





Sheva did her undergraduate work in fine arts, cross cultural international studies, Spanish, and premed at Carnegie Mellon University, Yale, Friends World College, and Dalhousie University. She received experiential credits for her work in Costa Rica, Nicaragua, Holland, England, and Canada. Her Masters Degree is in Traditional Chinese Medicine from Yo San University.

Sheva has trained and coached numerous hospital staff across the US, and founded the first HeartMath hospital patient education program at Earl Bakken's Heart-Brain Institute in North Hawaii. She co-authored HeartMath's Stopping Emotional Eating Program with Doc Childre and Deborah Rozman and was the coach and manager of the participants involved in the study done on that program. Previously on the Faculty of Alternative Medicine at University of Minnesota, and a professor of Oriental Medicine at Emperor's College, she has worked as a coach and consultant to leading cardiologists, heart-brain researchers, and physicists, and has been published in such prestigious journals as Perspectives in Biology and Medicine. She has trained government agencies, and soldiers preparing for deployment to Iraq and Afghanistan.

Where healing and performing arts meet, she has also come full circle, as a consultant to cutting edge creators of culture in the film, television, and music industries. Here, where she began her career, she is able to blend her knowledge of fine arts and physiology to facilitate coherent teamwork and align emotional fuel with visionary intent through the power of the heart. She is delighted to be a graduate and continual student of Joan Scheckel's film directing lab ([www.joanscheckel.com](http://www.joanscheckel.com))

Sheva now has over 30 years of experience in fine arts and over 20 years of experience in acupuncture, herbal medicine, polarity therapy, birthing assistance, coaching, and stress management research and training. But who she is at heart is always a beginner learning new, and always willing to witness impossible good made real through the power of her student's hearts. She lives in Boulder Creek, CA with her orange tabby Gingee and her beloved of 14 years Robert Browning, who is a director of development for HeartMath's hospital programs.