

HeartMath

Inner-Ease™ Technique

Practicing inner ease generates heartwave coherence and creates “flow” by helping to regulate the balance and cooperation between our heart, mind, and emotions. Doing this practice regularly will help raise your happiness level.

- 1.** When you are stressed or your heart feels shut down, acknowledge your feelings as soon as you sense that you are out of sync (feelings such as frustration, impatience, anxiety, overload, anger, judgment, etc.)
- 2.** Heart-Focused Breathing: Take a moment and do heart-focused breathing: put your hand on your heart area and pretend you are breathing in and out through your heart. Breathe slowly and gently, until your breathing feels smooth and balanced, not forced. (This is proven to help create coherent wave patterns in your heart rhythm.)
- 3.** During the heart-focused breathing, imagine with each breath that you are drawing in a feeling of inner ease and infusing your mind and emotions with balance and self-love from your heart. (Research from the Institute of HeartMath has shown that radiating love and self-care through your system activates beneficial hormones and boosts your immunity.)
- 4.** When the stressful feelings have calmed, affirm with a heartfelt commitment that you want to anchor and maintain the state of ease as you re-engage in your projects, challenges, or daily interactions.

