



## Heart Coherence Technique

Create a coherent state in about a minute with the simple, but powerful steps of the Heart Coherence Technique as created by The HeartMath Research Institute.

Using the power of your heart to balance thoughts and emotions, you can achieve energy, mental clarity and feel better fast anywhere. Use Heart Coherence especially when you begin feeling a draining emotion such as frustration, irritation, anxiety or anger. Find a feeling of ease and inner harmony that's reflected in more balanced heart rhythms, facilitating brain function and increased emotional intelligence.

This process only takes 2 to 3 minutes and the effects can last up to 6 hours.

### Step 1: Heart Focus

Shift your focus into the area of your heart.

This step is a powerful technique unto itself and can be used when you're feeling overwhelmed by the day's events or when you simply desire to be more connected with yourself.

### Step 2: Slow Your Breathing

Imagine breathing in and out of your heart. Begin to breathe a little more slowly and deeply than usual, allowing five to six seconds for your inhale and exhale. As you slow your breathing, you are sending a signal to your body in general, and your heart specifically, that you are in a place that is safe, calm and comfortable.

### Step 3: Activate a Positive Feeling

Make a sincere attempt to experience a regenerative feeling such as appreciation, compassion or care for someone or something in your life. The easiest way to do this is to think of a beautiful place you have been or to think of a very close friend or loved one.

The key in this step is to first *create the feeling*, to the best of your ability, and then to *embrace the feeling*, again to the best of your ability.

Your ability to sustain the feeling is what maintains the optimal conversation between your heart and your brain.

**More information at [www.AZIHT.com/heart](http://www.AZIHT.com/heart)**

**Your Life Is Meant To Be Exceptional!**

AZIHT.com (928) 699-7349

## The Heart–Brain Connection

Recent scientific research proves that the heart actually sends more signals to the brain than the brain sends to the heart! Moreover, these heart signals have a significant effect on brain function – influencing emotional processing as well as higher cognitive faculties such as attention, perception, memory, and problem-solving.

HeartMath research has demonstrated that different patterns of heart activity (which accompany different emotional states) have distinct effects on cognitive and emotional function. During stress and negative emotions, when the heart rhythm pattern is erratic and disordered, the corresponding pattern of neural signals traveling from the heart to the brain inhibits higher cognitive functions. This limits our ability to think clearly, remember, learn, reason, and make effective decisions. This helps explain why we may often act impulsively and unwisely when we're under stress. The heart's input to the brain during stressful or negative emotions also has a profound effect on the brain's emotional processes—actually serving to reinforce the emotional experience of stress.

In contrast, the more ordered and stable pattern of the heart's input to the brain during positive emotional states has the opposite effect – it facilitates cognitive function and reinforces positive feelings and emotional stability. This means that learning to generate increased heart rhythm coherence, by sustaining positive emotions, not only benefits the entire body, but also profoundly affects how we perceive, think, feel, and perform.

## Coherence: A State of Optimal Function

HeartMath's research has shown that generating sustained positive emotions facilitates a body-wide shift to a specific, scientifically measurable state. This state is termed psychophysiological coherence, because it is characterized by increased order and harmony in both our psychological (mental and emotional) and physiological (bodily) processes.

Psychophysiological coherence is a state of optimal function. Research shows that when we activate this state, our physiological systems function more efficiently, we experience greater emotional stability, and we also have increased mental clarity and improved cognitive function. Simply stated, our body and brain work better, we feel better, and we perform better.

A number of important physiological changes occur during coherence. The two branches of the Autonomic Nervous System synchronize with one another, and there is an overall shift in autonomic balance toward increased parasympathetic activity. There is also increased physiological entrainment—a number of different bodily systems synchronize to the rhythm generated by the heart. Finally, there is increased synchronization between the activity of the heart and brain.

In the new field of neurocardiology scientists have discovered that the heart possesses its own intrinsic nervous system—a network of nerves so functionally sophisticated as to earn the description of a “heart brain.” Containing over 40,000 neurons, this “little brain” gives the heart the ability to independently sense, process information, make decisions, and even to demonstrate a type of learning and memory. In essence, it appears that the heart is truly an intelligent system.

Research has also revealed that the heart is a hormonal gland, manufacturing and secreting numerous hormones and neurotransmitters that profoundly affect brain and body function. Among the hormones the heart produces is oxytocin—well known as the “love” or “bonding hormone.”

Research has also shown that the heart is a key component of the emotional system. Scientists now understand that the heart not only responds to emotion, but that the signals generated by its rhythmic activity actually play a major part in determining the quality of our emotional experience from moment to moment.