

PRESS RELEASE

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For immediate release:

HeartMath Led Experience ‘Restoring Balance with the Heart’ at WHO Global Summit on Traditional Medicine

Heart-based science among select evidence-based innovations advancing global health and wellbeing at event

[Feb. __, 2026] New Delhi – HeartMath was honored to participate in the Second World Health Organization (WHO) Global Summit on Traditional Medicine, convened by the WHO and the Government of India and attended by more than 800 global leaders, policymakers, scientists, and health practitioners from over 100 countries Dec. 17–19, 2025.

HeartMath is a system of scientifically validated, heart-focused techniques and heart rate variability biofeedback technologies designed to reduce stress, manage emotions, and build resilience by fostering a coherent, synchronized state between the heart, brain, and nervous system. HeartMath was one of 25 evidence-based innovations invited to host an experiential lab within the Summit’s Traditional Medicine Discovery Experience.

In partnership with The Fyera Foundation/Heart Ambassadors, which holds Consultative Status with the United Nations Economic and Social Council (ECOSOC), HeartMath curated and led an immersive lab titled “Restoring Balance with the Heart: Science Illuminates the Heart’s Role in Balancing Our Bodies, Emotions, and World.” The experience introduced delegates to peer-reviewed HeartMath research on heart-brain interactions, heart rate variability, and emotional self-regulation, supported by real-time biofeedback and practical skill-building tools. More than 300 delegates participated, sparking dialogue on the role of heart-based regulation in public health, resilience, and policy development.

HeartMath expresses deep gratitude for the partnership with The Fyera Foundation, whose sustained engagement with the United Nations and the WHO helped elevate HeartMath’s science and tools within global health policy forums. Through their donated time, financial contributions, and UN- and WHO-aligned programs, key WHO leaders experienced this work directly, helping inspire HeartMath’s inclusion in the Summit. This partnership helped galvanize the conditions that made HeartMath’s participation possible and meaningful on the world stage.

Sheva Carr and Robert Browning, HeartMath's Co-Directors of Healthcare, jointly shared, "We're deeply grateful for the WHO and the opportunity to share the power of the heart to source this synergy of people and systems. Being able to integrate HeartMath's research & technology in the WHO's immersive discovery experience for delegates from around the world was an honor. It provided an opportunity to both care for the hearts of these dedicated and influential global leaders, as well as share the hope of the life-changing benefits that are possible when activating heart coherence in the populations they serve. We hold a vision that this will become an integrated aspect of public health policy and implementations that will serve the well-being of our global human family now, and for future generations."

HeartMath's research was also formally included in the launch of the WHO Traditional Medicine Global Library, the world's largest digital repository of Traditional Medicine evidence. Key elements from the Summit exhibition will remain on permanent display at the WHO Traditional Medicine Headquarters in Jamnagar, India. HeartMath is honored to contribute to this evolving global dialogue and to collaborate with partners advancing practical, evidence-based approaches to emotional regulation, population health, and planetary wellbeing.

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Potential Images:

Robert, Sheva and Sandra standing at the opening of the lab space with the research panels, and the introduction to the experience..











Narendra Modi, Prime Minister of India and Dr. Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization entering the Traditional Medicine Discovery Experience. Photo courtesy of Government of India



Panel with Global Peepal Policy League on the United Nations World Meditation Day. As reported on in the Times of India.