

The Quick Coherence® Technique

This is a simple yet powerful technique to release stress, bring more coherence into your heart rhythms and build resilience. Once you've learned the technique, it only takes a minute to do. There are three steps:

1. **Heart Focus.** Focus your attention in the area of your heart.
2. **Heart-Focused Breathing.** As you focus on the area of your heart, imagine your breath is flowing in and out through that area.
3. **Heart Feeling.** Continue to breathe through the area of your heart. As you do so, recall a positive feeling, a time when you felt good inside. This could be a feeling of appreciation or care toward a special person or a pet, a place you enjoyed, or an activity that was fun. Allow yourself to feel this good feeling of appreciation or care. If you can't feel anything, it's okay. Just have an attitude of appreciation, care, compassion or other positive attitude. Once you've shifted to a positive feeling or attitude, try to sustain the attitude by continuing your Heart Focus, Heart-Focused Breathing, and Heart Feeling.