

CONNECTED HEART BREATHING

(An adaption of the 'Quick Coherence' technique
from the Institute for Heart Math: www.heartmath.org)



Purpose:

To connect with your heart and breath, open your compassionate heart, and bring the heart, breath and emotions into coherence.

Use when:

- Feeling anxious or stressed
- Feeling disconnected or dissociated
- Feeling more balanced and connected
- Feeling your heart-center open
- Feeling greater compassion for self and others



Steps:

1. *Heart focus*: Place both hands over your heart. Focus your attention on the area around your heart, in the center of your chest. Try to feel your heart beating. If you can't actually feel (or hear) your heart beating, imagine feeling its pulse and rhythm.
2. *Heart breathing*: Breathe gently and deeply, as if you are breathing in and out through your heart. As you inhale, feel as if your breath is flowing in through your heart, and as you exhale, feel it releasing and flowing out of your heart. Continue breathing gently and easily until you find a natural inner rhythm that feels good to you.
3. *Heart feeling*: While maintaining your heart focus and heart breathing, recall a positive feeling, of Love, Appreciation or Gratitude. A good way to do this is to think of someone you love, who also loves you, in a positive, supportive way. Feel, savor and enjoy these warm feelings in your heart, and imagine that you are bathing your heart, chest and mind in these warm, nurturing positive feelings.
4. Continue *heart focusing*, *heart breathing*, and *heart feeling* for as long as you wish. Gently notice and acknowledge the shifts and changes you are experiencing, physically, mentally and emotionally.
5. When finished, gently express appreciation and gratitude for all the Love and Blessings in your life.

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