



Healing Heartist

Heart-Focused Breathing Technique

This technique is scientifically researched by HeartMath.org. They have proven studies showing the effectiveness of Heart-Focused Breathing. Practicing this on a daily basis as a first step in living from the heart. Heart-Focused Breathing shifts us out of our mind and through the heart, where our innate wisdom creates a more resilient state of being.

- Start by focusing attention on the area of your heart.
- Take deep breaths that flow in/out of your heart space- about 5 seconds in and 5 seconds out. I like to imagine a horizontal vortex coming in/out of the heart.

Coherence is the 'optimal' state of a well functioning body/mind. Being in Heart-Mind-Soul alignment assures balance & resilience regardless of external happenings.

Quick Coherence Technique

After a minute or two, we add in a self-activating, regenerative/renewing feeling to bring us into Quick Coherence.

"Renewing emotions" or positive (High Frequency) emotions, create a measurable state of coherence, bringing calm and ease, which edge out negative emotions that can be costly to health and inner peace.

Each time you experience these renewing emotions, such as Appreciation, Care, Courage, Integrity and Compassion, your physiology naturally becomes more coherent and healing.

Using this technique can counter-act the body's reaction to stress.

- Start by using the Heart-Focused Breathing Technique.
- Make a sincere attempt to experience a memory or thought that evokes a renewing feeling such as Appreciation, or Care for someone or something in your life.

Try to re-experience a feeling you have for someone you love, a pet, a special place - a vision or an accomplishment or simply focus on the feeling of calm, peace and ease.

Website

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Zoom Practice

Second wednesday of each month – 8:30 AM PDT/AZ

Join Zoom Meeting

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