

Sheva Carr, MA, L.Ac., RPP, BCPP, RPE

Sheva Carr is Co-Director at HeartMath Healthcare, architect and director of HeartMath's HeartMastery Program, CEO of Heart Ambassadors, Executive Director of The Fyera Foundation, and Co-Vice President and UN delegate for UN Peace Messenger organization Pathways To Peace. She is a doctor of Oriental Medicine, Master HeartMath trainer, coach and author, and instructor for Amma's "I AM" meditation technique. She co-authored HeartMath's Stopping Emotional Eating Program and study, and The Freedom With Pain Program available to all veterans of war. She's trained and mentored nurses, medical staff and executives at medical centers including Mayo Clinic, Harvard, Stanford, Dartmouth, VA, Cedars Sinai, Kaiser Permanente, and more. She also founded the first HeartMath hospital patient education program with Cleveland Clinic's Heart-Brain Institute at North Hawaii Community Hospital. She has been a coach and advisor to the World Health Organization, members of the US Military and Homeland Security, the United Nations, The International Federation of Civil Servants, cardiologists, heart-brain researchers, and physicists, and is published in journals such as Perspectives in Biology and Medicine and The UN Special.

Her nonprofit organization, The Fyera Foundation, has ECOSOC Consultative Status to the United Nations and the C20/G20, and partners with The Red Cross to deliver resilience training for staff and volunteers and in disaster relief and international conflicts. She is featured as a "Love Luminary" in Marcy Schimoff's NY Times Bestseller "Love for No Reason". She also engaged in a one year collaboration with 3x Nobel Peace Prize Nominee Scilla Elworthy to bring her book "The Business Plan for Peace" to life through applied heart intelligence in online learning and with UN Department of Economic and Social Affairs, and UNITAR at the UN High Level Political Forum.

Sheva speaks to people all over the world on how to access heart intelligence and inner peace, in order to receive the benefits of the heart's impact on their relationships, health, performance, creativity, contribution, legacy, social change, and the building of a global culture of health and peace.