

2018 Humanitarian Heart Award Recipients Named

Thoughts from this year's Humanitarian Heart Award recipients:

"I live everyday focused on others' healing journey and living the quote from Albert Einstein" only a life lived for others is a life worthwhile."

Steve Sawyer

"My most heartfelt wish for the planet is that we ... fulfill our obligation to take care of the whole Earth, including plants, animals and the atmosphere, instead of just looking out for the next way to make a dollar."

Ann Linda Baldwin

"... it's the heart that one needs to be educated on, the heart that can bring emotions into alignment, the heart that will take your learning, your community's learning, our planet's learning to the next level and beyond."

David P. Parisian

HeartMath Institute presented its 2018 Humanitarian Heart Awards to the individuals above in recognition of their energetic care and work toward the healing, enrichment and well-being of others.



Ann Linda Baldwin gave up her fulltime tenure nine years ago at the University of Arizona, where she remains a professor of physiology and psychology, to start her business, Mind-Body-Science. She uses Reiki, equine therapy and the latest

technologies and techniques of biofeedback and HeartMath to help people and animals reduce stress.

Baldwin, a certified HeartMath coach and trainer, became interested in stress reduction at the university. Why? "Well, it was the rats!" she said. About 16 years ago she moved her labs and the rats became very stressed in their new environs. "They were stressed by the excessive noise and the business of people coming in and out of the rooms all day long."

Baldwin realized the extent to which stress could affect the body and the importance of controlling it.

"... I help people learn how to cope with stress of all types by teaching them how to regulate their emotions, using HeartMath programs and devices, and/or by giving them and teaching them Reiki, an energy-healing modality," Baldwin said.