

HEART COHERENCE



Heart Coherence as introduced by The HeartMath Institute is a practice that focuses on heart-brain coherence, which is a state where your heart and brain work together in harmony, leading to emotional balance, mental clarity, and a sense of well-being. By using simple breathing techniques and focusing on positive emotions, it helps regulate your nervous system and reduce stress. It's particularly useful for building resilience and promoting inner calm.

Heart Coherence Exercise:

"Let's begin by sitting comfortably, with your hands resting gently in your lap. Close your eyes, if that feels comfortable for you, and let's focus on our breathing.

Start by taking a slow, deep breath in through your nose... and then gently exhale through your mouth. Do this a couple of times, allowing your body to relax more with each breath.

Now, I'd like you to bring your awareness to the area around your heart, right in the center of your chest. Imagine your breath flowing in and out of your heart, as if you're breathing directly through that space. If you would like, you can place one or both hands on that area. As you breathe, focus on making each breath calm and even. Inhaling slowly... and exhaling slowly... Feel your chest rise and fall with each breath, and allow your body to relax further.

Next, I want you to recall a moment or a memory when you felt a deep sense of appreciation or love. It could be a memory with a loved one, a pet, a moment in nature, or even a time when you felt particularly peaceful or joyful. Allow yourself to fully connect with this feeling as you continue to breathe through your heart.

With each breath in, imagine that you're breathing in this feeling of appreciation, filling your body and mind with warmth and positivity. And as you exhale, let go of any tension or stress you might be holding onto.

Let's stay with this for a few more moments, breathing in calm and appreciation... and breathing out any stress or worry. Allow the sense of balance and coherence between your heart and mind to grow stronger with each breath.

Take a few more deep, heart-focused breaths, feeling grounded, calm, and centered.

Now, gently bring your awareness back to the room, keeping that sense of peace with you. When you're ready, you can open your eyes and take a moment to notice how you feel. This simple practice is something you can do anytime you need to reset and bring yourself back into balance."