

Form **990****Return of Organization Exempt From Income Tax**

Under section 501(c), 527, or 4947(a)(1) of the Internal Revenue Code (except private foundations)

Department of the Treasury
Internal Revenue Service

Do not enter Social Security numbers on this form as it may be made public.

Information about Form 990 and its instructions is at www.irs.gov/form990.OMB No. 1545-0047
Open to Public Inspection**A For the 2013 calendar year, or tax year beginning****and ending****B** Check if applicable:

- ☐ Address change
☐ Name change
☐ Initial return
☐ Terminated
☐ Amended return
☐ Application pending

C Name of organization

INSTITUTE OF HEARTMATH

Doing Business As

Number and street (or P.O. box if mail is not delivered to street address)

P.O. BOX 1463

Room/suite

City or town, state or province, country, and ZIP or foreign postal code

BOULDER CREEK, CA 95006

F Name and address of principal officer: BRIAN KABAKER

SAME AS C ABOVE

D Employer identification number

95-4023617

E Telephone number

(831) 338-8500

G Gross receipts \$ 2,235,054.**H(a) Is this a group return for subordinates?** ☐ Yes ☒ No**H(b) Are all subordinates included?** ☐ Yes ☐ No
If "No," attach a list. (see instructions)**H(c) Group exemption number****I Tax-exempt status:** ☒ 501(c)(3) ☐ 501(c) () (insert no.) ☐ 4947(a)(1) or ☐ 527**J Website:** WWW.HEARTMATH.ORG**K Form of organization:** ☒ Corporation ☐ Trust ☐ Association ☐ Other**L Year of formation:** 1991 **M State of legal domicile:** CA**Part I Summary**

Activities & Governance	1 Briefly describe the organization's mission or most significant activities: TO HELP PEOPLE AROUND THE WORLD ESTABLISH HEART-BASED LIVING AND GLOBAL COHERENCE.		
	2 Check this box <input type="checkbox"/> if the organization discontinued its operations or disposed of more than 25% of its net assets.		
	3 Number of voting members of the governing body (Part VI, line 1a)	3	7
	4 Number of independent voting members of the governing body (Part VI, line 1b)	4	4
	5 Total number of individuals employed in calendar year 2013 (Part V, line 2a)	5	25
	6 Total number of volunteers (estimate if necessary)	6	20
	7a Total unrelated business revenue from Part VIII, column (C), line 12	7a	0.
b Net unrelated business taxable income from Form 990-T, line 34	7b	0.	
Revenue	8 Contributions and grants (Part VIII, line 1h)	Prior Year 281,669.	Current Year 235,498.
	9 Program service revenue (Part VIII, line 2g)	758,606.	641,250.
	10 Investment income (Part VIII, column (A), lines 3, 4, and 7d)	1,448.	1,517.
	11 Other revenue (Part VIII, column (A), lines 5, 6d, 8c, 9c, 10c, and 11e)	869,479.	812,158.
	12 Total revenue - add lines 8 through 11 (must equal Part VIII, column (A), line 12)	1,911,202.	1,690,423.
	13 Grants and similar amounts paid (Part IX, column (A), lines 1-3)	66,217.	76,859.
	14 Benefits paid to or for members (Part IX, column (A), line 4)	0.	0.
Expenses	15 Salaries, other compensation, employee benefits (Part IX, column (A), lines 5-10)	714,899.	788,961.
	16a Professional fundraising fees (Part IX, column (A), line 11e)	0.	0.
	b Total fundraising expenses (Part IX, column (D), line 25)	120,393.	
	17 Other expenses (Part IX, column (A), lines 11a-11d, 11f-24e)	1,042,833.	1,027,476.
	18 Total expenses. Add lines 13-17 (must equal Part IX, column (A), line 25)	1,823,949.	1,893,296.
	19 Revenue less expenses. Subtract line 18 from line 12	87,253.	-202,873.
	Net Assets or Fund Balances	20 Total assets (Part X, line 16)	Beginning of Current Year 2,216,139.
21 Total liabilities (Part X, line 26)		1,306,910.	1,420,785.
22 Net assets or fund balances. Subtract line 21 from line 20		909,229.	706,356.

Part II Signature Block

Under penalties of perjury, I declare that I have examined this return, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete. Declaration of preparer (other than officer) is based on all information of which preparer has any knowledge.

Sign Here	Signature of officer		Date
	BRIAN KABAKER, CFO		
Paid Preparer Use Only	Print/Type preparer's name	Preparer's signature	Date
	LAWRENCE S. KUECHLER	LAWRENCE S. KUECHLER	08/13/14
Preparer Use Only	Firm's name	Firm's EIN	PTIN
	BERGER LEWIS ACCOUNTANCY CORP.	94-2763139	P00233621
Preparer Use Only	Firm's address	Phone no.	
	55 ALMADEN BLVD., STE 600 SAN JOSE, CA 95113	(408) 494-1200	

May the IRS discuss this return with the preparer shown above? (see instructions) ☒ Yes ☐ No

Part III Statement of Program Service AccomplishmentsCheck if Schedule O contains a response or note to any line in this Part III ☒ **X****1** Briefly describe the organization's mission:

IHM'S MISSION IS TO INSPIRE PEOPLE TO CONNECT WITH THE INTELLIGENCE AND GUIDANCE OF THEIR OWN HEARTS TO HELP ESTABLISH PERSONAL AND GLOBAL COHERENCE. THIS IS ACCOMPLISHED BY CREATING AND DELIVERING EDUCATIONAL RESOURCES AND TRAINING PROGRAMS FOR: PRE-K THROUGH COLLEGE AGE

2 Did the organization undertake any significant program services during the year which were not listed on the prior Form 990 or 990-EZ? ☐ Yes ☒ No

If "Yes," describe these new services on Schedule O.

3 Did the organization cease conducting, or make significant changes in how it conducts, any program services? ☐ Yes ☒ No

If "Yes," describe these changes on Schedule O.

4 Describe the organization's program service accomplishments for each of its three largest program services, as measured by expenses. Section 501(c)(3) and 501(c)(4) organizations are required to report the amount of grants and allocations to others, the total expenses, and revenue, if any, for each program service reported.

4a (Code:) (Expenses \$ 969,136. including grants of \$ 76,385.) (Revenue \$ 846,815.)
 EDUCATION DIVISION- TOOLS AND TECHNOLOGIES HELP CHILDREN, PARENTS, SENIORS, NON-PROFIT CONSTITUENTS, INDIVIDUALS, TEENS, VETERANS, MILITARY PERSONAL AND FAMILIES LEARN HOW TO SELF-REGULATE EMOTIONS, INCREASE EMOTIONAL INTELLIGENCE AND REDUCE STRESS. ACTIVITIES OF THIS DIVISION INCLUDE: DISSEMINATING EDUCATIONAL AND RESEARCH INFORMATION VIA E-TECHNOLOGY, SOCIAL MEDIA, PRODUCTS, LECTURES AND CONFERENCES; MEMBERSHIP PROGRAM; COLLABORATION; PROGRAM, MATERIALS AND PRODUCT DEVELOPMENT; TRAINING AND EDUCATION PROGRAMS; SOME HIGHLIGHTS OF 2013 ARE:

1. THE U.S. HEALTH AND HUMAN SERVICES' NATIONAL REGISTRY OF EVIDENCE-BASED PROGRAMS AND PRACTICES (NREPP) RECOGNIZED THREE IHM

4b (Code:) (Expenses \$ 324,133. including grants of \$ 175.) (Revenue \$ 107,865.)
 THE RESEARCH CENTER CONDUCTS BASIC RESEARCH INTO PSYCHOPHYSIOLOGY, NEUROCARDIOLOGY AND BIOPHYSICS, AND OUTCOME STUDIES IN CLINICAL, WORKPLACE, EDUCATIONAL AND MILITARY SETTINGS, FREQUENTLY IN COLLABORATION WITH UNIVERSITIES, RESEARCH CENTERS AND HEALTH-CARE-SYSTEM PARTNERS.
 RESEARCH INTERESTS ALSO INCLUDE THE ELECTROPHYSIOLOGY OF INTUITION AND EXPLORING HOW WE ARE ALL GLOBALLY INTERCONNECTED AT A DEEP, FUNDAMENTAL LEVEL VIA ELECTROMAGNETIC FIELDS AND BIOFIELDS.

1. NEW RESEARCH STUDIES

A) HEART RATE VARIABILITY BIOFEEDBACK, EXECUTIVE FUNCTIONING AND

4c (Code:) (Expenses \$ 220,987. including grants of \$ 299.) (Revenue \$ 112,414.)
 THE GLOBAL COHERENCE INITIATIVE (GCI) IS A SCIENCE-BASED IHM PROJECT DESIGNED TO HELP INDIVIDUALS AND GROUPS WORK TOGETHER SYNCHRONISTICALLY AND STRATEGICALLY TO INCREASE THE IMPACT OF THEIR INDIVIDUAL EFFORTS TO CREATE POSITIVE CHANGE ON A GLOBAL LEVEL.

1. TESTED POTENTIAL GLOBAL COHERENCE MONITORING SYSTEM SITES IN NEW ZEALAND AND NEW PLACE TO MOVE THE UNITED KINGDOM.

2. MAINTAINED GLOBAL COHERENCE MONITORING SYSTEM SENSOR SITES IN THE UNITED STATES, SAUDI ARABIA AND CANADA.

3. GATHERED, ANALYZED AND REPORTED GCMS DATA TO DETERMINE THE EFFECTS

4d Other program services (Describe in Schedule O.)

(Expenses \$ 8,222. including grants of \$) (Revenue \$ 316,767.)

4e Total program service expenses 1,522,478.

Part IV Checklist of Required Schedules

	Yes	No
1 Is the organization described in section 501(c)(3) or 4947(a)(1) (other than a private foundation)? If "Yes," complete Schedule A	X	
2 Is the organization required to complete Schedule B, Schedule of Contributors?	X	
3 Did the organization engage in direct or indirect political campaign activities on behalf of or in opposition to candidates for public office? If "Yes," complete Schedule C, Part I		X
4 Section 501(c)(3) organizations. Did the organization engage in lobbying activities, or have a section 501(h) election in effect during the tax year? If "Yes," complete Schedule C, Part II	X	
5 Is the organization a section 501(c)(4), 501(c)(5), or 501(c)(6) organization that receives membership dues, assessments, or similar amounts as defined in Revenue Procedure 98-19? If "Yes," complete Schedule C, Part III		X
6 Did the organization maintain any donor advised funds or any similar funds or accounts for which donors have the right to provide advice on the distribution or investment of amounts in such funds or accounts? If "Yes," complete Schedule D, Part I		X
7 Did the organization receive or hold a conservation easement, including easements to preserve open space, the environment, historic land areas, or historic structures? If "Yes," complete Schedule D, Part II		X
8 Did the organization maintain collections of works of art, historical treasures, or other similar assets? If "Yes," complete Schedule D, Part III		X
9 Did the organization report an amount in Part X, line 21, for escrow or custodial account liability; serve as a custodian for amounts not listed in Part X; or provide credit counseling, debt management, credit repair, or debt negotiation services? If "Yes," complete Schedule D, Part IV		X
10 Did the organization, directly or through a related organization, hold assets in temporarily restricted endowments, permanent endowments, or quasi-endowments? If "Yes," complete Schedule D, Part V		X
11 If the organization's answer to any of the following questions is "Yes," then complete Schedule D, Parts VI, VII, VIII, IX, or X as applicable.		
a Did the organization report an amount for land, buildings, and equipment in Part X, line 10? If "Yes," complete Schedule D, Part VI	X	
b Did the organization report an amount for investments - other securities in Part X, line 12 that is 5% or more of its total assets reported in Part X, line 16? If "Yes," complete Schedule D, Part VII	X	
c Did the organization report an amount for investments - program related in Part X, line 13 that is 5% or more of its total assets reported in Part X, line 16? If "Yes," complete Schedule D, Part VIII		X
d Did the organization report an amount for other assets in Part X, line 15 that is 5% or more of its total assets reported in Part X, line 16? If "Yes," complete Schedule D, Part IX		X
e Did the organization report an amount for other liabilities in Part X, line 25? If "Yes," complete Schedule D, Part X	X	
f Did the organization's separate or consolidated financial statements for the tax year include a footnote that addresses the organization's liability for uncertain tax positions under FIN 48 (ASC 740)? If "Yes," complete Schedule D, Part X	X	
12a Did the organization obtain separate, independent audited financial statements for the tax year? If "Yes," complete Schedule D, Parts XI and XII	X	
b Was the organization included in consolidated, independent audited financial statements for the tax year? If "Yes," and if the organization answered "No" to line 12a, then completing Schedule D, Parts XI and XII is optional		X
13 Is the organization a school described in section 170(b)(1)(A)(ii)? If "Yes," complete Schedule E		X
14a Did the organization maintain an office, employees, or agents outside of the United States?		X
b Did the organization have aggregate revenues or expenses of more than \$10,000 from grantmaking, fundraising, business, investment, and program service activities outside the United States, or aggregate foreign investments valued at \$100,000 or more? If "Yes," complete Schedule F, Parts I and IV		X
15 Did the organization report on Part IX, column (A), line 3, more than \$5,000 of grants or other assistance to or for any foreign organization? If "Yes," complete Schedule F, Parts II and IV		X
16 Did the organization report on Part IX, column (A), line 3, more than \$5,000 of aggregate grants or other assistance to or for foreign individuals? If "Yes," complete Schedule F, Parts III and IV		X
17 Did the organization report a total of more than \$15,000 of expenses for professional fundraising services on Part IX, column (A), lines 6 and 11e? If "Yes," complete Schedule G, Part I		X
18 Did the organization report more than \$15,000 total of fundraising event gross income and contributions on Part VIII, lines 1c and 8a? If "Yes," complete Schedule G, Part II		X
19 Did the organization report more than \$15,000 of gross income from gaming activities on Part VIII, line 9a? If "Yes," complete Schedule G, Part III		X
20a Did the organization operate one or more hospital facilities? If "Yes," complete Schedule H		X
b If "Yes" to line 20a, did the organization attach a copy of its audited financial statements to this return?		

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Part IV Checklist of Required Schedules (continued)

	Yes	No
21 Did the organization report more than \$5,000 of grants or other assistance to any domestic organization or government on Part IX, column (A), line 1? <i>If "Yes," complete Schedule I, Parts I and II</i>	21 X	
22 Did the organization report more than \$5,000 of grants or other assistance to individuals in the United States on Part IX, column (A), line 2? <i>If "Yes," complete Schedule I, Parts I and III</i>	22 X	
23 Did the organization answer "Yes" to Part VII, Section A, line 3, 4, or 5 about compensation of the organization's current and former officers, directors, trustees, key employees, and highest compensated employees? <i>If "Yes," complete Schedule J</i>	23	X
24a Did the organization have a tax-exempt bond issue with an outstanding principal amount of more than \$100,000 as of the last day of the year, that was issued after December 31, 2002? <i>If "Yes," answer lines 24b through 24d and complete Schedule K. If "No," go to line 25a</i>	24a	X
b Did the organization invest any proceeds of tax-exempt bonds beyond a temporary period exception?	24b	
c Did the organization maintain an escrow account other than a refunding escrow at any time during the year to defease any tax-exempt bonds?	24c	
d Did the organization act as an "on behalf of" issuer for bonds outstanding at any time during the year?	24d	
25a Section 501(c)(3) and 501(c)(4) organizations. Did the organization engage in an excess benefit transaction with a disqualified person during the year? <i>If "Yes," complete Schedule L, Part I</i>	25a	X
b Is the organization aware that it engaged in an excess benefit transaction with a disqualified person in a prior year, and that the transaction has not been reported on any of the organization's prior Forms 990 or 990-EZ? <i>If "Yes," complete Schedule L, Part I</i>	25b	X
26 Did the organization report any amount on Part X, line 5, 6, or 22 for receivables from or payables to any current or former officers, directors, trustees, key employees, highest compensated employees, or disqualified persons? <i>If so, complete Schedule L, Part II</i>	26 X	
27 Did the organization provide a grant or other assistance to an officer, director, trustee, key employee, substantial contributor or employee thereof, a grant selection committee member, or to a 35% controlled entity or family member of any of these persons? <i>If "Yes," complete Schedule L, Part III</i>	27	X
28 Was the organization a party to a business transaction with one of the following parties (see Schedule L, Part IV instructions for applicable filing thresholds, conditions, and exceptions):		
a A current or former officer, director, trustee, or key employee? <i>If "Yes," complete Schedule L, Part IV</i>	28a	X
b A family member of a current or former officer, director, trustee, or key employee? <i>If "Yes," complete Schedule L, Part IV</i>	28b	X
c An entity of which a current or former officer, director, trustee, or key employee (or a family member thereof) was an officer, director, trustee, or direct or indirect owner? <i>If "Yes," complete Schedule L, Part IV</i>	28c X	
29 Did the organization receive more than \$25,000 in non-cash contributions? <i>If "Yes," complete Schedule M</i>	29	X
30 Did the organization receive contributions of art, historical treasures, or other similar assets, or qualified conservation contributions? <i>If "Yes," complete Schedule M</i>	30	X
31 Did the organization liquidate, terminate, or dissolve and cease operations? <i>If "Yes," complete Schedule N, Part I</i>	31	X
32 Did the organization sell, exchange, dispose of, or transfer more than 25% of its net assets? <i>If "Yes," complete Schedule N, Part II</i>	32	X
33 Did the organization own 100% of an entity disregarded as separate from the organization under Regulations sections 301.7701-2 and 301.7701-3? <i>If "Yes," complete Schedule R, Part I</i>	33	X
34 Was the organization related to any tax-exempt or taxable entity? <i>If "Yes," complete Schedule R, Part II, III, or IV, and Part V, line 1</i>	34	X
35a Did the organization have a controlled entity within the meaning of section 512(b)(13)?	35a	X
b If "Yes" to line 35a, did the organization receive any payment from or engage in any transaction with a controlled entity within the meaning of section 512(b)(13)? <i>If "Yes," complete Schedule R, Part V, line 2</i>	35b	
36 Section 501(c)(3) organizations. Did the organization make any transfers to an exempt non-charitable related organization? <i>If "Yes," complete Schedule R, Part V, line 2</i>	36	X
37 Did the organization conduct more than 5% of its activities through an entity that is not a related organization and that is treated as a partnership for federal income tax purposes? <i>If "Yes," complete Schedule R, Part VI</i>	37	X
38 Did the organization complete Schedule O and provide explanations in Schedule O for Part VI, lines 11b and 19? Note. All Form 990 filers are required to complete Schedule O	38 X	

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Part V Statements Regarding Other IRS Filings and Tax ComplianceCheck if Schedule O contains a response or note to any line in this Part V ☐

		Yes	No
1a	Enter the number reported in Box 3 of Form 1096. Enter -0- if not applicable	19	
b	Enter the number of Forms W-2G included in line 1a. Enter -0- if not applicable	0	
c	Did the organization comply with backup withholding rules for reportable payments to vendors and reportable gaming (gambling) winnings to prize winners?		
2a	Enter the number of employees reported on Form W-3, Transmittal of Wage and Tax Statements, filed for the calendar year ending with or within the year covered by this return	25	
b	If at least one is reported on line 2a, did the organization file all required federal employment tax returns? Note. If the sum of lines 1a and 2a is greater than 250, you may be required to e-file (see instructions)	X	
3a	Did the organization have unrelated business gross income of \$1,000 or more during the year?		X
b	If "Yes," has it filed a Form 990-T for this year? If "No," to line 3b, provide an explanation in Schedule O		
4a	At any time during the calendar year, did the organization have an interest in, or a signature or other authority over, a financial account in a foreign country (such as a bank account, securities account, or other financial account)?		X
b	If "Yes," enter the name of the foreign country: See instructions for filing requirements for Form TD F 90-22.1, Report of Foreign Bank and Financial Accounts.		
5a	Was the organization a party to a prohibited tax shelter transaction at any time during the tax year?		X
b	Did any taxable party notify the organization that it was or is a party to a prohibited tax shelter transaction?		X
c	If "Yes," to line 5a or 5b, did the organization file Form 8886-T?		
6a	Does the organization have annual gross receipts that are normally greater than \$100,000, and did the organization solicit any contributions that were not tax deductible as charitable contributions?		X
b	If "Yes," did the organization include with every solicitation an express statement that such contributions or gifts were not tax deductible?		
7	Organizations that may receive deductible contributions under section 170(c).		
a	Did the organization receive a payment in excess of \$75 made partly as a contribution and partly for goods and services provided to the payor?		X
b	If "Yes," did the organization notify the donor of the value of the goods or services provided?		
c	Did the organization sell, exchange, or otherwise dispose of tangible personal property for which it was required to file Form 8282?		X
d	If "Yes," indicate the number of Forms 8282 filed during the year		
e	Did the organization receive any funds, directly or indirectly, to pay premiums on a personal benefit contract?		X
f	Did the organization, during the year, pay premiums, directly or indirectly, on a personal benefit contract?		X
g	If the organization received a contribution of qualified intellectual property, did the organization file Form 8899 as required?	N/A	
h	If the organization received a contribution of cars, boats, airplanes, or other vehicles, did the organization file a Form 1098-C?	N/A	
8	Sponsoring organizations maintaining donor advised funds and section 509(a)(3) supporting organizations. Did the supporting organization, or a donor advised fund maintained by a sponsoring organization, have excess business holdings at any time during the year?	N/A	
9	Sponsoring organizations maintaining donor advised funds.		
a	Did the organization make any taxable distributions under section 4966?	N/A	
b	Did the organization make a distribution to a donor, donor advisor, or related person?	N/A	
10	Section 501(c)(7) organizations. Enter:		
a	Initiation fees and capital contributions included on Part VIII, line 12	N/A	
b	Gross receipts, included on Form 990, Part VIII, line 12, for public use of club facilities		
11	Section 501(c)(12) organizations. Enter:		
a	Gross income from members or shareholders	N/A	
b	Gross income from other sources (Do not net amounts due or paid to other sources against amounts due or received from them.)		
12a	Section 4947(a)(1) non-exempt charitable trusts. Is the organization filing Form 990 in lieu of Form 1041?		
b	If "Yes," enter the amount of tax-exempt interest received or accrued during the year	N/A	
13	Section 501(c)(29) qualified nonprofit health insurance issuers.		
a	Is the organization licensed to issue qualified health plans in more than one state? Note. See the instructions for additional information the organization must report on Schedule O.	N/A	
b	Enter the amount of reserves the organization is required to maintain by the states in which the organization is licensed to issue qualified health plans		
c	Enter the amount of reserves on hand		
14a	Did the organization receive any payments for indoor tanning services during the tax year?		X
b	If "Yes," has it filed a Form 720 to report these payments? If "No," provide an explanation in Schedule O		

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Part VI Governance, Management, and Disclosure For each "Yes" response to lines 2 through 7b below, and for a "No" response to line 8a, 8b, or 10b below, describe the circumstances, processes, or changes in Schedule O. See instructions.

Check if Schedule O contains a response or note to any line in this Part VI ☒ **X**

Section A. Governing Body and Management

		Yes	No
1a Enter the number of voting members of the governing body at the end of the tax year	1a 7		
If there are material differences in voting rights among members of the governing body, or if the governing body delegated broad authority to an executive committee or similar committee, explain in Schedule O.			
b Enter the number of voting members included in line 1a, above, who are independent	1b 4		
2 Did any officer, director, trustee, or key employee have a family relationship or a business relationship with any other officer, director, trustee, or key employee?	2		X
3 Did the organization delegate control over management duties customarily performed by or under the direct supervision of officers, directors, or trustees, or key employees to a management company or other person?	3		X
4 Did the organization make any significant changes to its governing documents since the prior Form 990 was filed?	4		X
5 Did the organization become aware during the year of a significant diversion of the organization's assets?	5		X
6 Did the organization have members or stockholders?	6		X
7a Did the organization have members, stockholders, or other persons who had the power to elect or appoint one or more members of the governing body?	7a		X
b Are any governance decisions of the organization reserved to (or subject to approval by) members, stockholders, or persons other than the governing body?	7b		X
8 Did the organization contemporaneously document the meetings held or written actions undertaken during the year by the following:			
a The governing body?	8a	X	
b Each committee with authority to act on behalf of the governing body?	8b	X	
9 Is there any officer, director, trustee, or key employee listed in Part VII, Section A, who cannot be reached at the organization's mailing address? If "Yes," provide the names and addresses in Schedule O	9		X

Section B. Policies (This Section B requests information about policies not required by the Internal Revenue Code.)

	Yes	No
10a Did the organization have local chapters, branches, or affiliates?	10a	X
b If "Yes," did the organization have written policies and procedures governing the activities of such chapters, affiliates, and branches to ensure their operations are consistent with the organization's exempt purposes?	10b	
11a Has the organization provided a complete copy of this Form 990 to all members of its governing body before filing the form?	11a	X
b Describe in Schedule O the process, if any, used by the organization to review this Form 990.		
12a Did the organization have a written conflict of interest policy? If "No," go to line 13	12a	X
b Were officers, directors, or trustees, and key employees required to disclose annually interests that could give rise to conflicts?	12b	X
c Did the organization regularly and consistently monitor and enforce compliance with the policy? If "Yes," describe in Schedule O how this was done	12c	X
13 Did the organization have a written whistleblower policy?	13	X
14 Did the organization have a written document retention and destruction policy?	14	X
15 Did the process for determining compensation of the following persons include a review and approval by independent persons, comparability data, and contemporaneous substantiation of the deliberation and decision?		
a The organization's CEO, Executive Director, or top management official	15a	X
b Other officers or key employees of the organization	15b	X
If "Yes" to line 15a or 15b, describe the process in Schedule O (see instructions).		
16a Did the organization invest in, contribute assets to, or participate in a joint venture or similar arrangement with a taxable entity during the year?	16a	X
b If "Yes," did the organization follow a written policy or procedure requiring the organization to evaluate its participation in joint venture arrangements under applicable federal tax law, and take steps to safeguard the organization's exempt status with respect to such arrangements?	16b	

Section C. Disclosure

17 List the states with which a copy of this Form 990 is required to be filed **CA**

18 Section 6104 requires an organization to make its Forms 1023 (or 1024 if applicable), 990, and 990-T (Section 501(c)(3)s only) available for public inspection. Indicate how you made these available. Check all that apply.
☐ Own website ☐ Another's website ☒ Upon request ☐ Other (explain in Schedule O)

19 Describe in Schedule O whether (and if so, how), the organization made its governing documents, conflict of interest policy, and financial statements available to the public during the tax year.

20 State the name, physical address, and telephone number of the person who possesses the books and records of the organization: **LYNN LIPPOLD - (831) 338-8719**
P.O. BOX 1463, BOULDER CREEK, CA 95006

Part VII Compensation of Officers, Directors, Trustees, Key Employees, Highest Compensated Employees, and Independent Contractors

Check if Schedule O contains a response or note to any line in this Part VII

Section A. Officers, Directors, Trustees, Key Employees, and Highest Compensated Employees

1a Complete this table for all persons required to be listed. Report compensation for the calendar year ending with or within the organization's tax year.

- List all of the organization's **current** officers, directors, trustees (whether individuals or organizations), regardless of amount of compensation. Enter -0- in columns (D), (E), and (F) if no compensation was paid.
- List all of the organization's **current** key employees, if any. See instructions for definition of "key employee."
 - List the organization's five **current** highest compensated employees (other than an officer, director, trustee, or key employee) who received reportable compensation (Box 5 of Form W-2 and/or Box 7 of Form 1099-MISC) of more than \$100,000 from the organization and any related organizations.
- List all of the organization's **former** officers, key employees, and highest compensated employees who received more than \$100,000 of reportable compensation from the organization and any related organizations.
- List all of the organization's **former directors or trustees** that received, in the capacity as a former director or trustee of the organization, more than \$10,000 of reportable compensation from the organization and any related organizations.

List persons in the following order: individual trustees or directors; institutional trustees; officers; key employees; highest compensated employees; and former such persons.

☐ Check this box if neither the organization nor any related organization compensated any current officer, director, or trustee.

[illegible]

Part VII	Section A. Officers, Directors, Trustees, Key Employees, and Highest Compensated Employees <i>(continued)</i>
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[illegible]

2 Total number of individuals (including but not limited to those listed above) who received more than \$100,000 of reportable compensation from the organization ►

0

		Yes	No
3	Did the organization list any former officer, director, or trustee, key employee, or highest compensated employee on line 1a? <i>If "Yes," complete Schedule J for such individual</i>		X
4	For any individual listed on line 1a, is the sum of reportable compensation and other compensation from the organization and related organizations greater than \$150,000? <i>If "Yes," complete Schedule J for such individual</i>		X
5	Did any person listed on line 1a receive or accrue compensation from any unrelated organization or individual for services rendered to the organization? <i>If "Yes," complete Schedule J for such person</i>		X

Section B. Independent Contractors

1 Complete this table for your five highest compensated independent contractors that received more than \$100,000 of compensation from the organization. Report compensation for the calendar year ending with or within the organization's tax year.

(A) Name and business address	(B) Description of services	(C) Compensation
NONE		

2	Total number of independent contractors (including but not limited to those listed above) who received more than \$100,000 of compensation from the organization	0
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0

Part VIII Statement of RevenueCheck if Schedule O contains a response or note to any line in this Part VIII ☐

				(A) Total revenue	(B) Related or exempt function revenue	(C) Unrelated business revenue	(D) Revenue excluded from tax under sections 512-514
Contributions, Gifts, Grants and Other Similar Amounts	1 a	Federated campaigns	1a				
	b	Membership dues	1b	61,942.			
	c	Fundraising events	1c				
	d	Related organizations	1d				
	e	Government grants (contributions)	1e				
	f	All other contributions, gifts, grants, and similar amounts not included above	1f	173,556.			
	g	Noncash contributions included in lines 1a-1f: \$		800.			
	h	Total. Add lines 1a-1f		235,498.			
	Program Service Revenue	2 a	EDUCATION PROGRAMS	Business Code	611600	466,901.	466,901.
b		RESEARCH SERVICES		541700	174,349.	174,349.	
c							
d							
e							
f		All other program service revenue					
g		Total. Add lines 2a-2f		641,250.			
Other Revenue		3	Investment income (including dividends, interest, and other similar amounts)			1,517.	
	4	Income from investment of tax-exempt bond proceeds					
	5	Royalties			316,767.	316,767.	
	6 a	Gross rents	(i) Real	95,775.			
		b	Less: rental expenses	(ii) Personal	26,228.		
		c	Rental income or (loss)		69,547.		
		d	Net rental income or (loss)		69,547.		69,547.
	7 a	Gross amount from sales of assets other than inventory	(i) Securities				
		b	Less: cost or other basis and sales expenses	(ii) Other			
		c	Gain or (loss)				
		d	Net gain or (loss)				
	8 a	Gross income from fundraising events (not including \$ _____ of contributions reported on line 1c). See Part IV, line 18	a				
		b	Less: direct expenses	b			
		c	Net income or (loss) from fundraising events				
	9 a	Gross income from gaming activities. See Part IV, line 19	a				
b		Less: direct expenses	b				
c		Net income or (loss) from gaming activities					
10 a	Gross sales of inventory, less returns and allowances	a	944,247.				
	b	Less: cost of goods sold	b	518,403.			
	c	Net income or (loss) from sales of inventory		425,844.	425,844.		
Miscellaneous Revenue			Business Code				
11 a							
	b						
	c						
	d	All other revenue					
	e	Total. Add lines 11a-11d					
12	Total revenue. See instructions.		1,690,423.	1,383,861.	0.	71,064.	

Part IX Statement of Functional Expenses

Section 501(c)(3) and 501(c)(4) organizations must complete all columns. All other organizations must complete column (A).

Check if Schedule O contains a response or note to any line in this Part IX

☒ X

	(A) Total expenses	(B) Program service expenses	(C) Management and general expenses	(D) Fundraising expenses
Do not include amounts reported on lines 6b, 7b, 8b, 9b, and 10b of Part VIII.				
1 Grants and other assistance to governments and organizations in the United States. See Part IV, line 21	65,637.	65,637.		
2 Grants and other assistance to individuals in the United States. See Part IV, line 22	11,222.	11,222.		
3 Grants and other assistance to governments, organizations, and individuals outside the United States. See Part IV, lines 15 and 16				
4 Benefits paid to or for members				
5 Compensation of current officers, directors, trustees, and key employees	175,816.	124,514.	42,822.	8,480.
6 Compensation not included above, to disqualified persons (as defined under section 4958(f)(1)) and persons described in section 4958(c)(3)(B)				
7 Other salaries and wages	491,424.	379,743.	80,775.	30,906.
8 Pension plan accruals and contributions (include section 401(k) and 403(b) employer contributions)	3,157.	3,157.		
9 Other employee benefits	69,323.	52,627.	14,062.	2,634.
10 Payroll taxes	49,241.	37,466.	8,884.	2,891.
11 Fees for services (non-employees):				
a Management				
b Legal	8,450.	5,222.	3,228.	
c Accounting	12,000.		12,000.	
d Lobbying				
e Professional fundraising services. See Part IV, line 17				
f Investment management fees				
g Other. (If line 11g amount exceeds 10% of line 25, column (A) amount, list line 11g expenses on Sch O.)	404,573.	375,985.	1,599.	26,989.
12 Advertising and promotion	14,260.	7,735.		6,525.
13 Office expenses	139,415.	85,517.	23,527.	30,371.
14 Information technology	71,616.	59,039.	9,789.	2,788.
15 Royalties	71.	71.		
16 Occupancy	135,508.	111,660.	23,002.	846.
17 Travel	59,070.	53,063.	3,856.	2,151.
18 Payments of travel or entertainment expenses for any federal, state, or local public officials				
19 Conferences, conventions, and meetings	19,331.	19,331.		
20 Interest	93.	81.	5.	7.
21 Payments to affiliates				
22 Depreciation, depletion, and amortization	87,357.	75,952.	10,788.	617.
23 Insurance	12,697.	6,876.	5,227.	594.
24 Other expenses. Itemize expenses not covered above. (List miscellaneous expenses in line 24e. If line 24e amount exceeds 10% of line 25, column (A) amount, list line 24e expenses on Schedule O.)				
a MAINTENANCE	36,662.	25,781.	9,122.	1,759.
b DUES AND SUBSCRIPTIONS	16,364.	13,811.	698.	1,855.
c LICENSES, FEES AND TAXE	5,458.	3,452.	1,041.	965.
d MISCELLANEOUS EXP	3,802.	3,802.		
e All other expenses	749.	734.		15.
25 Total functional expenses. Add lines 1 through 24e	1,893,296.	1,522,478.	250,425.	120,393.
26 Joint costs. Complete this line only if the organization reported in column (B) joint costs from a combined educational campaign and fundraising solicitation.				
Check here <input checked="" type="checkbox"/> X if following SOP 98-2 (ASC 958-720)	10,012.	5,492.	0.	4,520.

Part X Balance SheetCheck if Schedule O contains a response or note to any line in this Part X ☐

		(A) Beginning of year		(B) End of year
Assets	1 Cash - non-interest-bearing	59,746.	1	40,611.
	2 Savings and temporary cash investments	414,444.	2	394,072.
	3 Pledges and grants receivable, net		3	
	4 Accounts receivable, net	56,608.	4	56,739.
	5 Loans and other receivables from current and former officers, directors, trustees, key employees, and highest compensated employees. Complete Part II of Schedule L		5	
	6 Loans and other receivables from other disqualified persons (as defined under section 4958(f)(1)), persons described in section 4958(c)(3)(B), and contributing employers and sponsoring organizations of section 501(c)(9) voluntary employees' beneficiary organizations (see instr). Complete Part II of Sch L		6	
	7 Notes and loans receivable, net	448.	7	
	8 Inventories for sale or use		8	
	9 Prepaid expenses and deferred charges	11,145.	9	19,090.
	10a Land, buildings, and equipment: cost or other basis. Complete Part VI of Schedule D	10a 2,515,514.		
	b Less: accumulated depreciation	10b 1,204,107.	10c	1,311,407.
	11 Investments - publicly traded securities		11	
	12 Investments - other securities. See Part IV, line 11	244,500.	12	244,500.
	13 Investments - program-related. See Part IV, line 11		13	
	14 Intangible assets	54,701.	14	35,722.
	15 Other assets. See Part IV, line 11	25,000.	15	25,000.
16 Total assets. Add lines 1 through 15 (must equal line 34)	2,216,139.	16	2,127,141.	
Liabilities	17 Accounts payable and accrued expenses	144,646.	17	105,230.
	18 Grants payable		18	
	19 Deferred revenue		19	12,500.
	20 Tax-exempt bond liabilities		20	
	21 Escrow or custodial account liability. Complete Part IV of Schedule D		21	
	22 Loans and other payables to current and former officers, directors, trustees, key employees, highest compensated employees, and disqualified persons. Complete Part II of Schedule L	85,000.	22	85,000.
	23 Secured mortgages and notes payable to unrelated third parties	1,077,264.	23	1,058,355.
	24 Unsecured notes and loans payable to unrelated third parties		24	
	25 Other liabilities (including federal income tax, payables to related third parties, and other liabilities not included on lines 17-24). Complete Part X of Schedule D	0.	25	159,700.
	26 Total liabilities. Add lines 17 through 25	1,306,910.	26	1,420,785.
	Net Assets or Fund Balances	Organizations that follow SFAS 117 (ASC 958), check here <input checked="" type="checkbox"/> and complete lines 27 through 29, and lines 33 and 34.		
27 Unrestricted net assets		841,971.	27	642,048.
28 Temporarily restricted net assets		67,258.	28	64,308.
29 Permanently restricted net assets			29	
Organizations that do not follow SFAS 117 (ASC 958), check here <input type="checkbox"/> and complete lines 30 through 34.				
30 Capital stock or trust principal, or current funds			30	
31 Paid-in or capital surplus, or land, building, or equipment fund			31	
32 Retained earnings, endowment, accumulated income, or other funds			32	
33 Total net assets or fund balances		909,229.	33	706,356.
34 Total liabilities and net assets/fund balances		2,216,139.	34	2,127,141.

Form 990 (2013)

Part XI Reconciliation of Net AssetsCheck if Schedule O contains a response or note to any line in this Part XI ☐

1	Total revenue (must equal Part VIII, column (A), line 12)	1	1,690,423.
2	Total expenses (must equal Part IX, column (A), line 25)	2	1,893,296.
3	Revenue less expenses. Subtract line 2 from line 1	3	-202,873.
4	Net assets or fund balances at beginning of year (must equal Part X, line 33, column (A))	4	909,229.
5	Net unrealized gains (losses) on investments	5	
6	Donated services and use of facilities	6	
7	Investment expenses	7	
8	Prior period adjustments	8	
9	Other changes in net assets or fund balances (explain in Schedule O)	9	0.
10	Net assets or fund balances at end of year. Combine lines 3 through 9 (must equal Part X, line 33, column (B))	10	706,356.

Part XII Financial Statements and ReportingCheck if Schedule O contains a response or note to any line in this Part XII ☐

	Yes	No
1 Accounting method used to prepare the Form 990: <input type="checkbox"/> Cash <input checked="" type="checkbox"/> Accrual <input type="checkbox"/> Other _____ If the organization changed its method of accounting from a prior year or checked "Other," explain in Schedule O.		
2a Were the organization's financial statements compiled or reviewed by an independent accountant? If "Yes," check a box below to indicate whether the financial statements for the year were compiled or reviewed on a separate basis, consolidated basis, or both: <input type="checkbox"/> Separate basis <input type="checkbox"/> Consolidated basis <input type="checkbox"/> Both consolidated and separate basis		X
2b Were the organization's financial statements audited by an independent accountant? If "Yes," check a box below to indicate whether the financial statements for the year were audited on a separate basis, consolidated basis, or both: <input checked="" type="checkbox"/> Separate basis <input type="checkbox"/> Consolidated basis <input type="checkbox"/> Both consolidated and separate basis	X	
2c If "Yes" to line 2a or 2b, does the organization have a committee that assumes responsibility for oversight of the audit, review, or compilation of its financial statements and selection of an independent accountant? If the organization changed either its oversight process or selection process during the tax year, explain in Schedule O.	X	
3a As a result of a federal award, was the organization required to undergo an audit or audits as set forth in the Single Audit Act and OMB Circular A-133?		X
3b If "Yes," did the organization undergo the required audit or audits? If the organization did not undergo the required audit or audits, explain why in Schedule O and describe any steps taken to undergo such audits		

Form 990 (2013)

Department of the Treasury
Internal Revenue Service

► Information about Schedule A (Form 990 or 990-EZ) and its instructions is at www.irs.gov/form990.

OMB No. 1545-0047

2013

Open to Public Inspection

Name of the organization

INSTITUTE OF HEARTMATH

Employer identification number

95-4023617

Part I	Reason for Public Charity Status (All organizations must complete this part.) See instructions.
---------------	--

The organization is not a private foundation because it is: (For lines 1 through 11, check only one box.)

- 1 ☐ A church, convention of churches, or association of churches described in **section 170(b)(1)(A)(i).**

2 ☐ A school described in **section 170(b)(1)(A)(ii).** (Attach Schedule E.)

3 ☐ A hospital or a cooperative hospital service organization described in **section 170(b)(1)(A)(iii).**

4 ☐ A medical research organization operated in conjunction with a hospital described in **section 170(b)(1)(A)(iii).** Enter the hospital's name, city, and state: _____

5 ☐ An organization operated for the benefit of a college or university owned or operated by a governmental unit described in **section 170(b)(1)(A)(iv).** (Complete Part II.)

6 ☐ A federal, state, or local government or governmental unit described in **section 170(b)(1)(A)(v).**

7 ☒ An organization that normally receives a substantial part of its support from a governmental unit or from the general public described in **section 170(b)(1)(A)(vi).** (Complete Part II.)

8 ☐ A community trust described in **section 170(b)(1)(A)(vi).** (Complete Part II.)

9 ☐ An organization that normally receives: (1) more than 33 1/3% of its support from contributions, membership fees, and gross receipts from activities related to its exempt functions - subject to certain exceptions, and (2) no more than 33 1/3% of its support from gross investment income and unrelated business taxable income (less section 511 tax) from businesses acquired by the organization after June 30, 1975. See **section 509(a)(2).** (Complete Part III.)

10 ☐ An organization organized and operated exclusively to test for public safety. See **section 509(a)(4).**

11 ☐ An organization organized and operated exclusively for the benefit of, to perform the functions of, or to carry out the purposes of one or more publicly supported organizations described in section 509(a)(1) or section 509(a)(2). See **section 509(a)(3).** Check the box that describes the type of supporting organization and complete lines 11e through 11h.

a ☐ Type I b ☐ Type II c ☐ Type III - Functionally integrated d ☐ Type III - Non-functionally integrated

e ☐ By checking this box, I certify that the organization is not controlled directly or indirectly by one or more disqualified persons other than foundation managers and other than one or more publicly supported organizations described in section 509(a)(1) or section 509(a)(2).

f If the organization received a written determination from the IRS that it is a Type I, Type II, or Type III supporting organization, check this box ☐

g Since August 17, 2006, has the organization accepted any gift or contribution from any of the following persons?

(i) A person who directly or indirectly controls, either alone or together with persons described in (ii) and (iii) below, the governing body of the supported organization? ☐

(ii) A family member of a person described in (i) above? ☐

(iii) A 35% controlled entity of a person described in (i) or (ii) above? ☐

h Provide the following information about the supported organization(s).

[illegible]

LHA For Paperwork Reduction Act Notice, see the Instructions for Form 990 or 990-EZ.

Schedule A (Form 990 or 990-EZ) 2013

Part II Support Schedule for Organizations Described in Sections 170(b)(1)(A)(iv) and 170(b)(1)(A)(vi)

(Complete only if you checked the box on line 5, 7, or 8 of Part I or if the organization failed to qualify under Part III. If the organization fails to qualify under the tests listed below, please complete Part III.)

Section A. Public Support

Calendar year (or fiscal year beginning in) ►	(a) 2009	(b) 2010	(c) 2011	(d) 2012	(e) 2013	(f) Total
1 Gifts, grants, contributions, and membership fees received. (Do not include any "unusual grants.")	464,409.	488,217.	444,832.	281,669.	235,498.	1914625.
2 Tax revenues levied for the organization's benefit and either paid to or expended on its behalf						
3 The value of services or facilities furnished by a governmental unit to the organization without charge						
4 Total. Add lines 1 through 3	464,409.	488,217.	444,832.	281,669.	235,498.	1914625.
5 The portion of total contributions by each person (other than a governmental unit or publicly supported organization) included on line 1 that exceeds 2% of the amount shown on line 11, column (f)						413,202.
6 Public support. Subtract line 5 from line 4.						1501423.

Section B. Total Support

Calendar year (or fiscal year beginning in) ►	(a) 2009	(b) 2010	(c) 2011	(d) 2012	(e) 2013	(f) Total
7 Amounts from line 4	464,409.	488,217.	444,832.	281,669.	235,498.	1914625.
8 Gross income from interest, dividends, payments received on securities loans, rents, royalties and income from similar sources	3,264.	3,274.	97,894.	97,973.	97,292.	299,697.
9 Net income from unrelated business activities, whether or not the business is regularly carried on						
10 Other income. Do not include gain or loss from the sale of capital assets (Explain in Part IV.)						
11 Total support. Add lines 7 through 10						2214322.
12 Gross receipts from related activities, etc. (see instructions)					12	9,522,457.
13 First five years. If the Form 990 is for the organization's first, second, third, fourth, or fifth tax year as a section 501(c)(3) organization, check this box and stop here						<input type="checkbox"/>

Section C. Computation of Public Support Percentage

14 Public support percentage for 2013 (line 6, column (f) divided by line 11, column (f))	14	67.81	%
15 Public support percentage from 2012 Schedule A, Part II, line 14	15	69.46	%
16a 33 1/3% support test - 2013. If the organization did not check the box on line 13, and line 14 is 33 1/3% or more, check this box and stop here. The organization qualifies as a publicly supported organization			<input checked="" type="checkbox"/>
b 33 1/3% support test - 2012. If the organization did not check a box on line 13 or 16a, and line 15 is 33 1/3% or more, check this box and stop here. The organization qualifies as a publicly supported organization			<input type="checkbox"/>
17a 10% -facts-and-circumstances test - 2013. If the organization did not check a box on line 13, 16a, or 16b, and line 14 is 10% or more, and if the organization meets the "facts-and-circumstances" test, check this box and stop here. Explain in Part IV how the organization meets the "facts-and-circumstances" test. The organization qualifies as a publicly supported organization			<input type="checkbox"/>
b 10% -facts-and-circumstances test - 2012. If the organization did not check a box on line 13, 16a, 16b, or 17a, and line 15 is 10% or more, and if the organization meets the "facts-and-circumstances" test, check this box and stop here. Explain in Part IV how the organization meets the "facts-and-circumstances" test. The organization qualifies as a publicly supported organization			<input type="checkbox"/>
18 Private foundation. If the organization did not check a box on line 13, 16a, 16b, 17a, or 17b, check this box and see instructions			<input type="checkbox"/>

Schedule A (Form 990 or 990-EZ) 2013

Part III Support Schedule for Organizations Described in Section 509(a)(2)

(Complete only if you checked the box on line 9 of Part I or if the organization failed to qualify under Part II. If the organization fails to qualify under the tests listed below, please complete Part II.)

Section A. Public Support

Calendar year (or fiscal year beginning in) ►	(a) 2009	(b) 2010	(c) 2011	(d) 2012	(e) 2013	(f) Total
1 Gifts, grants, contributions, and membership fees received. (Do not include any "unusual grants.")						
2 Gross receipts from admissions, merchandise sold or services performed, or facilities furnished in any activity that is related to the organization's tax-exempt purpose						
3 Gross receipts from activities that are not an unrelated trade or business under section 513						
4 Tax revenues levied for the organization's benefit and either paid to or expended on its behalf						
5 The value of services or facilities furnished by a governmental unit to the organization without charge						
6 Total. Add lines 1 through 5						
7a Amounts included on lines 1, 2, and 3 received from disqualified persons						
b Amounts included on lines 2 and 3 received from other than disqualified persons that exceed the greater of \$5,000 or 1% of the amount on line 13 for the year						
c Add lines 7a and 7b						
8 Public support. (Subtract line 7c from line 6.)						

Section B. Total Support

Calendar year (or fiscal year beginning in) ►	(a) 2009	(b) 2010	(c) 2011	(d) 2012	(e) 2013	(f) Total
9 Amounts from line 6						
10a Gross income from interest, dividends, payments received on securities loans, rents, royalties and income from similar sources						
b Unrelated business taxable income (less section 511 taxes) from businesses acquired after June 30, 1975						
c Add lines 10a and 10b						
11 Net income from unrelated business activities not included in line 10b, whether or not the business is regularly carried on						
12 Other income. Do not include gain or loss from the sale of capital assets (Explain in Part IV.)						
13 Total support. (Add lines 9, 10c, 11, and 12.)						
14 First five years. If the Form 990 is for the organization's first, second, third, fourth, or fifth tax year as a section 501(c)(3) organization, check this box and stop here						<input type="checkbox"/>

Section C. Computation of Public Support Percentage

15 Public support percentage for 2013 (line 8, column (f) divided by line 13, column (f))	15	%
16 Public support percentage for 2012 Schedule A, Part III, line 15	16	%

Section D. Computation of Investment Income Percentage

17 Investment income percentage for 2013 (line 10c, column (f) divided by line 13, column (f))	17	%
18 Investment income percentage from 2012 Schedule A, Part III, line 17	18	%

19a 33 1/3% support tests - 2013. If the organization did not check the box on line 14, and line 15 is more than 33 1/3%, and line 17 is not more than 33 1/3%, check this box and **stop here**. The organization qualifies as a publicly supported organization

b 33 1/3% support tests - 2012. If the organization did not check a box on line 14 or line 19a, and line 16 is more than 33 1/3%, and line 18 is not more than 33 1/3%, check this box and **stop here**. The organization qualifies as a publicly supported organization

20 Private foundation. If the organization did not check a box on line 14, 19a, or 19b, check this box and see instructions

Part IV **Supplemental Information.** Provide the explanations required by Part II, line 10; Part II, line 17a or 17b; and Part III, line 12.
Also complete this part for any additional information. (See instructions).

SCHEDULE A, PART II, SECTION B, LINES 8:

EXPLANATION: IN 2013, LINE 8 WAS RESTATED FOR THE YEARS 2011-2013 TO
INCLUDE GROSS RENTS THAT WERE PREVIOUSLY INCLUDED IN TOTAL SUPPORT AS
STATED IN LINE 11 OF SECTION B.

Schedule B
(Form 990, 990-EZ, or 990-PF)

Department of the Treasury
Internal Revenue Service

Schedule of Contributors

▶ Attach to Form 990, Form 990-EZ, or Form 990-PF.
▶ Information about Schedule B (Form 990, 990-EZ, or 990-PF) and
its instructions is at www.irs.gov/form990

OMB No. 1545-0047

2013

Name of the organization

INSTITUTE OF HEARTMATH

Employer identification number

95-4023617

Organization type (check one):

Filers of:

Section:

Form 990 or 990-EZ

☒ 501(c)(3) (enter number) organization

☐ 4947(a)(1) nonexempt charitable trust **not** treated as a private foundation

☐ 527 political organization

Form 990-PF

☐ 501(c)(3) exempt private foundation

☐ 4947(a)(1) nonexempt charitable trust treated as a private foundation

☐ 501(c)(3) taxable private foundation

Check if your organization is covered by the **General Rule** or a **Special Rule**.

Note. Only a section 501(c)(7), (8), or (10) organization can check boxes for both the General Rule and a Special Rule. See instructions.

General Rule

☐ For an organization filing Form 990, 990-EZ, or 990-PF that received, during the year, \$5,000 or more (in money or property) from any one contributor. Complete Parts I and II.

Special Rules

☒ For a section 501(c)(3) organization filing Form 990 or 990-EZ that met the 33 1/3% support test of the regulations under sections 509(a)(1) and 170(b)(1)(A)(vi) and received from any one contributor, during the year, a contribution of the greater of (1) \$5,000 or (2) 2% of the amount on (i) Form 990, Part VIII, line 1h, or (ii) Form 990-EZ, line 1. Complete Parts I and II.

☐ For a section 501(c)(7), (8), or (10) organization filing Form 990 or 990-EZ that received from any one contributor, during the year, total contributions of more than \$1,000 for use *exclusively* for religious, charitable, scientific, literary, or educational purposes, or the prevention of cruelty to children or animals. Complete Parts I, II, and III.

☐ For a section 501(c)(7), (8), or (10) organization filing Form 990 or 990-EZ that received from any one contributor, during the year, contributions for use *exclusively* for religious, charitable, etc., purposes, but these contributions did not total to more than \$1,000. If this box is checked, enter here the total contributions that were received during the year for an *exclusively* religious, charitable, etc., purpose. Do not complete any of the parts unless the **General Rule** applies to this organization because it received *nonexclusively* religious, charitable, etc., contributions of \$5,000 or more during the year ▶ \$ _____

Caution. An organization that is not covered by the General Rule and/or the Special Rules does not file Schedule B (Form 990, 990-EZ, or 990-PF), but it **must** answer "No" on Part IV, line 2, of its Form 990; or check the box on line H of its Form 990-EZ or on its Form 990-PF, Part I, line 2, to certify that it does not meet the filing requirements of Schedule B (Form 990, 990-EZ, or 990-PF).

LHA For Paperwork Reduction Act Notice, see the Instructions for Form 990, 990-EZ, or 990-PF. Schedule B (Form 990, 990-EZ, or 990-PF) (2013)

Name of organization	Employer identification number
INSTITUTE OF HEARTMATH	95-4023617

Part I Contributors (see instructions). Use duplicate copies of Part I if additional space is needed.

(a) No.	(b) Name, address, and ZIP + 4	(c) Total contributions	(d) Type of contribution
1		\$ 5,000.	Person <input checked="" type="checkbox"/> Payroll <input type="checkbox"/> Noncash <input type="checkbox"/> (Complete Part II for noncash contributions.)
2		\$ 5,000.	Person <input checked="" type="checkbox"/> Payroll <input type="checkbox"/> Noncash <input type="checkbox"/> (Complete Part II for noncash contributions.)
3		\$ 10,000.	Person <input checked="" type="checkbox"/> Payroll <input type="checkbox"/> Noncash <input type="checkbox"/> (Complete Part II for noncash contributions.)
4		\$ 5,000.	Person <input checked="" type="checkbox"/> Payroll <input type="checkbox"/> Noncash <input type="checkbox"/> (Complete Part II for noncash contributions.)
		\$	Person <input type="checkbox"/> Payroll <input type="checkbox"/> Noncash <input type="checkbox"/> (Complete Part II for noncash contributions.)
		\$	Person <input type="checkbox"/> Payroll <input type="checkbox"/> Noncash <input type="checkbox"/> (Complete Part II for noncash contributions.)

Employer identification number

95-4023617

Part II **Noncash Property** (see instructions). Use duplicate copies of Part II if additional space is needed.

[illegible]

Name of organization

Employer identification number

INSTITUTE OF HEARTMATH**95-4023617**

Part III *Exclusively* religious, charitable, etc., individual contributions to section 501(c)(7), (8), or (10) organizations that total more than \$1,000 for the year. Complete columns (a) through (e) and the following line entry. For organizations completing Part III, enter the total of *exclusively* religious, charitable, etc., contributions of \$1,000 or less for the year. (Enter this information once.) ► \$ _____

Use duplicate copies of Part III if additional space is needed.

(a) No. from Part I	(b) Purpose of gift	(c) Use of gift	(d) Description of how gift is held
	(e) Transfer of gift		
	Transferee's name, address, and ZIP + 4		Relationship of transferor to transferee
	(e) Transfer of gift		
	Transferee's name, address, and ZIP + 4		Relationship of transferor to transferee
	(e) Transfer of gift		
	Transferee's name, address, and ZIP + 4		Relationship of transferor to transferee
	(e) Transfer of gift		
	Transferee's name, address, and ZIP + 4		Relationship of transferor to transferee
	(e) Transfer of gift		
	Transferee's name, address, and ZIP + 4		Relationship of transferor to transferee

SCHEDULE C
(Form 990 or 990-EZ)

Department of the Treasury
Internal Revenue Service

Political Campaign and Lobbying Activities

For Organizations Exempt From Income Tax Under section 501(c) and section 527
▶ **Complete if the organization is described below.** ▶ **Attach to Form 990 or Form 990-EZ.**
▶ **See separate instructions.** ▶ **Information about Schedule C (Form 990 or 990-EZ) and its instructions is at www.irs.gov/form990.**

OMB No. 1545-0047

2013

Open to Public Inspection

If the organization answered "Yes," to Form 990, Part IV, line 3, or Form 990-EZ, Part V, line 46 (Political Campaign Activities), then

- Section 501(c)(3) organizations: Complete Parts I-A and B. Do not complete Part I-C.
- Section 501(c) (other than section 501(c)(3)) organizations: Complete Parts I-A and C below. Do not complete Part I-B.
- Section 527 organizations: Complete Part I-A only.

If the organization answered "Yes," to Form 990, Part IV, line 4, or Form 990-EZ, Part VI, line 47 (Lobbying Activities), then

- Section 501(c)(3) organizations that have filed Form 5768 (election under section 501(h)): Complete Part II-A. Do not complete Part II-B.
- Section 501(c)(3) organizations that have NOT filed Form 5768 (election under section 501(h)): Complete Part II-B. Do not complete Part II-A.

If the organization answered "Yes," to Form 990, Part IV, line 5 (Proxy Tax) or Form 990-EZ, Part V, line 35c (Proxy Tax), then

- Section 501(c)(4), (5), or (6) organizations: Complete Part III.

Name of organization

INSTITUTE OF HEARTMATH

Employer identification number

95-4023617

Part I-A Complete if the organization is exempt under section 501(c) or is a section 527 organization.

- 1 Provide a description of the organization's direct and indirect political campaign activities in Part IV.
- 2 Political expenditures ▶ \$
- 3 Volunteer hours

Part I-B Complete if the organization is exempt under section 501(c)(3).

- 1 Enter the amount of any excise tax incurred by the organization under section 4955 ▶ \$
- 2 Enter the amount of any excise tax incurred by organization managers under section 4955 ▶ \$
- 3 If the organization incurred a section 4955 tax, did it file Form 4720 for this year? ☐ Yes ☐ No
- 4a Was a correction made? ☐ Yes ☐ No
- b If "Yes," describe in Part IV.

Part I-C Complete if the organization is exempt under section 501(c), except section 501(c)(3).

- 1 Enter the amount directly expended by the filing organization for section 527 exempt function activities ▶ \$
- 2 Enter the amount of the filing organization's funds contributed to other organizations for section 527 exempt function activities ▶ \$
- 3 Total exempt function expenditures. Add lines 1 and 2. Enter here and on Form 1120-POL, line 17b ▶ \$
- 4 Did the filing organization file **Form 1120-POL** for this year? ☐ Yes ☐ No
- 5 Enter the names, addresses and employer identification number (EIN) of all section 527 political organizations to which the filing organization made payments. For each organization listed, enter the amount paid from the filing organization's funds. Also enter the amount of political contributions received that were promptly and directly delivered to a separate political organization, such as a separate segregated fund or a political action committee (PAC). If additional space is needed, provide information in Part IV.

(a) Name	(b) Address	(c) EIN	(d) Amount paid from filing organization's funds. If none, enter -0-.	(e) Amount of political contributions received and promptly and directly delivered to a separate political organization. If none, enter -0-.

For Paperwork Reduction Act Notice, see the Instructions for Form 990 or 990-EZ.

Schedule C (Form 990 or 990-EZ) 2013

LHA

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Part II-A Complete if the organization is exempt under section 501(c)(3) and filed Form 5768 (election under section 501(h)).

A Check ☐ if the filing organization belongs to an affiliated group (and list in Part IV each affiliated group member's name, address, EIN, expenses, and share of excess lobbying expenditures).

B Check ☐ if the filing organization checked box A and "limited control" provisions apply.

Limits on Lobbying Expenditures (The term "expenditures" means amounts paid or incurred.)		(a) Filing organization's totals	(b) Affiliated group totals
1 a Total lobbying expenditures to influence public opinion (grass roots lobbying)			
b Total lobbying expenditures to influence a legislative body (direct lobbying)			
c Total lobbying expenditures (add lines 1a and 1b)			
d Other exempt purpose expenditures		1,522,478.	
e Total exempt purpose expenditures (add lines 1c and 1d)		1,522,478.	
f Lobbying nontaxable amount. Enter the amount from the following table in both columns.		226,124.	
If the amount on line 1e, column (a) or (b) is:	The lobbying nontaxable amount is:		
Not over \$500,000	20% of the amount on line 1e.		
Over \$500,000 but not over \$1,000,000	\$100,000 plus 15% of the excess over \$500,000.		
Over \$1,000,000 but not over \$1,500,000	\$175,000 plus 10% of the excess over \$1,000,000.		
Over \$1,500,000 but not over \$17,000,000	\$225,000 plus 5% of the excess over \$1,500,000.		
Over \$17,000,000	\$1,000,000.		
g Grassroots nontaxable amount (enter 25% of line 1f)		56,531.	
h Subtract line 1g from line 1a. If zero or less, enter -0-		0.	
i Subtract line 1f from line 1c. If zero or less, enter -0-		0.	
j If there is an amount other than zero on either line 1h or line 1i, did the organization file Form 4720 reporting section 4911 tax for this year?			<input type="checkbox"/> Yes <input type="checkbox"/> No

4-Year Averaging Period Under Section 501(h)
(Some organizations that made a section 501(h) election do not have to complete all of the five columns below. See the instructions for lines 2a through 2f on page 4.)

Lobbying Expenditures During 4-Year Averaging Period					
Calendar year (or fiscal year beginning in)	(a) 2010	(b) 2011	(c) 2012	(d) 2013	(e) Total
2 a Lobbying nontaxable amount	210,828.	211,997.	221,767.	226,124.	870,716.
b Lobbying ceiling amount (150% of line 2a, column (e))					1,306,074.
c Total lobbying expenditures					
d Grassroots nontaxable amount	52,707.	52,999.	55,442.	56,531.	217,679.
e Grassroots ceiling amount (150% of line 2d, column (e))					326,519.
f Grassroots lobbying expenditures					

Schedule C (Form 990 or 990-EZ) 2013

For each "Yes," response to lines 1a through 1i below, provide in Part IV a detailed description of the lobbying activity.

Part III-A Complete if the organization is exempt under section 501(c)(4), section 501(c)(5), or section 501(c)(6).

Part III-B Complete if the organization is exempt under section 501(c)(4), section 501(c)(5), or section 501(c)(6) and if either (a) BOTH Part III-A, lines 1 and 2, are answered "No," OR (b) Part III-A, line 3, is answered "Yes."

Part IV	Supplemental Information
----------------	---------------------------------

Provide the descriptions required for Part I-A, line 1; Part I-B, line 4; Part I-C, line 5; Part II-A (affiliated group list); Part II-A, line 2; and Part II-B, line 1. Also, complete this part for any additional information.

SCHEDULE D
(Form 990)Department of the Treasury
Internal Revenue Service**Supplemental Financial Statements**▶ Complete if the organization answered "Yes," to Form 990,
Part IV, line 6, 7, 8, 9, 10, 11a, 11b, 11c, 11d, 11e, 11f, 12a, or 12b.

▶ Attach to Form 990.

▶ Information about Schedule D (Form 990) and its instructions is at www.irs.gov/form990.

OMB No. 1545-0047

2013Open to Public
Inspection

Name of the organization

INSTITUTE OF HEARTMATH

Employer identification number

95-4023617

Part I**Organizations Maintaining Donor Advised Funds or Other Similar Funds or Accounts.** Complete if the organization answered "Yes" to Form 990, Part IV, line 6.

	(a) Donor advised funds	(b) Funds and other accounts
1 Total number at end of year		
2 Aggregate contributions to (during year)		
3 Aggregate grants from (during year)		
4 Aggregate value at end of year		

5 Did the organization inform all donors and donor advisors in writing that the assets held in donor advised funds are the organization's property, subject to the organization's exclusive legal control? ☐ Yes ☐ No

6 Did the organization inform all grantees, donors, and donor advisors in writing that grant funds can be used only for charitable purposes and not for the benefit of the donor or donor advisor, or for any other purpose conferring impermissible private benefit? ☐ Yes ☐ No

Part II**Conservation Easements.** Complete if the organization answered "Yes" to Form 990, Part IV, line 7.

1 Purpose(s) of conservation easements held by the organization (check all that apply).

<input type="checkbox"/> Preservation of land for public use (e.g., recreation or education)	<input type="checkbox"/> Preservation of an historically important land area
<input type="checkbox"/> Protection of natural habitat	<input type="checkbox"/> Preservation of a certified historic structure
<input type="checkbox"/> Preservation of open space	

2 Complete lines 2a through 2d if the organization held a qualified conservation contribution in the form of a conservation easement on the last day of the tax year.

	Held at the End of the Tax Year
a Total number of conservation easements	2a
b Total acreage restricted by conservation easements	2b
c Number of conservation easements on a certified historic structure included in (a)	2c
d Number of conservation easements included in (c) acquired after 8/17/06, and not on a historic structure listed in the National Register	2d

3 Number of conservation easements modified, transferred, released, extinguished, or terminated by the organization during the tax year ▶

4 Number of states where property subject to conservation easement is located ▶

5 Does the organization have a written policy regarding the periodic monitoring, inspection, handling of violations, and enforcement of the conservation easements it holds? ☐ Yes ☐ No

6 Staff and volunteer hours devoted to monitoring, inspecting, and enforcing conservation easements during the year ▶

7 Amount of expenses incurred in monitoring, inspecting, and enforcing conservation easements during the year ▶ \$

8 Does each conservation easement reported on line 2(d) above satisfy the requirements of section 170(h)(4)(B)(i) and section 170(h)(4)(B)(ii)? ☐ Yes ☐ No

9 In Part XIII, describe how the organization reports conservation easements in its revenue and expense statement, and balance sheet, and include, if applicable, the text of the footnote to the organization's financial statements that describes the organization's accounting for conservation easements.

Part III**Organizations Maintaining Collections of Art, Historical Treasures, or Other Similar Assets.**

Complete if the organization answered "Yes" to Form 990, Part IV, line 8.

1a If the organization elected, as permitted under SFAS 116 (ASC 958), not to report in its revenue statement and balance sheet works of art, historical treasures, or other similar assets held for public exhibition, education, or research in furtherance of public service, provide, in Part XIII, the text of the footnote to its financial statements that describes these items.

b If the organization elected, as permitted under SFAS 116 (ASC 958), to report in its revenue statement and balance sheet works of art, historical treasures, or other similar assets held for public exhibition, education, or research in furtherance of public service, provide the following amounts relating to these items:

(i) Revenues included in Form 990, Part VIII, line 1	▶ \$
(ii) Assets included in Form 990, Part X	▶ \$

2 If the organization received or held works of art, historical treasures, or other similar assets for financial gain, provide the following amounts required to be reported under SFAS 116 (ASC 958) relating to these items:

a Revenues included in Form 990, Part VIII, line 1	▶ \$
b Assets included in Form 990, Part X	▶ \$

Part III Organizations Maintaining Collections of Art, Historical Treasures, or Other Similar Assets (continued)

3 Using the organization's acquisition, accession, and other records, check any of the following that are a significant use of its collection items (check all that apply):

- a ☐ Public exhibition
 b ☐ Scholarly research
 c ☐ Preservation for future generations

- d ☐ Loan or exchange programs
 e ☐ Other _____

4 Provide a description of the organization's collections and explain how they further the organization's exempt purpose in Part XIII.

5 During the year, did the organization solicit or receive donations of art, historical treasures, or other similar assets

to be sold to raise funds rather than to be maintained as part of the organization's collection? ☐ Yes ☐ No

Part IV Escrow and Custodial Arrangements. Complete if the organization answered "Yes" to Form 990, Part IV, line 9, or reported an amount on Form 990, Part X, line 21.

1a Is the organization an agent, trustee, custodian or other intermediary for contributions or other assets not included on Form 990, Part X? ☐ Yes ☐ No

b If "Yes," explain the arrangement in Part XIII and complete the following table:

c Beginning balance

d Additions during the year

e Distributions during the year

f Ending balance

	Amount
1c	
1d	
1e	
1f	

2a Did the organization include an amount on Form 990, Part X, line 21? ☐ Yes ☐ No

b If "Yes," explain the arrangement in Part XIII. Check here if the explanation has been provided in Part XIII ☐

Part V Endowment Funds. Complete if the organization answered "Yes" to Form 990, Part IV, line 10.

	(a) Current year	(b) Prior year	(c) Two years back	(d) Three years back	(e) Four years back
1a Beginning of year balance					
b Contributions					
c Net investment earnings, gains, and losses					
d Grants or scholarships					
e Other expenditures for facilities and programs					
f Administrative expenses					
g End of year balance					

2 Provide the estimated percentage of the current year end balance (line 1g, column (a)) held as:

a Board designated or quasi-endowment ☐ %

b Permanent endowment ☐ %

c Temporarily restricted endowment ☐ %

The percentages in lines 2a, 2b, and 2c should equal 100%.

3a Are there endowment funds not in the possession of the organization that are held and administered for the organization by:

(i) unrelated organizations

(ii) related organizations

	Yes	No
3a(i)		
3a(ii)		
3b		

b If "Yes" to 3a(ii), are the related organizations listed as required on Schedule R? ☐

4 Describe in Part XIII the intended uses of the organization's endowment funds.

Part VI Land, Buildings, and Equipment.

Complete if the organization answered "Yes" to Form 990, Part IV, line 11a. See Form 990, Part X, line 10.

Description of property	(a) Cost or other basis (investment)	(b) Cost or other basis (other)	(c) Accumulated depreciation	(d) Book value
1a Land		191,645.		191,645.
b Buildings		1,093,000.	648,286.	444,714.
c Leasehold improvements				
d Equipment		447,205.	337,228.	109,977.
e Other		783,664.	218,593.	565,071.
Total. Add lines 1a through 1e. (Column (d) must equal Form 990, Part X, column (B), line 10(c).)				1,311,407.

Schedule D (Form 990) 2013

Part VII Investments - Other Securities.

Complete if the organization answered "Yes" to Form 990, Part IV, line 11b. See Form 990, Part X, line 12.

(a) Description of security or category (including name of security)	(b) Book value	(c) Method of valuation: Cost or end-of-year market value
(1) Financial derivatives		
(2) Closely-held equity interests		
(3) Other		
(A) DONATED INVESTMENT	244,500.	END-OF-YEAR MARKET VALUE
(B)		
(C)		
(D)		
(E)		
(F)		
(G)		
(H)		
Total. (Col. (b) must equal Form 990, Part X, col. (B) line 12.) ▶	244,500.	

Part VIII Investments - Program Related.

Complete if the organization answered "Yes" to Form 990, Part IV, line 11c. See Form 990, Part X, line 13.

(a) Description of investment	(b) Book value	(c) Method of valuation: Cost or end-of-year market value
(1)		
(2)		
(3)		
(4)		
(5)		
(6)		
(7)		
(8)		
(9)		
Total. (Col. (b) must equal Form 990, Part X, col. (B) line 13.) ▶		

Part IX Other Assets.

Complete if the organization answered "Yes" to Form 990, Part IV, line 11d. See Form 990, Part X, line 15.

(a) Description	(b) Book value
(1)	
(2)	
(3)	
(4)	
(5)	
(6)	
(7)	
(8)	
(9)	
Total. (Column (b) must equal Form 990, Part X, col. (B) line 15.) ▶	

Part X Other Liabilities.

Complete if the organization answered "Yes" to Form 990, Part IV, line 11e or 11f. See Form 990, Part X, line 25.

1. (a) Description of liability	(b) Book value	
(1) Federal income taxes		
(2) RELATED PARTY PAYABLE	40,000.	
(3) FISCAL AGENCY FUND	119,700.	
(4)		
(5)		
(6)		
(7)		
(8)		
(9)		
Total. (Column (b) must equal Form 990, Part X, col. (B) line 25.) ▶	159,700.	

2. Liability for uncertain tax positions. In Part XIII, provide the text of the footnote to the organization's financial statements that reports the organization's liability for uncertain tax positions under FIN 48 (ASC 740). Check here if the text of the footnote has been provided in Part XIII ☒

Part XI Reconciliation of Revenue per Audited Financial Statements With Revenue per Return.

Complete if the organization answered "Yes" to Form 990, Part IV, line 12a.

1	Total revenue, gains, and other support per audited financial statements		1	1,716,651.
2	Amounts included on line 1 but not on Form 990, Part VIII, line 12:			
a	Net unrealized gains on investments	2a		
b	Donated services and use of facilities	2b		
c	Recoveries of prior year grants	2c		
d	Other (Describe in Part XIII.)	2d		
e	Add lines 2a through 2d		2e	0.
3	Subtract line 2e from line 1		3	1,716,651.
4	Amounts included on Form 990, Part VIII, line 12, but not on line 1:			
a	Investment expenses not included on Form 990, Part VIII, line 7b	4a		
b	Other (Describe in Part XIII.)	4b	-26,228.	
c	Add lines 4a and 4b		4c	-26,228.
5	Total revenue. Add lines 3 and 4c. (This must equal Form 990, Part I, line 12.)		5	1,690,423.

Part XII Reconciliation of Expenses per Audited Financial Statements With Expenses per Return.

Complete if the organization answered "Yes" to Form 990, Part IV, line 12a.

1	Total expenses and losses per audited financial statements		1	1,919,524.
2	Amounts included on line 1 but not on Form 990, Part IX, line 25:			
a	Donated services and use of facilities	2a		
b	Prior year adjustments	2b		
c	Other losses	2c		
d	Other (Describe in Part XIII.)	2d	26,228.	
e	Add lines 2a through 2d		2e	26,228.
3	Subtract line 2e from line 1		3	1,893,296.
4	Amounts included on Form 990, Part IX, line 25, but not on line 1:			
a	Investment expenses not included on Form 990, Part VIII, line 7b	4a		
b	Other (Describe in Part XIII.)	4b		
c	Add lines 4a and 4b		4c	0.
5	Total expenses. Add lines 3 and 4c. (This must equal Form 990, Part I, line 18.)		5	1,893,296.

Part XIII Supplemental Information.

Provide the descriptions required for Part II, lines 3, 5, and 9; Part III, lines 1a and 4; Part IV, lines 1b and 2b; Part V, line 4; Part X, line 2; Part XI, lines 2d and 4b; and Part XII, lines 2d and 4b. Also complete this part to provide any additional information.

PART X, LINE 2:

EXPLANATION: UNCERTAINTY IN INCOME TAXES - ACCOUNTING PRINCIPLES GENERALLY ACCEPTED IN THE UNITED STATES OF AMERICA PROVIDE ACCOUNTING AND DISCLOSURE GUIDANCE ABOUT POSITIONS TAKEN BY AN ORGANIZATION IN ITS TAX RETURNS THAT MIGHT BE UNCERTAIN. MANAGEMENT HAS CONSIDERED ITS TAX POSITIONS AND BELIEVES THAT ALL OF THE POSITIONS TAKEN BY THE ORGANIZATION IN ITS FEDERAL AND STATE TAX RETURNS ARE MORE-LIKELY-THAN-NOT TO BE SUSTAINED UPON EXAMINATION.

THE ORGANIZATION FILES INFORMATION RETURNS IN THE U.S. FEDERAL JURISDICTION AND STATE OF CALIFORNIA. THE ORGANIZATION'S FEDERAL RETURNS FOR THE TAX YEARS 2010 AND BEYOND REMAIN SUBJECT TO EXAMINATION BY THE

Part XIII Supplemental Information (continued)

INTERNAL REVENUE SERVICE. THE ORGANIZATION'S CALIFORNIA RETURNS FOR THE
TAX YEARS 2009 AND BEYOND REMAIN SUBJECT TO EXAMINATION BY THE FRANCHISE
TAX BOARD.

PART XI, LINE 4B - OTHER ADJUSTMENTS:

RENTAL EXPENSES -26,228.

PART XII, LINE 2D - OTHER ADJUSTMENTS:

RENTAL EXPENSE 26,228.

**Grants and Other Assistance to Organizations,
Governments, and Individuals in the United States**
Complete if the organization answered "Yes" to Form 990, Part IV, line 21 or 22.

Department of the Treasury
Internal Revenue Service

OMB No. 1545-0047

2013

Open to Public Inspection

Name of the organization

Employer identification number
95-4023617

Part I	General Information on Grants and Assistance
--------	--

1 Does the organization maintain records to substantiate the amount of the grants or assistance, the grantees' eligibility for the grants or assistance, and the selection criteria used to award the grants or assistance?

2 Describe in Part IV the organization's procedures for monitoring the use of grant funds in the United States.

Part II **Grants and Other Assistance to Governments and Organizations in the United States.** Complete if the organization answered "Yes" to Form 990, Part IV, line 21, for any recipient that received more than \$5,000. Part II can be duplicated if additional space is needed.

[illegible]

2 Enter total number of section 501(c)(3) and government organizations listed in the line 1 table

33 Enter total number of other organizations listed in the line 1 table

UHA For Paperwork Reduction Act Notice, see the Instructions for Form 990.

SEE PART IV FOR COLUMN (H) DESCRIPTIONS

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Schedule I (Form 990) (2013)

Part III **Grants and Other Assistance to Individuals in the United States.** Complete if the organization answered "Yes" to Form 990, Part IV, line 22.
Part III can be duplicated if additional space is needed.

(a) Type of grant or assistance	(b) Number of recipients	(c) Amount of cash grant	(d) Amount of non-cash assistance	(e) Method of valuation (book, FMV, appraisal, other)	(f) Description of non-cash assistance
GAVE PRODUCTS FREE OF CHARGE TO INDIVIDUALS	2263	0.	8,132.COST		HEARTMATH PRODUCTS AND EDUCATION MATERIALS GIVEN FREE OF CHARGE TO FINANCIALLY CHALLENGED INDIVIDUALS SERVING
GAVE TRAININGS & TRAINING MATERIALS FREE OF CHARGE TO INDIVIDUALS	5	0.	3,090.COST		TRAINERS SERVING UNDERSERVED POPULATIONS WERE GIVEN HEARTMATH TRAIN-THE-TRAINER TRAININGS FREE OF CHARGE ALONG

Part IV **Supplemental Information.** Provide the information required in Part I, line 2, Part III, column (b), and any other additional information.**PART I, LINE 2:**

EXPLANATION: THE INSTITUTE AWARDS EDUCATION SPONSORSHIPS TO PROVIDE TRAININGS AND TRAINING MATERIALS TO ORGANIZATIONS AND INDIVIDUALS IN THE EDUCATION FIELD FREE OF CHARGE. THE INSTITUTE AWARDS MILITARY SERVICE SPONSORSHIPS TO PROVIDE TRAININGS AND/OR HEARTMATH PRODUCTS TO ENLISTED PERSONS, VETERANS AND INDIVIDUALS OR ORGANIZATIONS WHO PROVIDE SERVICES TO ENLISTED PERSONS AND VETERANS, FREE OF CHARGE. THE INSTITUTE ALSO AWARDS HEARTMATH FOR COMMUNITIES SPONSORSHIPS TO PROVIDE TRAININGS AND TRAINING MATERIALS TO INDIVIDUALS OR ORGANIZATIONS WHO PROVIDE SERVICES TO

Part IV Supplemental Information

UNDERSERVED POPULATIONS, FREE OF CHARGE. RECIPIENTS OF SPONSORSHIPS FILL OUT APPLICATION FORMS WHICH ARE EVALUATED ACCORDING TO CRITERIA. IF AWARDED, RECIPIENTS SIGN A LETTER OF AGREEMENT THAT INCLUDES SUBMITTING PROGRESS REPORTS ON THEIR USE OF THE TRAINING, MATERIALS OR PRODUCTS AND THEIR RESULTS TO THE INSTITUTE. THE INSTITUTE ALSO PROVIDES HEARTMATH PRODUCTS FOR FREE TO INDIVIDUALS AND ORGANIZATIONS WHO SERVE THE UNDERSERVED AND ARE FINANCIALLY CHALLENGED ON A PER CASE BASIS AS THE INSTITUTE CAN AFFORD TO DO THIS. THESE CASES ARE REVIEWED AND APPROVED BY MANAGEMENT AND REPORTS BACK ARE REQUESTED BUT NOT REQUIRED.

PART II, LINE 1, COLUMN (H):

NAME OF ORGANIZATION OR GOVERNMENT:

US ARMY - VICENZA HEALTH CENTER & ARMY COMMUNITY SERVICE

(H) PURPOSE OF GRANT OR ASSISTANCE: FOR US SOLDIERS BASED IN ITALY: TO TRAIN TRAINERS TO TEACH HEARTMATH COPING SKILLS TO APPROX. 2,000 MILITARY SERVICE PERSONS AND THEIR FAMILIES.

(F) DESCRIPTION OF NON-CASH ASSISTANCE: HEARTMATH PRODUCTS AND EDUCATION MATERIALS GIVEN FREE OF CHARGE TO FINANCIALLY CHALLENGED INDIVIDUALS SERVING UNDERSERVED POPULATIONS.

(F) DESCRIPTION OF NON-CASH ASSISTANCE: TRAINERS SERVING UNDERSERVED POPULATIONS WERE GIVEN HEARTMATH TRAIN-THE-TRAINER TRAININGS FREE OF CHARGE ALONG WITH TRAINING MATERIALS TO TRAIN PEOPLE THEY SERVE.

Part IV Business Transactions Involving Interested Persons.

Complete if the organization answered "Yes" on Form 990, Part IV, line 28a, 28b, or 28c.

(a) Name of interested person	(b) Relationship between interested person and the organization	(c) Amount of transaction	(d) Description of transaction	(e) Sharing of organization's revenues?	
				Yes	No
QUANTUM INTECH	DOC CHILDRE, CEO OF	293,564.	RCVD LICENS		X
HEARTMATH LLC	QI IS THE PARENT CO	480,542.	PAID COGS-C		X
HEARTMATH LLC	QI IS THE PARENT CO	50,000.	SOLD SERVIC		X

Part V Supplemental Information

Provide additional information for responses to questions on Schedule L (see instructions).

SCHEDULE L, PART II, LOANS TO AND FROM INTERESTED PERSONS:

(A) NAME OF PERSON: ROLLIN MCCRATY

(B) RELATIONSHIP WITH ORGANIZATION: OFFICER

(C) PURPOSE OF LOAN: TO HELP CASH FLOW

(D) LOAN TO OR FROM ORGANIZATION? = TO

(E) ORIGINAL PRINCIPAL AMOUNT \$ 85,000. (F) BALANCE DUE \$ 85,000.

(G) LOAN IN DEFAULT? = NO

(H) APPROVED BY BOARD OR COMMITTEE? = YES

(I) WRITTEN AGREEMENT? = YES

SCH L, PART IV, BUSINESS TRANSACTIONS INVOLVING INTERESTED PERSONS:

(A) NAME OF PERSON: QUANTUM INTECH

(B) RELATIONSHIP BETWEEN INTERESTED PERSON AND ORGANIZATION:

DOC CHILDRE, CEO OF QUANTUM INTECH (QI) AND PRESIDENT OF IHM ARE MARRIED

(C) AMOUNT OF TRANSACTION \$ 293,564.

(D) DESCRIPTION OF TRANSACTION: RCVD LICENSE FEES - INSTITUTE OF

HEARTMATH (IHM) HAS GRANTED A WORLDWIDE EXCLUSIVE LICENSE FOR THE

HEARTMATH SYSTEM TO QI, WHICH IN TURN SUBLICENSES IT TO PARTNERS AROUND

THE WORLD, INCLUDING HMLLC. IN RETURN, THE INSTITUTE RECEIVES A

PERCENTAGE OF ROYALTIES AND LICENSING FEES FROM THE TRADEMARKED AND/OR

Part V Supplemental Information

Complete this part to provide additional information for responses to questions on Schedule L (see instructions).

COPYRIGHTED MATERIALS AND PUBLICATIONS.

(E) SHARING OF ORGANIZATION REVENUES? = NO

(A) NAME OF PERSON: HEARTMATH LLC

(B) RELATIONSHIP BETWEEN INTERESTED PERSON AND ORGANIZATION:

QI IS THE PARENT COMPANY OF HEARTMATH LLC

(C) AMOUNT OF TRANSACTION \$ 480,542.

(D) DESCRIPTION OF TRANSACTION: PAID COGS-COSTS OF GOODS SOLD -

INSTITUTE OF HEARTMATH PURCHASES PRODUCTS FROM HEARTMATH LLC FOR SALE AND SHIPPING REIMBURSEMENTS.

(E) SHARING OF ORGANIZATION REVENUES? = NO

(A) NAME OF PERSON: HEARTMATH LLC

(B) RELATIONSHIP BETWEEN INTERESTED PERSON AND ORGANIZATION:

QI IS THE PARENT COMPANY OF HEARTMATH LLC

(D) DESCRIPTION OF TRANSACTION: SOLD SERVICES - INSTITUTE OF HEARTMATH PROVIDED SERVICES TO HEARTMATH LLC.

SCHEDULE O
(Form 990 or 990-EZ)

Department of the Treasury
Internal Revenue Service

Supplemental Information to Form 990 or 990-EZ

Complete to provide information for responses to specific questions on
Form 990 or 990-EZ or to provide any additional information.

▶ Attach to Form 990 or 990-EZ.

▶ Information about Schedule O (Form 990 or 990-EZ) and its instructions is at www.irs.gov/form990.

OMB No. 1545-0047

2013

Open to Public
Inspection

Name of the organization

INSTITUTE OF HEARTMATH

Employer identification number
95-4023617

FORM 990, PART III, LINE 1, DESCRIPTION OF ORGANIZATION MISSION:

STUDENTS, TEACHERS, ADMINISTRATORS, SCHOOL COUNSELORS, AS WELL AS
NONPROFIT LEADERS, STAFF AND THOSE THEY SERVE, SOCIAL AND COMMUNITY
SERVICE ORGANIZATIONS, LOCAL GOVERNMENT AGENCIES, MILITARY SERVICE
MEMBERS AND VETERANS AND THEIR FAMILIES.

FORM 990, PART III, LINE 4A, PROGRAM SERVICE ACCOMPLISHMENTS:

STUDIES.

2. FIELD TESTED AND REVISED TWO NEW TRAINING PROGRAMS, THE QUALIFIED
PERSONAL RESILIENCE MENTOR TRAINING(R) AND THE HEARTMATH CERTIFIED
TRAINING PROGRAM.

3. DELIVERED CERTIFIED TRAINER TRAINING PROGRAMS TO 88 CANDIDATES.
THERE ARE TWO TYPES OF HEARTMATH CERTIFIED TRAINER PROGRAMS OFFERING
LICENSES FOR EITHER ORGANIZATIONS OR INDEPENDENT TRAINERS. TRAINERS
CAN DELIVER HEARTMATH RESILIENCE TRAININGS TO NONPROFITS, GOVERNMENT
SERVICE AGENCIES, EDUCATORS, COUNSELORS, TEACHERS, ADMINISTRATORS,
SCHOOL STAFF, THE GENERAL PUBLIC, EMERGENCY SERVICE PROVIDERS,
HEALTH-CARE PROVIDERS AND SERVICES OR INCORPORATE HEARTMATH TECHNIQUES
INTO THEIR EXISTING TRAINING PROGRAMS.

4. PRESENTED AT AND PARTICIPATED IN FIVE NATIONAL EDUCATION CONFERENCES
IN 2013.

5. HOSTED EIGHT FREE PUBLIC IHM WEBINARS. MORE THAN 28,000 PEOPLE

LHA For Paperwork Reduction Act Notice, see the Instructions for Form 990 or 990-EZ.

Schedule O (Form 990 or 990-EZ) (2013)

332211
09-04-13

Name of the organization

INSTITUTE OF HEARTMATH

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REGISTERED TO ATTEND.

6. CONTINUED UPGRADING WEBSITE CONTENT WITH TRAFFIC INCREASING TO
650,924 UNIQUE VISITORS IN 2013.

7. NUMBER OF ACTIVE MEMBERS: 2,159

8. SOCIAL NETWORK SITES: FACEBOOK: 203, 999 FANS, IHM TWITTER: 28,192
FOLLOWERS, HEARTMATH MY KIDS!: 71,866 FANS; HEARTMATH FOR TROOPS,
VETERANS AND FAMILIES FACEBOOK: 30,197 FANS, IHM YOUTUBE 6,877
SUBSCRIBERS.

THE EDUCATION SPONSORSHIP FUND IS SUPPORTED SOLELY BY IHM DONORS AND
MEMBERS. THIS IHM CARING INITIATIVE PROVIDES SCHOLARSHIPS FOR 1)
HEARTMATH TECHNOLOGY AND PRODUCTS FOR CLASSROOMS, SCHOOLS, COLLEGES AND
UNIVERSITIES AND 2) PROVIDES TRAININGS AND WORKSHOPS FOR EDUCATORS,
SCHOOL COUNSELORS, SOCIAL WORKERS, HEALTH CARE PROFESSIONALS WORKING
WITH LOW-INCOME FAMILIES, STUDENTS WITH EMOTIONAL/BEHAVIORAL
DISABILITIES SUCH AS ADHD, PROGRAMS FOR AT-RISK YOUTH, ACADEMIC STRESS
REDUCTION INTERVENTION, NO BULLYING PROJECTS, INCREASING CONFIDENCE AT
SCHOOL, RAISING TEST SCORES AND IMPROVING OVERALL ACADEMIC PERFORMANCE.

1. ASSISTED 8,437 STUDENTS AND HUNDREDS OF EDUCATORS.

2. AWARDED 15 SPONSORSHIPS FOR A TOTAL OF \$11,941.

THE MILITARY SERVICE APPRECIATION FUND IS FUNDED BY DONORS AND MEMBERS
WHO WANT TO SUPPORT MILITARY SERVICE MEN, WOMEN AND FAMILIES IN THE USE
OF THE HEARTMATH MATERIALS. IHM'S MILITARY SERVICE APPRECIATION FUND

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PROVIDES FREE PROGRAMS, SERVICES AND RESOURCES TO VETERANS AND MILITARY FAMILIES TO HELP LESSEN MENTAL, EMOTIONAL AND PHYSICAL SUFFERING AND REINTEGRATION CHALLENGES, PTSD, ANGER MANAGEMENT AND MORE. IN ADDITION, SCHOLARSHIPS ARE AWARDED TO MILITARY HEALTHCARE PROVIDERS, THERAPISTS AND COUNSELORS WORKING WITH VETERANS, DEPLOYED, DEPLOYING AND RETURNING MILITARY PERSONNEL.

1. DISTRIBUTED 2,238 HEARTMATH EDUCATION AND RESILIENCE TRAINING (H.E.A.R.T.) PROGRAM DVDS TO SERVICE MEMBERS, VETERANS, VA CENTERS AND COLLEGES IN 2013, FOR A TOTAL OF 4,588 SINCE IT WAS RELEASED IN LATE 2011.

2. PROVIDED 32 SPONSORSHIPS OF MATERIALS AND TRAININGS TO INDIVIDUALS AND ORGANIZATIONS PROVIDING SERVICES TO PROVIDE HEARTMATH TOOLS AND TECHNIQUES TO VETERANS, SERVICE PERSONS AND THEIR FAMILIES.

THE DONOR SUPPORTED HEARTMATH FOR COMMUNITIES FUND WAS ESTABLISHED TO PROVIDE SCHOLARSHIPS FOR INDIVIDUALS AND NONPROFIT REPRESENTATIVES TO BE TRAINED AND LICENSED TO BECOME HEARTMATH DESTRESS WORKSHOP QUALIFIED INSTRUCTORS. ONCE TRAINED, THESE COMMUNITY ADVOCATES AND NONPROFIT REPRESENTATIVES OFFER FREE WORKSHOPS TO PEOPLE IN THEIR COMMUNITY.

1. THE FUND AWARDED 4 SCHOLARSHIPS THIS YEAR
2. AWARDEES TRAINED OVER 4,365 PEOPLE IN THEIR COMMUNITIES.
3. ALSO \$750 WAS RAISED FOR A SPECIAL PROJECT WITH THE BOYS & GIRLS CLUB

FORM 990, PART III, LINE 4B, PROGRAM SERVICE ACCOMPLISHMENTS:

CHRONIC BRAIN INJURY, SONYA KIM, VANCE ZEMON, MARIE M. CAVALLO, JOSEPH

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F. RATH, ROLLIN MCCRATY, FREDERICK W. FOLEY, BRAIN INJURY, FEBRUARY
2013; 27(2): 209-222.

B) HEART COHERENCE INCREASES ORDER OF CRYSTALLIZATION PATTERNS IN DRIED
SALIVA STUDY, ANNETTE DEYHLE PH.D.; JACKIE WATERMAN HEARTMATH RESEARCH
CENTER, INSTITUTE OF HEARTMATH, BOULDER CREEK, CA, 2013.

2. INDEPENDENT RESEARCH STUDIES

A) HEART RATE VARIABILITY BIOFEEDBACK IN ADOLESCENT SUBSTANCE ABUSE
TREATMENT. CASE REPORT, CHRIS THURSTONE, M.D., TRAVIS LAJOIE, DO;
GLOBAL ADVANCES HEALTH MED. 2013; 2(1);22-23.

B) UTILIZING HEARTBEAT EVOKED POTENTIALS TO IDENTIFY CARDIAC REGULATION
OF VAGAL AFFERENTS DURING EMOTION AND RESONANT BREATHING, STARR
MACKINNON, RICHARD GEVIRTZ, ROLLIN MCCRATY, MILTON BROWN, APPLIED
PSYCHOPHYSIOLOGY AND BIOFEEDBACK, DECEMBER 2013, VOLUME 38, ISSUE 4, PP
241-255

C) THE INVESTIGATION OF VISUAL ATTENTION AND WORKLOAD BY EXPERTS AND
NOVICES IN THE COCKPIT, WEN-CHIN LI, FA-CHUNG CHIU, YING-SHINKUO,
KA-JAY WU, ENGINEERING PSYCHOLOGY AND COGNITIVE ERGONOMICS.
APPLICATIONS AND SERVICES, LECTURE NOTES IN COMPUTER SCIENCE VOLUME
8020, 2013, PP 167-176

D) THE EFFECTIVENESS OF HEART RATE VARIABILITY BIOFEEDBACK TREATMENT
FOR CLIENTS WITH ANXIETY DISORDERS AT A COMMUNITY MENTAL HEALTH CENTER,
RYAN L. COLE, PSY.D., ALLISON B. SHAPIRO, PH.D., ASPENPOINTE

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BEHAVIORAL HEALTH SERVICES RESEARCH STUDY SUBMITTED FOR PUBLICATION.

E) EVALUATION OF HEART RHYTHM COHERENCE FEEDBACK TRAINING ON
PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES, STEPHEN D. EDWARDS, SOUTH
AFRICAN JOURNAL OF PSYCHOLOGY 201X, VOL. XX(X) 1-10, 2013

3. PUBLISHED RESEARCH 2013

A) PERSONALITY AND HEART RATE VARIABILITY: EXPLORING PATHWAYS FROM
PERSONALITY TO CARDIAC COHERENCE AND HEALTH, ADA H. ZOHAR, PH.D., C.
ROBERT CLONINGER, M.D. PH.D., ROLLIN MCCRATY, PH.D. OPEN JOURNAL OF
SOCIAL SCIENCES, 2013; VOL. 1, NO. 6, 32-39.

B) COHERENCE, CARE AND INSPIRATION: THE POWER TO HEAL ORGANIZATIONS AND
OURSELVES, BRUCE CRYER, JOURNAL OF HOLISTIC HEALTHCARE, VOLUME 10,
ISSUE 1, SPRING 2013.

4. PROVIDED RESEARCH PRESENTATIONS AT FIVE SCIENTIFIC CONFERENCES AND
SYMPOSIUMS IN 2013.

5. DISSERTATIONS INVOLVING RESEARCH ON HEARTMATH INTERVENTIONS

A) SELF-REGULATION AND HEART RATE VARIABILITY BIOFEEDBACK: PROMOTING
EMOTIONAL AND SPIRITUAL FITNESS IN ALCOHOL ADDICTION TREATMENT, KALMAN
KHODIK. PH.D. DISSERTATION, INSTITUTE FOR GRADUATE CLINICAL PSYCHOLOGY
WIDENER UNIVERSITY, MAY 2013.

6. THE RESEARCH TEAM ALSO PROVIDED: 1,200 AUTONOMIC ASSESSMENT REPORTS,

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5,232 PSYCHOMETRIC SURVEY FORMS AND ALMOST 5,000 PRE AND POST
PSYCHOMETRIC SURVEY REPORTS FOR INDIVIDUALS, ORGANIZATIONS AND
INDEPENDENT RESEARCHERS.

ADOPT A SCIENTIST FUND

THE ADOPT A SCIENTIST WAS ESTABLISHED THIS YEAR TO HIRE A NEW DATA
ANALYSIS SCIENTIST.

RAISED \$62,510 FOR THE ADOPT-A-SCIENTIST CAMPAIGN.

RESEARCH FUND

THE RESEARCH FUND WAS ESTABLISHED LAST YEAR TO EXPAND, DISSEMINATE AND
CARRY OUT IHM'S RESEARCH.

1. RELEASED THE HEART'S INTUITIVE INTELLIGENCE: A PATH TO PERSONAL,
SOCIAL AND GLOBAL COHERENCE VIDEO IN APRIL 2013 - 226,214 VIEWS.

FORM 990, PART III, LINE 4C, PROGRAM SERVICE ACCOMPLISHMENTS:

OF INCREASED COHERENCE ARE ON THE EARTH'S FIELD AND WHETHER IT WILL
RESULT IN IMPROVED SOCIAL AND HEALTH OUTCOMES.

4. MAINTAINED THE GCI WEBSITE WHICH HOSTS A GLOBAL CARE ROOM THAT
UNITED GCI MEMBERS FROM AROUND THE GLOBE IN A SYNCHRONOUS HEART
COHERENCE SESSION THREE TIMES EACH DAY TOTALING 139,267 UNIQUE VISITORS
AND 216,750 RETURN VISITS IN 2013.

5. PROVIDED FREE INFORMATION INCLUDING WEBINARS, TRAINING AND RESOURCES
TO MORE THAN 57,386 GCI MEMBERS WORLDWIDE.

6. SOCIAL NETWORKING: GCI FACEBOOK: 74,434 FANS; GCI TWITTER: 20, 930

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FOLLOWERS, GCI YOUTUBE: 1,273 SUBSCRIBERS.

7. HOSTED THE SECOND EVENT AT THE TAO RESORT AND WELLNESS CENTER IN THE RIVIERA MAYA ON THE YUCATAN PENINSULA, MEXICO FOR 53 ATTENDEES. THIS EVENT WAS DESIGNED TO HELP PEOPLE LEARN HOW TO INCREASE ACCESS TO THEIR HEARTS INTUITIVE INTELLIGENCE.

8. HOSTED 12 GCI CARE FOCUSES IN THE GOAL CARE ROOM.

9. SPOKE AT 12 EVENTS AND CONFERENCES AROUND THE WORLD IN ADDITION TO NUMEROUS FREE TELESEMINARS AND WEBINARS.

10. LAUNCHED A GCI FACEBOOK NEWS CHANNEL AND A GLOBAL CARE ROOM APP. IN SEPTEMBER RELEASED NEW VIDEO: THE SUN, MOON & PEOPLE: ITS ALL CONNECTED, 5,677 VIEWS.

FORM 990, PART III, LINE 4D, OTHER PROGRAM SERVICES:

THE INSTITUTE OF HEARTMATH EXPANDED IT'S OUTREACH TO MANY MORE PEOPLE THROUGH LICENSING AND PUBLISHING AGREEMENTS WITH OTHER ORGANIZATIONS FOR TRAINING INDIVIDUALS AND DISSEMINATING INFORMATION ABOUT HEARTMATH. IN RETURN THE INSTITUTE RECEIVES A SMALL PERCENTAGE OF ROYALTIES AND LICENSING FEES FROM THE TRADEMARKED AND/OR COPYRIGHTED MATERIALS AND PUBLICATIONS.

EXPENSES \$ 8,222. INCLUDING GRANTS OF \$ 0. REVENUE \$ 316,767.

FORM 990, PART VI, SECTION B, LINE 11:

EXPLANATION: COPIES OF THE FINAL DRAFT ARE EMAILED TO BOARD OF DIRECTORS FOR REVIEW BEFORE THE 990 IS APPROVED AND FILED.

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FORM 990, PART VI, SECTION B, LINE 12C:

EXPLANATION: CONFLICT OF INTEREST DISCLOSURE FORM IS SENT ANNUALLY TO OFFICERS, DIRECTORS/TRUSTEES AND KEY EMPLOYEES TO DISCLOSE POTENTIAL CONFLICTS OF INTEREST. COMPLIANCE OFFICER SERVES ON THE BOARD AND ISSUES ARE EXAMINED FOR POTENTIAL CONFLICT OF INTEREST. BOARD MEMBERS ARE RECUSED FROM DISCUSSION AND VOTE ON ANY AND ALL ISSUES THAT HAVE OR MAY POTENTIALLY HAVE A CONFLICT OF INTEREST.

FORM 990, PART VI, SECTION B, LINE 15:

EXPLANATION: COMPARABILITY DATA IS ASSEMBLED FOR BOARD BY NON-INVOLVED STAFF (MORE THAN ONE SOURCE FOR EACH POSITION - SAME SOURCES FOR ALL POSITIONS - REVIEWED FROM COPIES OF DOCUMENTS FROM SOURCES NOT COMPILED REPORTS). WHEN THE BOARD DECIDES THERE IS TO BE A CHANGE IN SALARIES/WAGES, THE BOARD REVIEWS THE COMPARABILITY DATA FOR OFFICERS, MANAGEMENT AND KEY EMPLOYEE STAFF AND DELIBERATES AND DECIDES ON THE COMPENSATION. THE BOARD ALSO ISSUES GUIDELINES TO MANAGERS FOR COMPENSATION CHANGES TO BE APPLIED UNIVERSALLY FOR NON-MANAGEMENT STAFF. MANAGEMENT STAFF THAT SERVE ON THE BOARD ARE RECUSED FROM REVIEWS, DISCUSSION AND VOTING PERTAINING TO THEMSELVES. PROCESS IS RECORDED IN BOARD MINUTES.

FORM 990, PART VI, SECTION C, LINE 19:

EXPLANATION: DOCUMENTS ARE AVAILABLE ON REQUEST. IF REQUESTER WILL NOT OR CAN NOT SUPPLY AN EMAIL ADDRESS WHERE THE DOCUMENTS CAN BE DELIVERED, THEN ADVANCE PAYMENT OF A COPY FEE OF \$.20 USD PER PAGE IS REQUIRED PLUS ACTUAL POSTAGE AND VALID POSTAL ADDRESS(IF MAILING THE DOCUMENTS). INDIVIDUALS MAY VIEW THE DOCUMENTS ONSITE DURING OFFICE HOURS BARRING UNUSUAL CIRCUMSTANCES. REQUESTS ARE FULFILLED WITHIN 2 WEEKS OF RECEIPT OF THE

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REQUEST OR PAYMENT OF REQUIRED FEES (IF APPLICABLE), AND THE INFORMATION REQUIRED TO FULFILL THE REQUEST. ADDITIONAL CHARGES AND/OR TIME MAY BE ADDED FOR REQUESTS FOR NON-STANDARD DOCUMENTS THAT INCUR ADDITIONAL RETRIEVAL COSTS FOR THE ORGANIZATION.

FORM 990, PART IX, LINE 11G, OTHER FEES:

OUTSIDE SERVICES:

PROGRAM SERVICE EXPENSES	374,368.
MANAGEMENT AND GENERAL EXPENSES	1,599.
FUNDRAISING EXPENSES	26,989.
TOTAL EXPENSES	402,956.

COMMISSIONS:

PROGRAM SERVICE EXPENSES	1,617.
MANAGEMENT AND GENERAL EXPENSES	0.
FUNDRAISING EXPENSES	0.
TOTAL EXPENSES	1,617.
TOTAL OTHER FEES ON FORM 990, PART IX, LINE 11G, COL A	404,573.

FORM 990 PART IX COLUMN C

EXPLANATION: \$197,060 OF THE \$250,424 MANAGEMENT AND GENERAL EXPENSES ARE INDIRECT COSTS. INDIRECT COSTS ARE EXPENSES SHARED BY THE ENTIRE ORGANIZATION, SUCH AS: EXPENSES FOR MANAGERIAL, FACILITIES AND CLERICAL STAFF POSITIONS THAT SERVE THE WHOLE ORGANIZATION, CONTRIBUTING TO PROGRAM ACTIVITIES AS WELL AS SUPPORT ACTIVITIES. MANY NONPROFITS ALLOCATE INDIRECT COSTS TO PROGRAMS SO THEIR MANAGEMENT AND GENERAL EXPENSES APPEAR LOWER. IF WE ALLOCATED THE \$197,060 INDIRECT COSTS, THEN \$22,662 WOULD GO TO MANAGEMENT AND GENERAL AND FUNDRAISING AND

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\$174,398 WOULD GO TO PROGRAMS, MAKING OUR TOTAL SUPPORT EXPENSE

\$196,419 OR 10% AND PROGRAMS \$1,696,876 OR 90% OF TOTAL EXPENSES.

FORM 990 PART IX LINE 13

EXPLANATION: OFFICE EXPENSE INCLUDES TELEPHONE, SUPPLIES, PRINTING, AND
POSTAGE EXPENSES WHICH ARE LARGELY USED FOR PROGRAM ACTIVITIES, NOT OUR
OFFICES.

2013 DEPRECIATION AND AMORTIZATION REPORT

FORM 990 PAGE 10

990

Asset No.	Description	Date Acquired	Method	Life	Line No.	Unadjusted Cost Or Basis	Bus % Excl	* Reduction In Basis	Basis For Depreciation	Accumulated Depreciation	Current Sec 179	Current Year Deduction
	BUILDINGS											
3	BUILDINGS	VARIES		.000	16	1093000.			1093000.	611,915.		36,371.
	* 990 PAGE 10 TOTAL											
	BUILDINGS					1093000.		0.	1093000.	611,915.	0.	36,371.
	FURNITURE & FIXTURES											
	FURNITURE & FIXTURES	VARIES		.000	16	76,515.			76,515.	53,840.		1,017.
	* 990 PAGE 10 TOTAL											
9	EQUIPMENT	VARIES		.000	16	93,695.			93,695.	80,127.		4,362.
	* 990 PAGE 10 TOTAL											
	FURNITURE & FIXTURES					170,210.		0.	170,210.	133,967.	0.	5,379.
	MACHINERY & EQUIPMENT											
5	EQUIPMENT	VARIES		.000	16	247,824.			247,824.	137,490.		12,697.
	* 990 PAGE 10 TOTAL											
6	COMPUTERS	VARIES		.000	16	74,341.			74,341.	59,408.		6,314.
	* 990 PAGE 10 TOTAL											
	MACHINERY & EQUIPMENT					322,165.		0.	322,165.	196,898.	0.	19,011.
	TRANSPORTATION EQUIPMENT											
8	AUTOS	VARIES		.000	16	125,040.			125,040.	118,539.		2,780.
	* 990 PAGE 10 TOTAL											
	TRANSPORTATION EQUIPMENT					125,040.		0.	125,040.	118,539.	0.	2,780.
	LAND											
1	LAND	VARIES		.000	16	191,645.			191,645.			0.
	* 990 PAGE 10 TOTAL											
	LAND					191,645.		0.	191,645.	0.	0.	0.
	OTHER											

PORT FORM 990 PAGE 10

FORM 990 PAGE 10

(D) - Asset disposed

Form **4562**Department of the Treasury
Internal Revenue Service (99)

Name(s) shown on return

Depreciation and Amortization 990
(Including Information on Listed Property)

▶ See separate instructions.

▶ Attach to your tax return.

OMB No. 1545-0172

2013Attachment
Sequence No. 179

INSTITUTE OF HEARTMATH

FORM 990 PAGE 10

95-4023617

Part I Election To Expense Certain Property Under Section 179 Note: If you have any listed property, complete Part V before you complete Part I.

1	Maximum amount (see instructions)	1	500,000.
2	Total cost of section 179 property placed in service (see instructions)	2	
3	Threshold cost of section 179 property before reduction in limitation	3	2,000,000.
4	Reduction in limitation. Subtract line 3 from line 2. If zero or less, enter -0-	4	
5	Dollar limitation for tax year. Subtract line 4 from line 1. If zero or less, enter -0-. If married filing separately, see instructions	5	
6	(a) Description of property	(b) Cost (business use only)	(c) Elected cost
7	Listed property. Enter the amount from line 29	7	
8	Total elected cost of section 179 property. Add amounts in column (c), lines 6 and 7	8	
9	Tentative deduction. Enter the smaller of line 5 or line 8	9	
10	Carryover of disallowed deduction from line 13 of your 2012 Form 4562	10	
11	Business income limitation. Enter the smaller of business income (not less than zero) or line 5	11	
12	Section 179 expense deduction. Add lines 9 and 10, but do not enter more than line 11	12	
13	Carryover of disallowed deduction to 2014. Add lines 9 and 10, less line 12	13	

Note: Do not use Part II or Part III below for listed property. Instead, use Part V.

Part II Special Depreciation Allowance and Other Depreciation (Do not include listed property.)

14	Special depreciation allowance for qualified property (other than listed property) placed in service during the tax year	14	
15	Property subject to section 168(f)(1) election	15	
16	Other depreciation (including ACRS)	16	70,691.

Part III MACRS Depreciation (Do not include listed property.) (See instructions.)**Section A**

17	MACRS deductions for assets placed in service in tax years beginning before 2013	17	
18	If you are electing to group any assets placed in service during the tax year into one or more general asset accounts, check here		

Section B - Assets Placed in Service During 2013 Tax Year Using the General Depreciation System

(a) Classification of property	(b) Month and year placed in service	(c) Basis for depreciation (business/investment use only - see instructions)	(d) Recovery period	(e) Convention	(f) Method	(g) Depreciation deduction
19a 3-year property						
b 5-year property						
c 7-year property						
d 10-year property						
e 15-year property						
f 20-year property						
g 25-year property			25 yrs.		S/L	
h Residential rental property	/		27.5 yrs.	MM	S/L	
	/		27.5 yrs.	MM	S/L	
i Nonresidential real property	/		39 yrs.	MM	S/L	
	/			MM	S/L	

Section C - Assets Placed in Service During 2013 Tax Year Using the Alternative Depreciation System

20a Class life					S/L	
b 12-year			12 yrs.		S/L	
c 40-year	/		40 yrs.	MM	S/L	

Part IV Summary (See instructions.)

21	Listed property. Enter amount from line 28	21	
22	Total. Add amounts from line 12, lines 14 through 17, lines 19 and 20 in column (g), and line 21. Enter here and on the appropriate lines of your return. Partnerships and S corporations - see instr.	22	70,691.
23	For assets shown above and placed in service during the current year, enter the portion of the basis attributable to section 263A costs	23	

Part V Listed Property (Include automobiles, certain other vehicles, certain computers, and property used for entertainment, recreation, or amusement.)**Note:** For any vehicle for which you are using the standard mileage rate or deducting lease expense, complete **only** 24a, 24b, columns (a) through (c) of Section A, all of Section B, and Section C if applicable.**Section A - Depreciation and Other Information** (Caution: See the instructions for limits for passenger automobiles.)**24a** Do you have evidence to support the business/investment use claimed? ☐ Yes ☐ No **24b** If "Yes," is the evidence written? ☐ Yes ☐ No

(a) Type of property (list vehicles first)	(b) Date placed in service	(c) Business/ investment use percentage	(d) Cost or other basis	(e) Basis for depreciation (business/investment use only)	(f) Recovery period	(g) Method/ Convention	(h) Depreciation deduction	(i) Elected section 179 cost
--	-------------------------------------	--	-------------------------------	--	---------------------------	------------------------------	----------------------------------	---------------------------------------

25 Special depreciation allowance for qualified listed property placed in service during the tax year and used more than 50% in a qualified business use**25****26** Property used more than 50% in a qualified business use:

	:	:	%					
	:	:	%					
	:	:	%					

27 Property used 50% or less in a qualified business use:

	:	:	%			S/L		
	:	:	%			S/L		
	:	:	%			S/L		

28 Add amounts in column (h), lines 25 through 27. Enter here and on line 21, page 1**28****29** Add amounts in column (i), line 26. Enter here and on line 7, page 1**29****Section B - Information on Use of Vehicles**

Complete this section for vehicles used by a sole proprietor, partner, or other "more than 5% owner," or related person. If you provided vehicles to your employees, first answer the questions in Section C to see if you meet an exception to completing this section for those vehicles.

	(a) Vehicle	(b) Vehicle	(c) Vehicle	(d) Vehicle	(e) Vehicle	(f) Vehicle
30 Total business/investment miles driven during the year (do not include commuting miles)						
31 Total commuting miles driven during the year						
32 Total other personal (noncommuting) miles driven						
33 Total miles driven during the year. Add lines 30 through 32						
34 Was the vehicle available for personal use during off-duty hours?	Yes	No	Yes	No	Yes	No
35 Was the vehicle used primarily by a more than 5% owner or related person?						
36 Is another vehicle available for personal use?						

Section C - Questions for Employers Who Provide Vehicles for Use by Their Employees

Answer these questions to determine if you meet an exception to completing Section B for vehicles used by employees who are not more than 5% owners or related persons.

	Yes	No
37 Do you maintain a written policy statement that prohibits all personal use of vehicles, including commuting, by your employees?		
38 Do you maintain a written policy statement that prohibits personal use of vehicles, except commuting, by your employees? See the instructions for vehicles used by corporate officers, directors, or 1% or more owners		
39 Do you treat all use of vehicles by employees as personal use?		
40 Do you provide more than five vehicles to your employees, obtain information from your employees about the use of the vehicles, and retain the information received?		
41 Do you meet the requirements concerning qualified automobile demonstration use?		

Note: If your answer to 37, 38, 39, 40, or 41 is "Yes," do not complete Section B for the covered vehicles.**Part VI Amortization**

(a) Description of costs	(b) Date amortization begins	(c) Amortizable amount	(d) Code section	(e) Amortization period or percentage	(f) Amortization for this year
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42 Amortization of costs that begins during your 2013 tax year:

	:	:			
	:	:			

43 Amortization of costs that began before your 2013 tax year**43**

18,980.

44 Total. Add amounts in column (f). See the instructions for where to report**44**

18,980.