

Heart-Focused Techniques

The **Heart-Focused Techniques** outlined below were developed at the **Institute of HeartMath® to Relieve Stress, Enhance Performance, Improve Decision-Making, and Promote Health**

Heart Lock-in® (Perform Daily to Enhance Immune Function, Lower Cortisol and Raise DHEA)

1. Shift Your Attention to the Area Around Your Heart.
2. Breathe Slowly Through the Heart (5 seconds in, 5 seconds out).
3. Recall a Time when you Felt Love, Joy, Care, Appreciation or Gratitude.
4. Focus your Attention on that Feeling and Feel it in Your Heart.
5. Hold this Altered State for 5 to 20 Minutes.
6. Your Focus Shifts, Gently Bring Your Attention Back to the Heart.

Freeze-Frame® (Use to Shift Perception and Make Decisions When Confronted with Stress)

1. Recognize a Feeling of Stress (Anxiety, Worry, Anger, Fear, Overwhelm).
2. Shift Your Attention Away From the Feeling of Stress to the Area Around Your Heart.
3. Recall a Time When You Felt Love, Joy, Care, Appreciation or Gratitude.
4. Feel this Love, Joy, Care, Appreciation or Gratitude in the Heart.
5. As You Feel a Shift in Your "State" - Ask Your Heart:
6. "What is the Most Efficient/Effective Response to this Situation?"
7. Listen to the Heart Generated Reply (Perception is Broadened = a Heart-Focused State).

These simple techniques can effectively relieve stress and anxiety.

They can have a very real and measurable effect on reducing high levels of the stress hormone cortisol. Cortisol breaks down tissue, lowers your immune response, increases your blood sugar, and is a major risk factor for many diseases. It also interferes with clear thinking and a connection to inner knowing, known as intuition.

The Institute of Heart Math has pioneered techniques based on heart-rate coherence. Heart rate coherence is a measure of the integration of the autonomic nervous system and is related to optimal mental functioning and physical health. I have a computer program which can help you train (and entrain) in these techniques. I also have their latest technology the EmWave, which is a palm-sized instrument, which measures heart rate coherence.



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