

## The Quick Coherence® Technique [modified by P.W. Warren]

Adapted from HeartMath (2010). Available at: <http://www.heartmath.com/Personal-Growth/Quick-Coherence-Technique.html?mtcCampaign=2200&mtcCheck=TRUE&mtcEmail=690760> Institute of HeartMath LLC. 14700 West Park Avenue, Boulder Creek, CA 95006 <http://www.heartmath.org> Phone (831) 338-8500. E-Mail: [info@heartmath.org](mailto:info@heartmath.org) [with modifications by Phillip W. Warren, 4459 52A St., Delta, B.C., V4K 2Y3 Canada, Phone and voice mail: (604) 946-4919]



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[To increase the impact and power of this technique add the following: rest your tongue gently behind your upper teeth, belly breathe **THROUGH YOUR NOSE** which will balance the autonomic nervous system and, when possible, assume the Radiant Energies Balance integrative posture: right hand under the left breast with the thumb pointing to the heart, left hand resting gently on the right arm just above the elbow; see picture].

Create a coherent state in about a minute with the simple, but powerful steps of the Quick Coherence® Technique. Using the power of your heart to balance thoughts and emotions, you can achieve energy, mental clarity and feel better fast anywhere. Use Quick 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 more access to higher intelligence.

The Quick Coherence® Technique helps you create a coherent state, offering access to your heart's intelligence. It uses the power of your heart to balance thoughts and emotions, helping you to achieve a neutral, poised state for clear thinking. It is a powerful technique that connects you with your energetic heart zone to help you release stress, balance your emotions and feel better fast.

Quick Coherence® will help you find a feeling of ease and inner harmony that will be reflected in your heart rhythms. The heart is a primary generator of rhythm in your body, influencing brain processes that control your nervous system, cognitive function and emotion. More coherent heart rhythms facilitate brain function, allowing you more access to your higher intelligence so you can improve your focus, creativity, intuition and higher-level decision-making. When you're in heart-rhythm coherence, you perform at your best – what athletes call being in the zone. You feel confident, positive, focused and calm yet energized.

*Step 1: Heart Focus.* Focus your attention on the area around your heart, the area in the center of your chest. If you prefer, the first couple of times you try it, place your hand over the center of your chest to help keep your attention in the heart area.

*Step 2: Heart Breathing.* Breathe deeply [through your nose] 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 the heart, and as you exhale, feel it leaving through this area. [Also, imagine breathing in your positive feeling

(desired outcome) of step 3 and out your negative and unwanted emotions/thoughts/sensations.] 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 positive feeling, a time when you felt good inside, and try to re-experience the feeling. 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.

[Some suggested heart feelings are: **happiness, joy, elation, humour, safety, trust, faith, security, comfort, freedom, purity, vigour, enthusiasm, energy, confidence, clarity, competence, focus, centered-ness, capable-ness, nobility, connected-ness, unity, integration, thankfulness, gratitude, blessed-ness, patience, commitment, serenity, peace, appreciation, kindness, compassion, care, and love: any positive emotion you think of and can FEEL.** It's your life so BE CREATIVE.]

Quick Coherence® is especially useful when you start to feel a draining emotion such as frustration, irritation, anxiety or stress. Using Quick Coherence at the onset of less intense negative emotions can keep them from escalating into something worse. This technique is especially useful after you've had an emotional blowup to bring yourself back into balance quickly.

You can do the Quick Coherence® Technique anytime, anywhere and no one will know you're doing it. In less than a minute, it creates positive changes in your heart rhythms, sending powerful signals to the brain that can improve how you're feeling. Apply this one-minute technique first thing in the morning, before or during phone calls or meetings, in the middle of a difficult conversation, when you feel overwhelmed or pressed for time, or anytime you simply want to practice increasing your coherence. You can also use Quick Coherence whenever you need more coordination, speed and fluidity in your reactions.

[For information on the Radiant Energies Balance go to <http://www.REBprotocol.net>. For a complete discussion of the Quick Coherence® Technique see *Transforming Stress: The HeartMath Solution For Relieving Worry, Fatigue, And Tension* by Doc Childre and Deborah Rozman, Ph.D. available at: <http://www.heartmathstore.com/cgi-bin/category.cgi?item=1160> ]

