

UNLIMITED MIND online course

HeartMath

The Quick Coherence Technique

The power of the Quick Coherence Technique comes from positive emotions. When you engage positive feelings, in the moment, you replace depleting emotions with ones that can renew your system. The technique is easy, but each step is important.

Purpose: emotional regulation, builds coherence, increases energy, increases resilience

Applications: use in the moment to shift depleting emotions, for conflicts, to prepare for difficult conversations, get an extra energy boost

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

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.