



### Intention

These Heart Coherence exercises are a series of techniques designed to promote an experience of psychophysiological coherence. These come from EMDR Pain Protocol and are designed to specifically address physical discomfort related to chronic pain and physiological activation.

Psychophysiological Coherence is characterized by a state of calmness and harmonious coordination across bodily systems. When we are in a state of crisis or activation, our heart rate and breathing de-synchronize, adding to the physical experience of distress. When coherence can be cultivated, the heart and breath comes back into coordination, allowing the system as a whole to sooth.

In this state, the parasympathetic nervous system balances out sympathetic activation, allowing for optimal functioning and synchronization among different physiological processes. The parasympathetic nervous system, often referred to as the 'rest and digest' response, plays a crucial role in restoring psychophysiological coherence. It promotes relaxation, reduces arousal, and facilitates the restoration of equilibrium among various bodily functions. By activating the parasympathetic nervous system, the body can counteract the effects of stress and reestablish a state of psychophysiological coherence, promoting overall well-being and resilience.

There are **3 Heart Coherence** exercises included here, **Heart Lock**, **Heart Breath**, and **Heart Release**.

Each works in a slightly different way, but they can also build on each other. They can be done separately or all together, depending on the goal and time allowed to practice. 1 exercise can take a little as 60 seconds to complete, versus all 3 can take up to 10 minutes to do together.

# Heart Coherence Lock & Breath



## Intuition

### Heart Lock

#### Visualize

- **Start by bringing to mind someone or something that you deeply love or appreciate. It could be a cherished friend, a beloved family member, a pet, or even a place that holds special meaning to you.**

#### Connection

- **Now focus on feeling the sensations of love and appreciation in your heart. This is a feeling, no thinking exercise. So just try to allow yourself to feel that love and appreciation deeper, and deeper into your heart.**

#### Lock

- **Lock into this feeling. Hold onto it with gentle but firm intention. Notice any shifts occurring within you. You may feel a sense of peace washing over you, like waves lapping gently against the shore. This is the state of coherence, where all your body's systems are in harmony and synchronicity.**

### Heart Breath

#### Connect

- **Place your hands over your heart center, feeling the warmth and gentle rhythm of your heartbeat beneath your palms. Take a moment to center your awareness on this area of your chest.**

#### Breath

- **Now, take a deep breath in through your nose, but as you inhale, imagine that you are drawing the breath directly into and through your heart. Feel the breath pull into and through your heart.**
- **Next you exhale slowly through your mouth, imagine that you are releasing the breath from through your heart center. Again notice the sensation of your breath pushing through and out of your heart.**
- **Continue this rhythmic breathing pattern, inhaling deeply into your heart and exhaling slowly from your heart. With each breath, allow yourself to sink deeper into a state of relaxation and inner peace.**
- **Repeat this heart breathing technique for 2 to 3 minutes, allowing yourself to fully immerse in the experience.**

#### Finish

- **When you're ready, gently open your eyes and return your awareness to the present moment.**



# Heart Coherence Release



## Intuition

### Heart Release

#### Connect

- **Place your hands over your heart center and take a moment to connect with your heart physically, mentally, and emotionally. Allow yourself to fully immerse in the energy of your heart for a minute or so.**

#### Open

- **Now, when ready, with a gentle and intentional movement, open your hands from the center of your chest outward to the left and to the right. As you do so, through intention and intuition, open up your heart circuit as well, allowing the flow of energy to expand and circulate freely. Notice the physical sensation of this opening, feeling the subtle shifts in your body.**
- **Sit with this open heart circuit for a minute or so, allowing yourself to be present with the expanded energy and connection to your heart center.**

#### Release

- **Now, again through intention and intuition, visualize all the stress, tension, and worries that reside in your head and mind. Allow this energy to sink down from your head and flow out through your open heart circuit in small waves where it is released and can dissolve into the world around you. Allow this process to unfold for a few minutes or until all the waves of tension slowly dissipate.**
- **Next, bring your awareness to your stomach and abdomen, where you may be holding onto additional stress and tension. Again with intention and intuition, allow this energy to rise up and also flow out through your open heart circuit. See it release it into the space around you, again moving out through the open circuit in small waves. Allow this process to continue for a few minutes or until all the waves of tension slowly dissipate.**
- **Finally, allow your open heart to draw in whatever residual stress and tension may remain in your body. With gentle guidance, let it pull this energy out until there is nothing left but peace and calmness. Feel the expansiveness and lightness within as you bask in the glow of your open heart.**

#### Finish

- **Allow yourself to linger in this state of peace and tranquility for as long as you like. When you're ready, gently open your eyes and return your awareness to the present moment.**

