

Heart / Mind Resonance

3 Easy Steps to Healing



Touch Your Heart Center
Slow Your Breath
Create a Feeling

1. Touch your heart center

Use a finger, an open palm on the chest, both hands together in prayer position, or whatever feels comfortable to you. Putting mild pressure on the body brings the mind's attention to that space. *This action takes the mind from thinking in the head (brain) to thinking in the heart (feeling).*

2. Slow your breath

Slow your breathing to about 5 seconds for the in-breath and 5 seconds for out-breath, where the body feels safe. Slowing the breath like this switches the autonomic nervous system from sympathetic (flight/fight) to parasympathetic (rest and heal) mode and activates the immune system (stimulates over 1,300 biochemical reactions such as cardiovascular chemicals, anti-aging hormones etc.)

3. Create a feeling of one or more of these emotions:

- a. Care for anyone or anything.
- b. Appreciation for anyone or anything
- c. Gratitude for anyone or anything
- d. Compassion for anyone or anything

These 3 easy steps create coherence in the heart (.1 hertz) and harmonize the heart and brain, creating a portal to the higher mind.

Heart and mind resonance is the key to knowing who we are. It unlocks our latent DNA and creates within us an inner resilience that is unshakable in the midst of change. This simple exercise can be done anywhere in just a few minutes.

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