

UNLIMITED MIND online course

HeartMath

FREEE FRAME Technique

The Freeze Frame technique gives you a chance to find more efficient options and resolve problems and conflicts that may be depleting your energy. Your ability to think more clearly and objectively is enhanced by the increased coherence you create in your system using the following steps.

Purpose: increases access to intuitive guidance for making decisions, problem solving or creative thinking, enhances mental clarity

Applications: use for situations that feel stuck and would benefit from a new perspective, attitude or solution. Can assist in making patient care decisions.

Step 1:

Acknowledge the problem or issue and any attitudes or feelings about it.

Step 2:

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart of chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

Step 3:

As you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Step 4:

From this more objective place, ask yourself what would be a more efficient or effective attitude, action or solution.

Step 5:

Quietly observe any subtle changes in perceptions, attitudes or feelings. Commit to sustaining beneficial attitude shifts and acting on new insights.