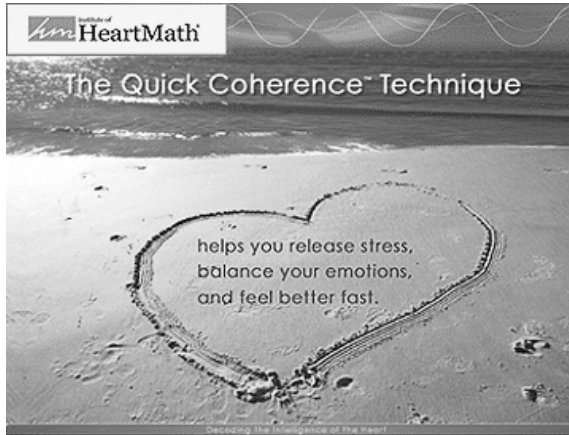




institute of
HeartMath[®]
decoding the intelligence of the heart

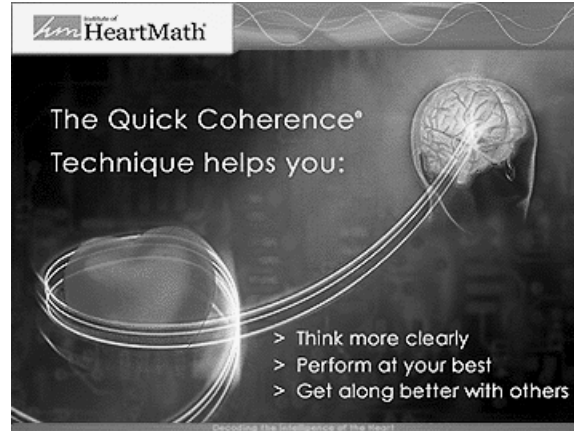
<http://www.heartmath.org/free-services/quick-coherence-technique.htm>

The Quick Coherence[®] Technique



- Coherence means being in sync. When you are in sync you perform at your best — it's what athletes call being in the zone. You feel more confident, positive, focused, and calm yet energized.

- When the brain and heart are out of sync, the signals in the nervous system are chaotic. It's like driving a car with one foot on the gas pedal and the other on the brake. That makes a jerky ride; burns up more gas and wears out the car quicker. When our heart and brain are out of sync, we tend to get angry, frustrated, anxious or sad.



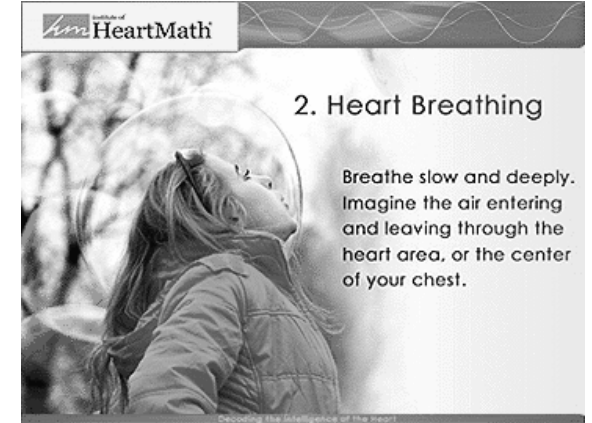
The Steps of Quick Coherence



1. Heart Focus

Shift your attention to the area of the heart, or the center of your chest.

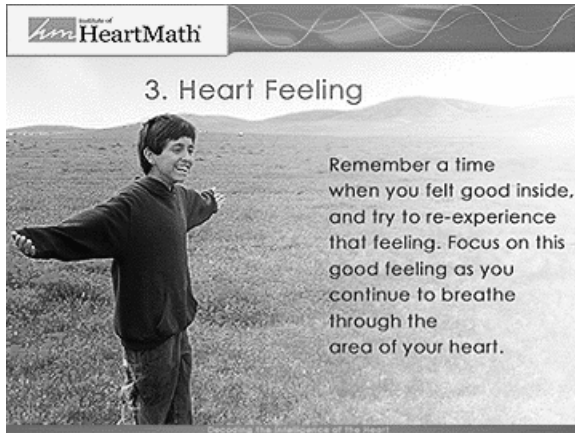
If you don't understand how, try this: Focus on your right big toe and wiggle it. Now focus on your right elbow. Now gently focus in the center of your chest, the area of your heart. If you lose focus, just keep shifting your attention back to the area of your heart. Now you're ready for the next step, Heart Breathing.



2. Heart Breathing

Breathe slow and deeply. Imagine the air entering and leaving through the heart area, or the center of your chest.

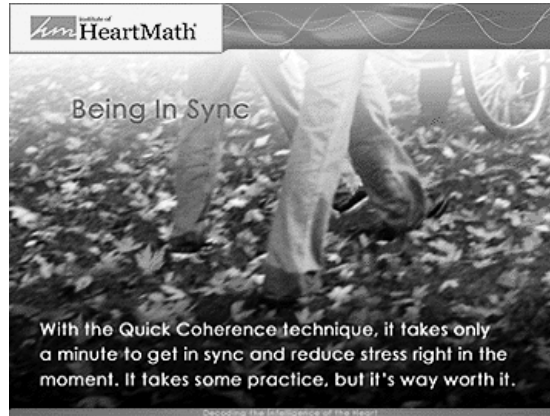
Heart Breathing helps you begin to get in sync and draws the energy out of the head, where negative thoughts and feelings are amplified. This helps neutralize stressful feelings. If it's hard to disengage from stressful feelings, don't worry. Just really wanting to disengage can help you release a lot of emotional energy.



3. Heart Feeling

Remember a time when you felt good inside, and try to re-experience that feeling. Focus on this good feeling as you continue to breathe through the area of your heart. *(This could be a feeling of appreciation toward a special person or a pet, a place you enjoy, or an activity that was fun.)*

This is the key step to getting and staying in sync. Many people find that when they experience positive feelings like care, love, or appreciation while breathing through the heart area, they immediately feel and think better. Holding a positive feeling makes it easier to stay in sync for longer periods of time, so that it becomes easier to remain calm and balanced even in tough times.



With the Quick Coherence technique, it takes only a minute to get in sync and reduce stress right in the moment. It takes some practice, but it's way worth it.



You can do Quick Coherence anytime, anyplace and no one knows you are doing it.

Key Points

You can apply this one-minute technique first thing in the morning, in the middle of a difficult conversation, when you feel overloaded or pressed for time, or any time you simply want to get in sync.

Athletes use Quick Coherence whenever they need to boost their energy levels, coordination, reaction times, and speed while playing sports.

The Military, FBI, Police and Firemen use Quick Coherence to maintain alertness, and the ability to think quickly on their feet, especially in extreme situations.

Quick Coherence can help you perform better on tests, help you get along better with others relax and calm down when you are feeling anxious or stressed.

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