

HeartMath Institute Practices

Quick Coherence Technique

Heart Focused Breathing: Focus your attention in the area of your heart or the center of your chest. You may want to put your hand on your heart to help you focus there.

Imagine your breath flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Heart Feeling: Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or

Heart Lock-In Technique

This technique builds on the Quick Coherence Technique and helps you accumulate energy and renew and recharge your emotional system with these steps:

Focus: Heart Focused Breathing

Activate and sustain: Heart Feeling

Radiate: Radiate that renewing feeling to yourself and others.
(This benefits them and especially helps recharge and balance your own system).

When you catch your mind wandering, simply refocus your attention on the heart area and reconnect with feelings of care or appreciation. After you're finished, sincerely sustain your feelings of care and appreciation as long as you can.

This can be done for 10 to 15 minutes when possible.