

UNLIMITED MIND online course

## HeartMath

# HEART LOCK-IN Technique

The Heart Lock-in Technique helps you accumulate and renew and recharge your emotional system with the following steps.

**Purpose:** builds coherent baseline, improves and radiates a coherent field for others

**Applications:** use for personal practice 10-15 minutes per day. Use in the moment to assist someone with co-regulation.

### Step 1:

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 2:

Activate and sustain a regenerative feeling such as appreciation, care or compassion.

### Step 3:

Radiate that renewing feeling to yourself and others.

This benefits them and especially helps recharge and balance your own system.

When you catch your mind wandering, simply refocus your attention on the heart area and reconnect with feelings of care or appreciation. After you're finished, sincerely sustain your feelings of care and appreciation as long as you can.