

emWave[®]2

practice plan

Disclaimer

The emWave system and the exercises contained in this manual are intended as tools for stress reduction, individual balance, optimal performance and personal growth. This is not considered a medical device. It has been found to be very safe and helpful when used as intended for educational and entertainment purposes.

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emWave® Practice Plan

Introduction

emWave is a sophisticated yet simple technology to help you increase personal balance, energy, and overall well-being. This Practice Plan will guide you in building a regular practice with your emWave system so you can achieve your personal goals.

The emWave technology is based on “the coherence breakthrough”. Coherence is a state of synchronization between your heart, brain and autonomic nervous system which has been proven to have numerous mental, emotional and physical benefits. Coherence is not just relaxation. Coherence is a state of relaxation and revitalization at the same time. The coherence state is achieved and sustained by activating a positive feeling and shifting back to that positive attitude and emotion as you use your emWave system.

Your emWave system tracks three levels of coherence: low (red), medium (blue), and high (green). These appear as three colored bars under the heading “Coherence Ratio” above the lower right graph on your emWave session screen. On your handheld device

the LED light at the top of the unit will change color as you move through the different levels of coherence. If you have the audio turned on, you will also hear audio tones when you are in medium or high coherence. These bars will change dynamically as you move through different ratios of coherence. The emWave system is literally tracking the percentage of time you are in high vs. medium vs. low coherence during a given session.

Using this simple Practice Plan, you will learn to make quick emotional shifts and spend the majority of your time in medium and high coherence while using your emWave system.

Typical benefits that people notice within two weeks of using the emWave Practice Plan include: more calm, less reactive, more alert, better focus, less anxiety, more peace, more positive attitudes and better sleep.



Free orientation tele-class every Tuesday. Go to www.heartmath.com for call-in information.

Step One: Building Coherence Each Day

First, we recommend that you build coherence with the emWave system by being in the blue (medium coherence) and increasingly the green (high coherence) for **five minutes or more each day, as well as ten minutes once a week**. You can do your five or ten minute sessions, using the Quick Coherence® technique, at any time of the day. An easy and entertaining way to gain skill with the Quick Coherence technique is to use it while engaging the Coherence Coach®.

Recommended times are:

- first thing in the morning before you start your day
- before meetings or sensitive communications
- right after lunch to get back in a productive work mode
- mid-afternoon to refresh from an afternoon “slump”
- after work to enjoy your evening more
- right before bed to reset your body’s rhythms for more restful sleep

Quick Coherence Technique

Heart Focus

Focus your attention on the area around your heart, the area in the center of your chest.

Heart Breathing

Breathe deeply but normally and feel as if your breath is coming in and out through your heart area.

Heart Feeling

As you maintain your heart focus and heart breathing, activate a positive feeling like appreciation for the good things in your life, or the love and care you feel for someone (child, spouse, pet) or something (a beautiful sunset, a fun vacation, a hobby).

Note: If you miss one of your practice sessions, just do more at another time or keep moving forward and don't feel pressured, as this would diminish the quality of your intention. You don't want to add any stress to your practice. Of course some people will want to practice longer, or more frequently, as they realize the extra effectiveness the emWave brings to their life.

Step Two: Increasing your Coherence Score

As you sustain medium (blue) or high (green) coherence during your emWave session, the bottom left screen next to the colored bars will track your Accumulated Coherence Score. Your goal is to get in "The Zone" (the words will appear on the screen) and increase your accumulated score each time you practice. When your accumulated score reaches 100 points, you will hear a distinctive reward tone. This can take as little as five minutes if you are in high coherence the entire time. **For the highest benefit we recommend you achieve a score of 200 points per day (in multiple sessions if needed) and 1500 points per week.**

When you are in medium (blue) or high (green) coherence using the handheld device, a sequence of blue light will turn on in the Heart Action strip and stay on. Once you have turned on all the blue lights, you have completed one Reward Cycle and you will hear three reward tones. This can take as little as 3 minutes if you are in high coherence the entire time. **Set a goal to complete one or more Reward Cycles each time you use your emWave2 and 3 or more Reward Cycles a day.**

Note: Many people have personal practices such as meditation, prayer, centering, mindfulness, breathing techniques, practicing presence and so forth. It is easy for the mind to wander while doing any type of personal practice. The emWave system can help you increase coherence with your personal practices, enhancing focus and effectiveness and providing measurable feedback for you to improve. To add the emWave system to your personal practices, use the emWave system for 5 minutes or so and get in the Zone, either at the start of your personal practice or at another convenient time. You'll find that building coherence and the feedback the emWave system provides is particularly valuable for quieting the mind.

Step Three: Increasing Challenge Levels

The emWave system was designed with four challenge levels, Low, Medium, High and Highest to enable people with different skill levels and goals to continue to gain significant benefits from using the emWave system. Regardless of your skill level, we recommend you begin practicing at the low level.

Even if you are a long term meditator or practitioner of personal growth processes, start the Practice Plan in the Low Challenge Level. You don't need to push yourself by increasing challenge levels too quickly. Building continuity with your practice is more important than rushing into a higher challenge level. It's also easier to practice affirmations, intentions and creative visualizations while staying in coherence when in the Low Challenge Level. You will gain cumulative coherence benefits from using the emWave system in the Low Challenge Level.

As explained earlier, the greatest value from your emWave system comes from getting in the Zone each time you practice and increasing your Coherence Score over time. This builds your power to develop coherence on-demand so you have more resilience in the face of life's stressors and unexpected challenges.

Stay in the Low Challenge Level until you are able to maintain high coherence (green) at least 80 percent of the time each session. As you gain skill staying in high coherence, move to the Medium Challenge Level and use the same Practice Plan.

Each Challenge Level on the emWave system requires a deeper level of stillness, focus and self-management. When you want to find a deeper stillness or prepare for a project or meeting that requires a deeper focus, you may want to use the Medium Challenge Level.

Over time, some people seek to build even deeper levels of stillness and coherence, and move to the High Challenge Level (A few brave souls even work their way to the Highest Challenge Level.).



As you use this Practice Plan regularly, you will gain new understanding about your rhythms and patterns of focus. There will be times when achieving medium or high coherence can be harder because you may be more distracted or preoccupied or not feel well. At these times, it's helpful to go back to the Low Challenge Level for more ease of focus or to help you recoup faster after a stressful situation. Remember that it's your coherence ratio that counts much more than what Challenge Level you use.

Step Four: Increasing Your Coherence Baseline

As you follow this Practice Plan, your *coherence baseline* will increase. Your coherence baseline is the amount of coherence that occurs naturally in your heart rhythms as you move through the day. As your coherence baseline increases, it lifts up your energies to give you more cushioning through stressors or resistances that come up during the day. Your attitudes, emotions and perspectives become more positive and resilient. You stay more connected with your heart.



Pitch

You can increase your coherence baseline more quickly by using your emWave several times during the day. Think of the emWave as a “pitch” facilitator, helping you increase your moment-to-moment awareness or consciousness pitch throughout the day. Just as a singer can be off “pitch” and sing out of tune, so can your emotional “pitch” be off and your attitudes and actions out of tune with your heart. This especially can occur when you are feeling drained or preoccupied by a stressful issue. When your pitch drops, this affects the overall quality of your awareness, including your focus, clarity and balance.

Using your emWave first thing in the morning helps set the tone and pitch for your day, facilitating your higher discernment, your intuition, your capacity to transform stress and your ability to move in balance through life’s interactions. Using the emWave system between challenging activities realigns your heart, mind and emotions to reset your consciousness pitch during the day.

Because people have free will and personal choice, you can still elect to spin out of coherence and drain personal energy; nothing can make you stay in the heart. However, with consistent practice with your emWave system it becomes obvious that staying in the heart *is* the more energy-efficient and effective choice.

You can start to observe the cumulative effects of the coherence you are building by noticing an increase in your day-to-day energy level and awareness. This can be subtle at times, such as not feeling so tired at the end of a long day, not needing a nap in the middle of the afternoon, not being so quick to anger or by your reactions to unexpected demands.

Here are some times that using your emWave system can be very effective:

- Preparing for a meeting—use the emWave system to activate deeper clarity, mentally and emotionally, and increase your capacity for intuitive listening and speaking from the heart. This will give more substance and effectiveness to your communications.
- When unexpected issues challenge your centeredness and

emotional equilibrium—use the emWave system during or after the situation to bring your “pitch” back up and restore balance.

- When you feel time constrained, anxious, mentally scattered or overloaded—stop for five minutes and use your emWave system to create energetic renewal.

The human system accumulates or drains energy depending on how you respond emotionally to the events of your life. When you have gone through a rough time and feel emotionally drained, there is little energy left in your emotional “accumulators”. Once your emotions get drained, you start to operate on raw nerve energy, which can lead to a more serious energetic decline and often translates into physical symptoms and ailments.

As you use your emWave system to better manage your emotional energies and generate more positive emotions such as care, appreciation or compassion throughout the day, you will accumulate energy instead of draining it. This is why it’s important to revisit your coherent state with the emWave system, especially when you feel stressed, time constrained or overloaded, to regain a state of centeredness, *presence* and renewal. Using your emWave system at

these times renews your personal energy, providing you with more creative energy to bring into your next activity.

Step Five: The Importance of Regular Practice

As you keep practicing with the emWave system and increasing your coherence baseline, it will get easier to change habits and behaviors you have wanted to change, perhaps for a long time.

Regular practice, as outlined in this Practice Plan, keeps fine-tuning your capacity to shift emotional, mental and physiological states. It helps you develop internal references of what coherence feels like, so that you can re-calibrate back to coherence during the day. Remember—you are the one doing it. You are empowering yourself each time you re-calibrate to coherence. At today's pace, it helps to have a reference builder; that's what any helpful practice program and feedback is for.

For variety, you can also use this Practice Plan with the coherence building tools located in the software application. These different



environments provide variety and fun so your practice stays fresh and engaging. As you play one of the games your coherence level will be displayed. You can see your accumulated coherence score at the end of the session.

Regular practice is important, in order to get feedback on your coherence level and not just assume you're in high coherence. The emWave system keeps even the most experienced practitioner fine-tuned. Look at the importance of regular emWave system practice the way an all-star pitcher or professional golfer continues to practice with an observant coach, or an accomplished musician still practices chords, scales and techniques with recording equipment.

Summary:

- **Use your emWave system for at least 5 minutes a day 6 days a week and for 10 minutes 1 day a week.**
- **Complete at least 1 Reward Cycle each time you use your handheld device.**
- **Have a goal to get in the Zone each time you use the emWave system and increase your Accumulated Coherence Score. When you achieve 100 points in a session you will hear a reward tone. For the highest benefit, go for a score of 200 points per day (in multiple sessions if needed) and 1500 points per week.**
- **Start on the Low Challenge Level and only increase challenge levels as it becomes easy to maintain a high coherence ratio.**
- **Practice regularly to increase your coherence baseline. Use the emWave system before important activities to reset your consciousness pitch or to recover from stressful, draining events.**

Additional Tips

Ongoing practice with the emWave system was designed to facilitate another important benefit: centering. Many people who practice centering techniques have found that centering is very helpful for accumulating positive energy which helps to maintain mature attitudes, perspectives and balance. This is one of the reasons why meditation and practicing presence have been increasing in popularity in recent years. Many people practice meditation every day for the positive benefits they can accumulate and apply from their practice.

It is true that different forms of meditation practice involve more than centering, yet centering releases major benefits. You can view centering as the coherent alignment between your heart, mind, emotions and spirit, which benefits your entire physical system as well. Coherent alignment prevents energy loss from diffusion and disruption, which is the biggest challenge in meditating or practicing presence. Recurring practice with the emWave system facilitates this process, yet it is *you* who is changing your emotional and physiological state; the emWave is only a tool to help you.

Increasingly, people are realizing the importance of the cumulative value from the practice of centering themselves in the *now*. The nature of the emWave helps this process by letting you know when you're in coherence and present within, then gently reminds you to get back when you find yourself adrift. Each moment spent in the *now* saves and accumulates energy and awakens you more to your authentic self.



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