



Raelene
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medicine for your spirit

SOUL JOURNEY MENTOR

HEART COHERENCE EXERCISE

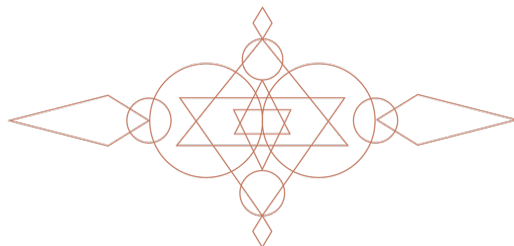
Developed by HeartMath Institute

CREATE A COHERENT STATE IN ABOUT A MINUTE
WITH THESE SIMPLE BUT POWERFUL STEPS.

STEP 1 HEART FOCUS

Focus your attention on the area around your heart, the area
in the center of your chest.

If you like, place your hand over the center of your chest to
help to keep your attention in the heart area.



STEP 2 HEART BREATHING

Breathe deeply but normally and feel as if your breath is coming
in and going out through your heart area.

As you inhale, feel as if your breath is flowing in through your heart,
and as you exhale, feel it leaving through this area.

Breathe slowly and casually, a little deeper than normal.

Continue breathing with ease until you find a natural inner
rhythm that feels good to you.



STEP 3 HEART FEELING

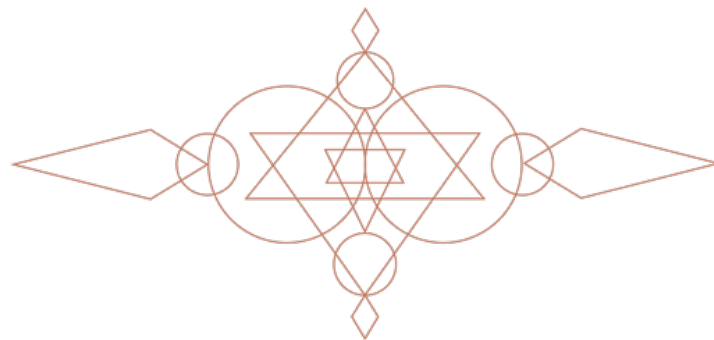
As you maintain your heart focus and heart breathing,
activate a positive feeling.

Recall a time when you have felt a feeling of love or appreciation.

One of the easiest ways to generate a positive heart-based feeling is to remember a special place you've been to or the love you feel for a close friend or family member or treasured pet.

This is the most important step.

This can be enough to this point as you are creating harmony between heart and brain **HOWEVER** if you want to access information



STEP 4 ASK YOUR HEART INTELLIGENCE A QUESTION

As you continue to breathe and hold the focus in your heart,
this is the time to ask your question.

clue...questions need to be brief, succinct and to the point



STEP 5 LISTEN

Become aware of how your body feels immediately as you are asking your question.

This is an exercise in awareness.

Take note of warmth, tingling, emotions, ringing in the ears...your experience is YOUR language



Practice allows you to hear your inner wisdom and take action on it from a harmonised heart and mind.

This step by step process can assist you to feel empowered, calm and build resilience as life unfolds in its unpredictable way.

