



The Science of HeartMath

A Path To Emotional Balance

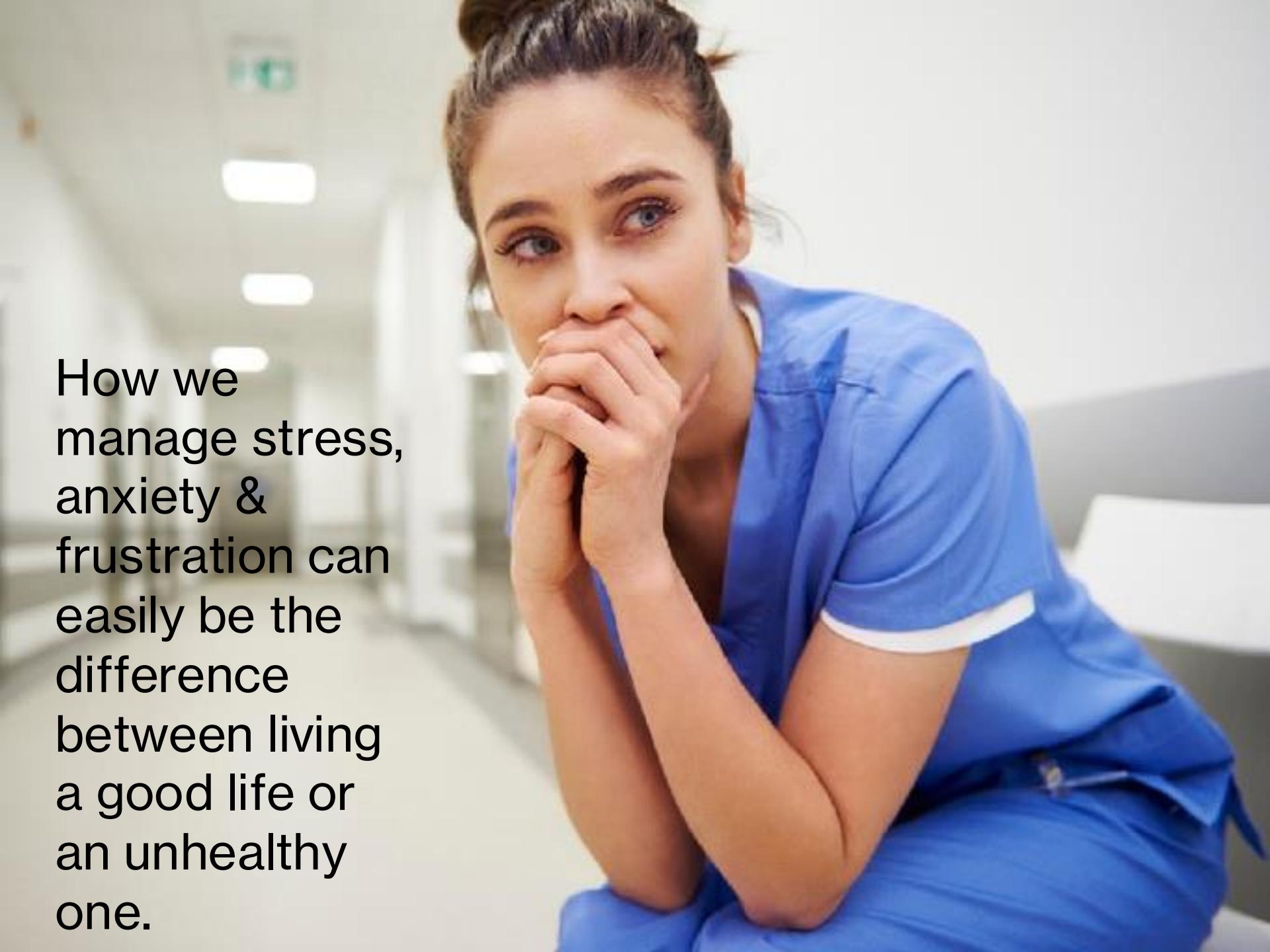
By

Karen November



HeartMath®

Certified Mentor



How we
manage stress,
anxiety &
frustration can
easily be the
difference
between living
a good life or
an unhealthy
one.



**HeartMath Techniques
are designed to:**

**Neutralize emotional
intensity in the body**

**To be used in the
moment, eyes open or
closed**

**Changing our
physiology from the
inside out to
become more
resilient to
stressors.**



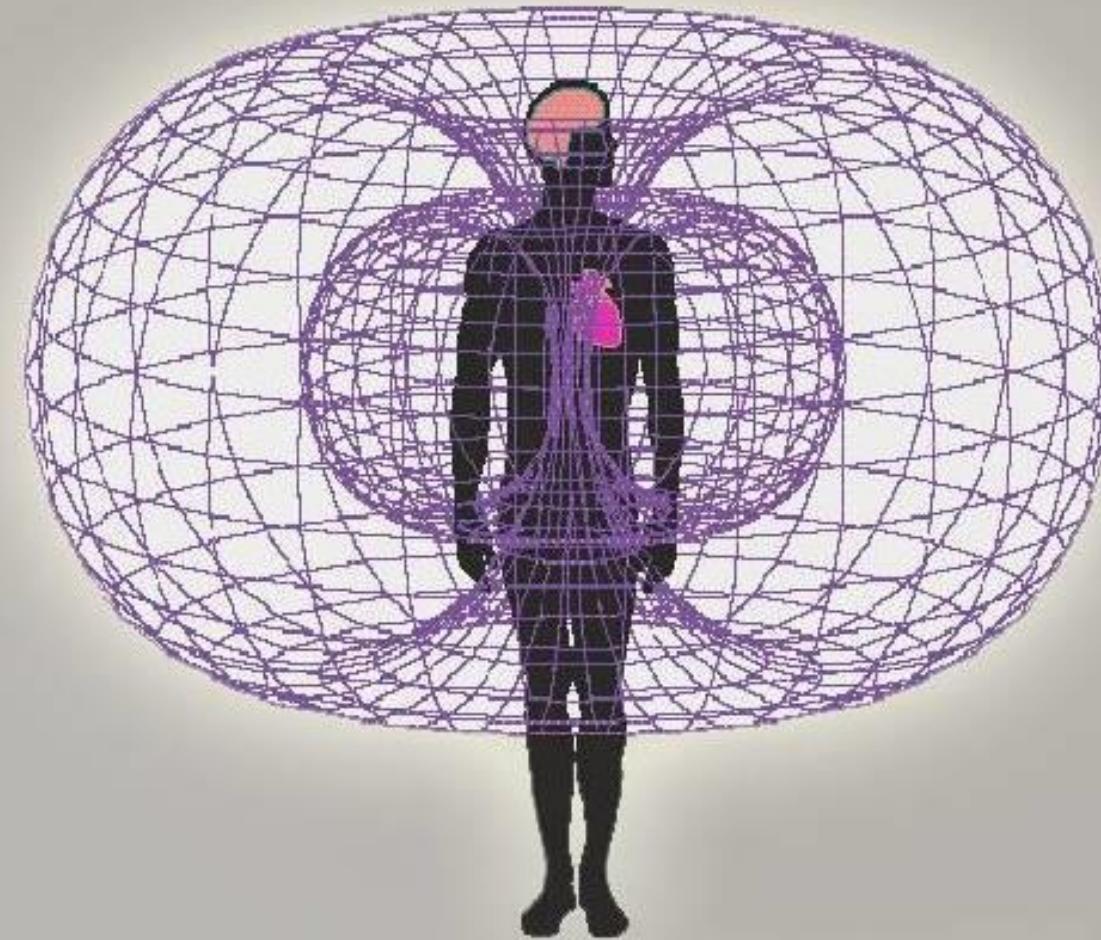
Heart Coherence is an optimal state in which the heart, brain and emotions are aligned. This creates an expanded perception & choice in the moment.

The Benefits:

- Increases clarity, calmness, focus, quality sleep & ease in decision-making
- Decreases anxiety, fatigue & depression
- Creates a sense of well-being & allows access to our authentic nature

The Power Of the Heart

The electromagnetic field of the heart

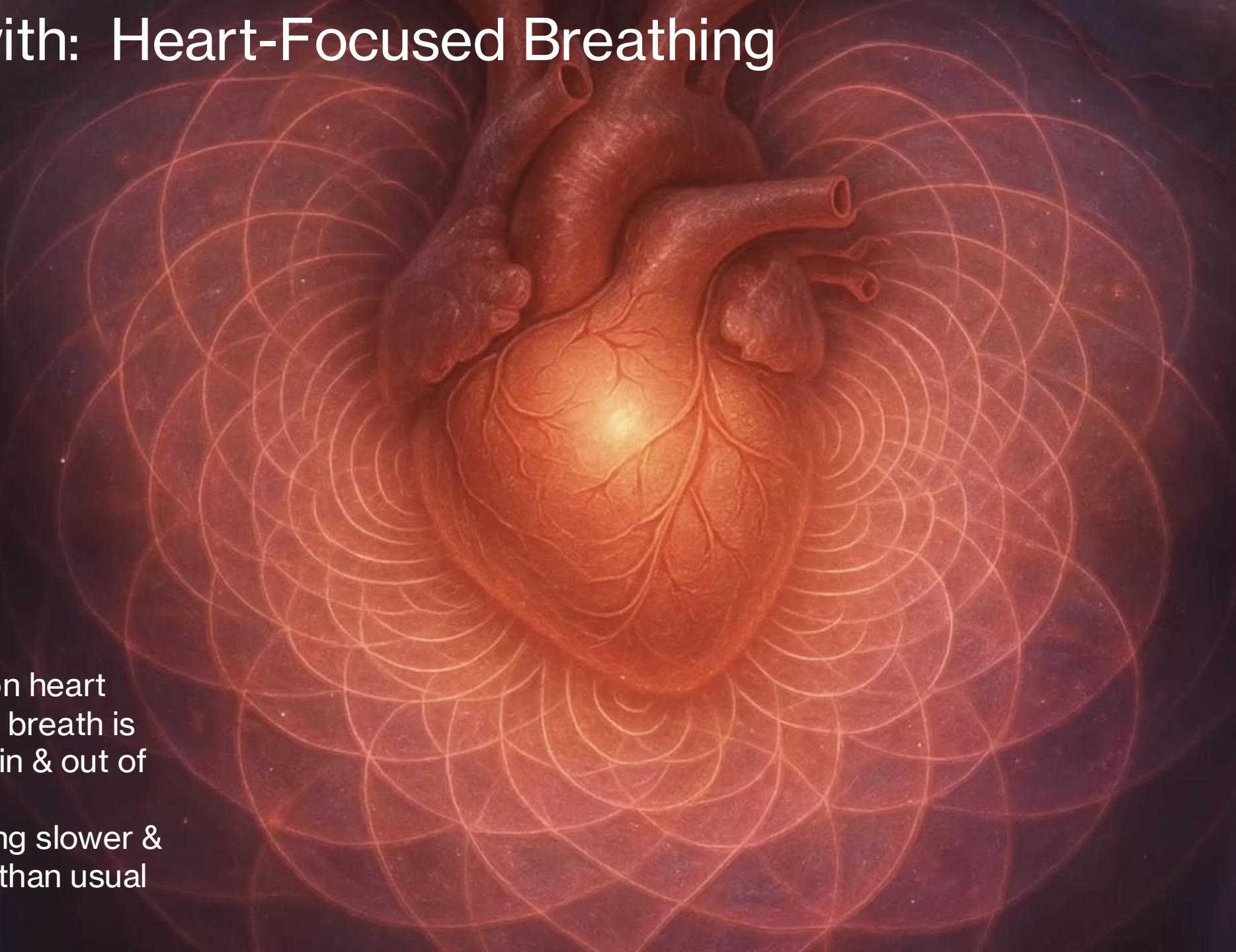


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Begin with: Heart-Focused Breathing

Steps:

1. Focus on heart
2. Imagine breath is flowing in & out of heart
3. Breathing slower & deeper than usual



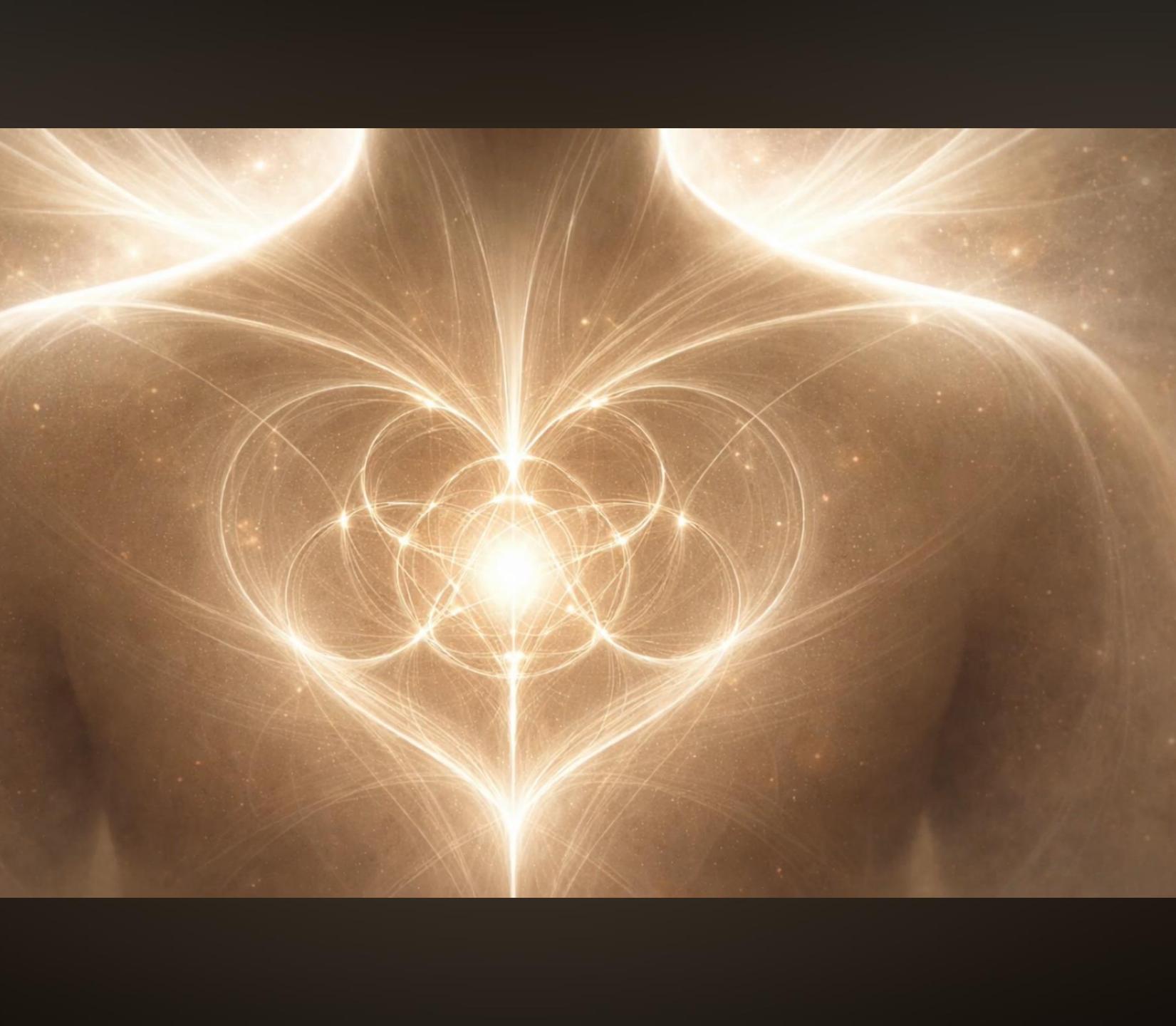
Compassionate Latitude

what the Mind says
vs
what the Heart says:

Mind rationalizes
judgements &
reactions: "he makes
me furious"

Heart is softer
& simpler: "let it go"





Attitude Breathing Technique

To shift a reoccurring lower vibrational attitude to a higher, more helpful attitude.

Eyes open or closed.

Steps:

1. Identify
2. Heart-Focused Breathing
3. Draw in and anchor
4. Maintain

The Heart Lock-In Technique

Maintaining heart-coherence for a longer period of time; as a meditation.

Reset neural patterns to create a healthier emotional baseline.

Steps:

1. Heart-Focused Breathing
2. Activate & Sustain Feeling Good
3. Radiate





"What am I feeding the field?"

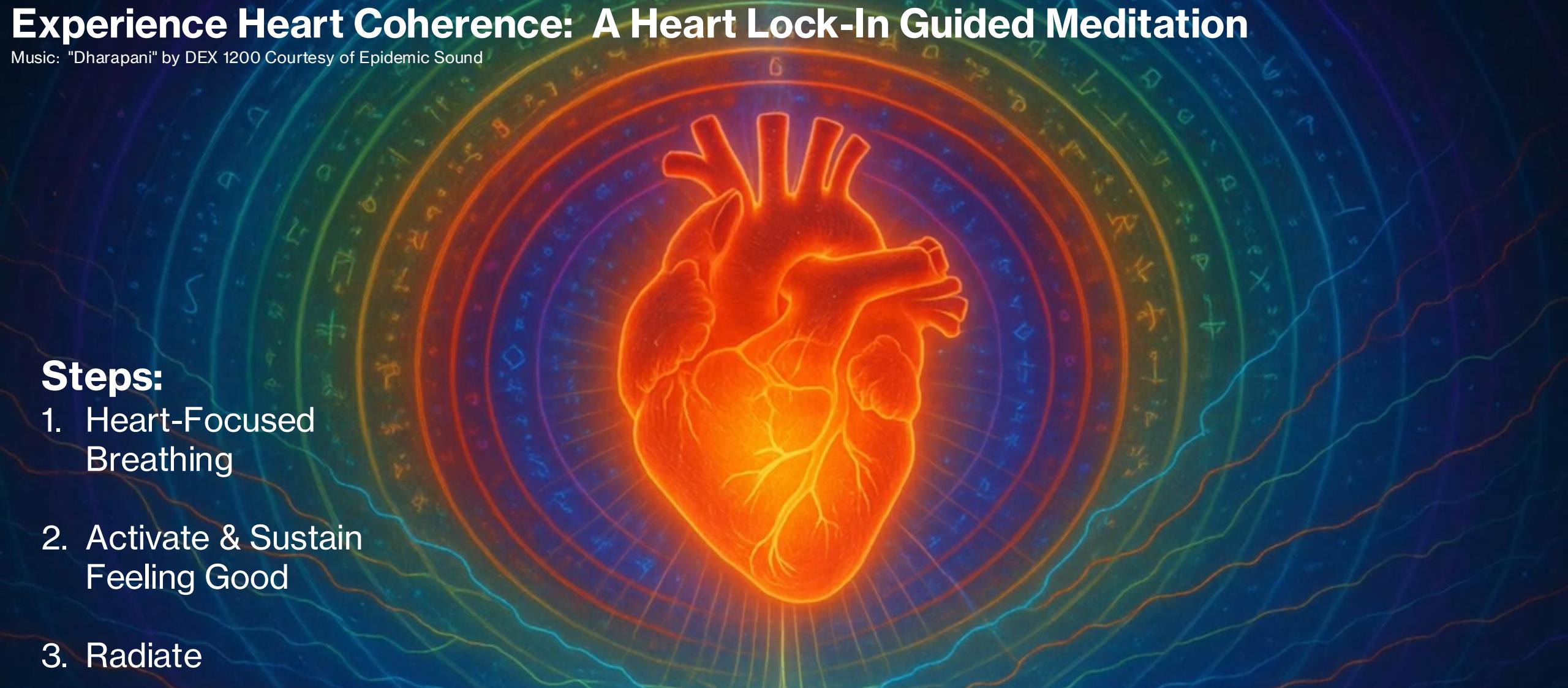
Our hearts act as broadcasters and our nervous systems act as antennae, picking up what other electromagnetic fields are broadcasting.

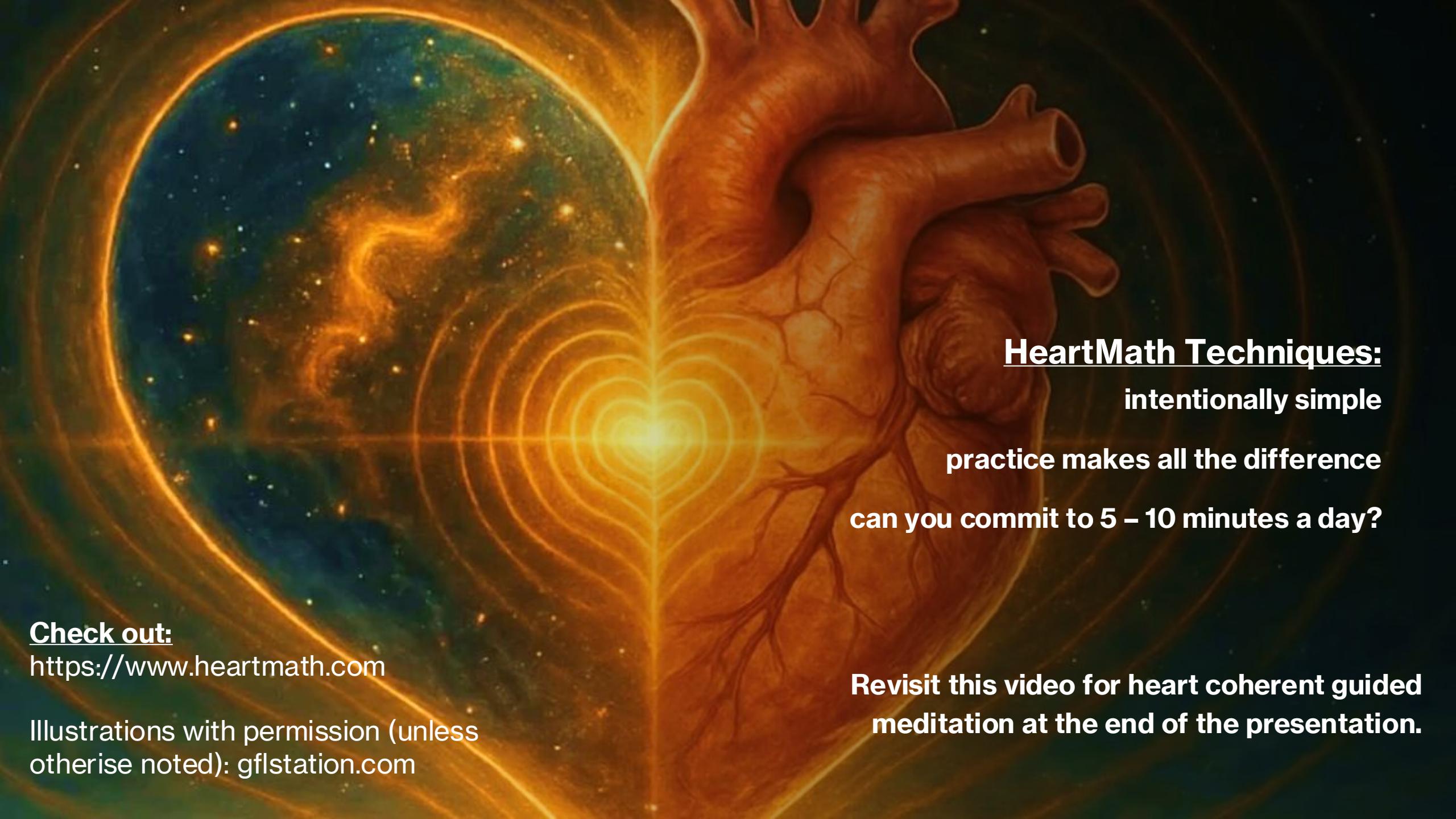
Experience Heart Coherence: A Heart Lock-In Guided Meditation

Music: "Dharapani" by DEX 1200 Courtesy of Epidemic Sound

Steps:

1. Heart-Focused Breathing
2. Activate & Sustain Feeling Good
3. Radiate





HeartMath Techniques:

intentionally simple

practice makes all the difference

can you commit to 5 – 10 minutes a day?

Check out:

<https://www.heartmath.com>

Illustrations with permission (unless otherwise noted): gflstation.com

Revisit this video for heart coherent guided meditation at the end of the presentation.



Thank You!

Questions?

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