



HeartMath®

HeartMath Techniques

1-Heart-focused breathing™ - draw attention down from head to heart area. Imagine breathing right into the heart. Keep focus there, breathing deeply, slowly with comfortable steady rhythm

2-Quick Coherence- Begin with Heart-focused breathing. Then activate a positive, renewing feeling. Perhaps you can re-experience a time you felt love or appreciation for a person, a pet, a moment in nature or an accomplishment, or just breathe in an attitude of love or gratitude.

3- Attitude Breathing- Observe what you are feeling. Identify a replacement attitude. Practice heart-focused breathing. Breathe in the new attitude or feeling. Anchor and maintain.

4- Freeze Frame Technique®- Acknowledge a question. Practice Heart-focused breathing. Activate a positive or renewing feeling. Ask your question in an open way. Observe thoughts and sensation, then act.

5- Heart Lock-in®- Begin with Heart-focused breathing. Then activate a positive, renewing feeling. Radiate that positive feeling to yourself and to others. Send it to the area around your body, then to the room, the community, the world. If your mind wanders, just gently call it back and continue.

To understand more about the science of HeartMath, visit
<https://www.heartmath.com/science/>

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HeartMath®

Certified Trainer

