poverty who learn to access this intelligence are empowered as key collaborators seeing and distributing needed resources others miss. Ending poverty is a job for our collective inner physiology first, achievable with skills to transform our survival competition mode into collaborative interconnection: the responsibility of all humanity. Support@heartambassadors.com offers consultation to countries preparing their VNRs who wish to include this self-regulation science in your action plans.

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