



FREA

FINDING RECOVERY & EMPOWERMENT FROM ABUSE

Heart Breathing technique

An adaption of the 'Quick Coherence' technique from the Institute for Heart Math: www.heartmath.org.

"It is only with the heart that one can see rightly: what is essential is invisible to the eye." Antoine de Ste. Exupery, The Little Prince.

WHEN TO USE IT

- You want to release stress and negativity
- Connect with your heart center & activate heart energy
- You wish to 'shift gears' from rational brain focus to heart focus
- You are feeling stressed or upset
- You're seeking guidance & wish to re-connect with the wiser, more loving wisdom of your Heart



COMMON RESULTS

- Release of stress and 'negative' feelings
- A greater sense of calm, balance and relaxation
- A sense of re-connecting with a deeper part of yourself



STEPS

- **HEART FOCUS:** Place both hands over your heart. Focus your attention on the area around your heart, in the center of your chest. Try to feel your heart beating. If you can't actually feel (or hear) your heart beating, imagine feeling its beat and rhythm.
- **HEART BREATHING:** Breathe gently and deeply, as if you are breathing in and out through your heart area. As you inhale, feel as if your breath is flowing in through your heart, and as you exhale, feel it releasing and flowing out of your heart. Continue breathing gently and easily until you find a natural inner rhythm that feels good to you.
- **HEART FEELING:** While maintaining your HEART FOCUS and HEART BREATHING, recall a positive feeling, of Love, Appreciation or Gratitude. A good way to do this is to think of someone you love, who also loves you, in a positive, supportive way. Feel, savor and enjoy these warm feelings in your heart, and imagine that you are bathing your heart, chest and mind in these warm, nurturing positive feelings.



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- Continue HEART FOCUSING, HEART BREATHING, AND HEART FEELING for as long as you wish. Gently notice and acknowledge the shifts and changes you are experiencing, physically, mentally and emotionally.
- When finished, gently express appreciation and gratitude for all the Love and Blessings in your life.