

UNLIMITED MIND online course

HeartMath

SHIFT AND LIFT Technique

The Shift and Lift Technique was influenced by the finding that when we are in a coherent state it helps to lift others into a coherent state.

Purpose: lifts the vibrational field environment surrounding you

Applications: during a conversation with one or more people, during a meeting, during group processing

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 kindness, appreciation, genuine connection or an attitude of deep listening.

If you can't connect with a heart feeling, try to recall a time when you felt a kind, deeper connection with someone. If that is challenging, just breath appreciation for something for awhile to help raise your vibration and to help settle your energies.

Step 3:

Radiate these heart qualities to raise your vibration and help lift the energy field environment that surrounds you.