

## HANDOUT 8-3

### CORE HEART FEELINGS

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**Here is a simple exercise to put your heart into coherence.**

Find a comfortable position where you won't be disturbed for a few minutes.

Close your eyes and take a few ~~deep~~ breaths in through your nose to the count of four and exhale slowly through pursed lips to the count of eight.

Clear your mind and bring your attention to your heart area.

Pretend you are breathing slowly through your heart.

Now remember a time when you felt appreciation and gratitude for someone or something positive in your life—perhaps remember the feeling of love or caring for someone.

Send that feeling of appreciation to yourself and others.

Feel the feeling and stay with it.

As other thoughts pop into your mind, just dismiss each thought and gently bring your attention back to the area around your heart.

Continue doing this for 5-10 minutes.

(Adapted from HeartMath workshop) (Childre et al., 1999)