

Heart Coherence Meditation

by Greg Braden based on the work of the HeartMath Institute:

- 1) Begin by reading the steps, actions and results so that you have a broad knowledge of the technique.
- 2) Next begin the practice by following the steps and the actions.
- 3) After several practice sessions, you will not need the written prompts. The meditation will easily and quickly become your own. A useful tool whenever you allow yourself a few minutes to allow yourself to connect with the source of healing.

Step 1: Create Heart Focus

Action: Allow your awareness to move from your mind to the area of your heart.

Result: This sends a signal to your heart that a shift has taken place: You are no longer engaged in the world around you and are now becoming of the world within you.

Step 2: Slow Your Breathing

Action: Begin to breathe a little more slowly than usual. Take approximately five to six seconds to inhale, and use the same pace as you exhale.

Result: This simple step sends a second signal to your body that you are safe and in a place that supports your process. Deep, slow breathing has long been known to stimulate the relaxation response of the nervous system.

Step 3: Invoke a Rejuvenating Feeling

Action: To the best of your ability, feel a genuine sense of care, appreciation, gratitude, or compassion for anything or anyone. The key to success here is that your feeling be as sincere and heartfelt as possible.

Result: The quality of this feeling fine-tunes and optimizes the coherence between your heart and your brain. While everyone is capable of evoking a feeling for this step, it's one of those processes that you may need to experiment with to find what works best for you.