



BALANCING LIFE, WORK, AND EVERYTHING IN BETWEEN.

## Heart Coherence Technique

You can do the Heart Coherence Technique anytime, anywhere, and no one will know you're doing it. I have taught countless colleagues how to utilize this technique. In less than a minute, it creates positive changes in your heart rhythms, sending powerful signals to the brain that can improve how you're feeling. You can apply this technique when you feel overwhelmed or you simply want to practice increasing your coherence. You can also use Heart Coherence whenever you need more coordination, speed, and fluidity in your reactions.

**Step 1: Heart Focus.** Focus your attention on the area around your heart, the area in the center of your chest. If you prefer, the first couple of times you try it, place your hand over the center of your chest to help keep your attention in the heart area. If your mind wanders, just keep shifting your attention back to the area of your heart.

**Step 2: Heart Breathing:** Breathe deeply, but normally, and feel as if your breath is coming in and out through your heart area. Focus on the area of your heart. This helps your mind stay focused and your respiration and heart rhythms synchronize. Breathe slowly and gently until your breathing feels smooth and balanced, not forced.

**Step 3: Heart Feeling.** As you maintain your heart focus and heart breathing, activate a positive feeling. Recall a positive feeling, a time when you felt good inside, and try to re-experience the feeling. One of the easiest ways to generate a positive, heart-based feeling is to remember a special place you've been to or the love you feel for a close friend or family member or treasured pet. This is the most important step. Once you've found a positive feeling, you can sustain it by continuing your heart focus, heart breathing, and heart feeling.

