

The background of the entire page is a vibrant sunset over a calm ocean. The sun is a bright, glowing orb on the horizon, casting a golden light across the sky and water. In the foreground, there are several branches of a plant with large, pinnate leaves. The leaves are in various stages of autumn, showing shades of red, orange, and yellow, with some still appearing green. The overall mood is peaceful and serene.

12

HeartMath® Tools

for Reducing Stress and
Staying Balanced

“Accessing our heart’s natural intelligence can create an energetic field of unconditional love and harmonious interactions – helping humanity to realize we are one Earth, one yard, one people.”

– Doc Childre

Since 1991, when Doc Childre founded the nonprofit HeartMath Institute, our vision has been to provide tools that connect us with “the heart of who we truly are.” HeartMath serves people of all ages and walks of life around the world in their homes, classrooms, and communities.

We research and develop reliable, scientifically-based tools that bridge the connection between heart and mind and deepen people’s connection with the hearts of others. This empowers people to greatly reduce stress, increase resilience and unlock their natural intuitive guidance for making better choices. Together, the tools, technologies and research enable us to realize our full potential as individuals and as a species to serve as caretakers for our planet and generations to come.

Awakening the Heart of Humanity

HeartMath Institute (HMI) is committed to helping awaken the heart of humanity. We believe that when we align our hearts and minds and connect with others, we awaken the higher mental, emotional, and spiritual capacities that frequently lie dormant. As a 501(c)(3) nonprofit research and education organization, HMI aspires to always conduct our operations with passion, compassion, and a heartfelt desire to transform lives.

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Introduction

Welcome to the *12 HeartMath Tools for Reducing Stress and Staying Balanced* guide. The practices in this guide will help you engage and deepen your heart qualities to move with more inner balance and poise through stressful times.

We all have heart qualities within us, such as dignity, ease, love, patience and compassion. It is our job to awaken these heart qualities more to bring about the changes we wish to see in our personal life and in the world. Accessing these heart qualities when we need them takes practice, and this guide can help.

Remembering to qualify our interactions with love, kindness, patience, compassion, takes practice due to the fast pace of life and so many things vying for our attention. However, opening our heart more can make a lot of difference in the outcomes. It's the lack of heart connection that's behind much of the exploding stress levels that people are challenged with. Getting along with each other through these changing times is of "front-and-center" importance.

Though it can be challenging, we are being called to manage our own energies. For example, there may be times when you feel anxious or overwhelmed – then you may wish to use the "Ease" tool on page 16. Or, you might find yourself being impatient or frustrated with family, friends or life in general. This is a good time to review the "Patience" tool on p. 30.

This guide is user-friendly and can be practiced personally or with family or friends as you choose. Individuals who genuinely practice these tools find it easier to manage and reduce stress and overwhelm; experience deeper connection and compassionate care with others; and to rise above the depleting effects of drama.

Doing any of these practices a few days in a row with heart-filled intention creates a cumulative effect that encourages the increased use of these empowering heart qualities. We at HeartMath hope these practices help you navigate life with more peace and balance.

Enjoy your heart journey!

Journal/Notes



Anchoring

Sometimes we are deeply inspired by a new tool or information that significantly could help us manage an energy-draining habit such as impatience, frustration, anger, or something else important to us. However, this initial inspiration can soon fade, unless we learn how to anchor it into our memory recall for when we need it. The trick to anchoring inspiration and intention is to consciously practice remembering it several times a day for a week so that it begins to automatically pop-up when needed.

Inspiration has a magic about it, yet it leaves us something to do, which is to step it down into action. But doing this soon is the key, along with repeating it often. Know that the human tendency is to assume that we will anchor our important intentions when we are riding the “high” from the initial inspiration. In these uncertain times, with the global stress table increasing, many people are finding it harder to effectively integrate helpful intentions, even when they seem critical. I have compassion for this as I have experienced it myself.

Recycling insights is part of the growth process. It’s your perspective and attitude that create spiraling up or looping around in the old predictable patterns. You can have conceptual memory, but if you have lost the feeling, then the habit can pull you back down into old mechanical reactions. Make markers of your insights and be earnest about acting on them. After something is anchored, there’s a new reference, then whatever comes up, you have new power to address it.

I’m aware that most readers know the importance of anchoring. Still, it can be effective to review this practice, especially when trying to anchor tools and exercises that help eliminate and prevent stress, while supporting your health, well-being and clear thinking.

Important steps to remember:

- Step into inspiration and insights soon after experiencing them.
- Revisit the insight throughout the day and breathe in the feeling and memory associated with it. This will increase the strength of your intention.
- Practice each day for a week (or more) with deep intention. This is what really helps to anchor it in. You can quicken your progress by looking for opportunities to act on your insight and asking your heart to prompt you to “take action” when those situations arise.
- Appreciate any positive benefits from your practice of anchoring an insight. Reinforcement lifts the spirit of your commitment.

“Inspiration is a spirit-filled moment.

It’s a packet of free energetic initiative — with a timer on it.

*As we move forward with the first nudge of inspiration,
we can beat the human tendency to waste that intuitive gift
from our heart. Sometimes it’s many moons before
an important inspiration returns, if we miss it on the first pass.
Anchoring is practicing the economy of spirit.”*

– Doc Childre

Journal/Notes



Attitude

Probably most people have had or still have some old attitudes and perceptions they want to change for the better. These attitudes may include being judgmental, impatience, edginess with others, and self-critical. The following technique can help you to replace undesirable attitudes with more positive and effective ones that prevent predictable stress accumulation. Ask your heart's intuition to alert you to all the old habit patterns that don't support your well-being.

Exercise: The Attitude Breathing™ Technique

Step 1. Recognize the feeling or attitude you want to change and identify a replacement attitude.

Suggestion: If your habit is being over-reactive and frustrated with people, the replacement might be increased patience and kindness.

Step 2. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's relaxing for you.

Step 3. As you continue heart-focused breathing, practice increasing the feeling of your new replacement attitude.

Suggestion: If you can't find a replacement attitude, just breathe a feeling of calm or neutral through your heart area for a while. This often magnetizes feelings that lift our attitudes and perceptions.

Step 4. Practice maintaining your new feelings and perceptions as you move through your day-to-day interactions.

Use Attitude Breathing as often as needed to integrate your new feelings so they become your new attitude. Also, when you are feeling uplifting feelings such as gratitude, kindness or compassion, use attitude breathing to instate these feelings so they will return more often.

With a little practice, you will surprise yourself with your increased inspiration and heart power to change many unwanted feelings, emotions and mindsets that reduce your energy, resilience and your ability to feel good.

Journal/Notes



Coherent Communication

Life has taught many of us that the most sincere and effective form of communication is *connected* communication in which the heart is engaged. Often the increased speed of life causes our interactions to lack the heart warmth of connected communication (coherent communication).

Coherent communication implies genuine listening and speaking with a tone that reflects care and non-judgement. Practicing this is effective for transforming much of the communication distortions we often experience daily. In coherent communication our mind and emotions are aligned with our heart's care which sets the tone for true connection.

Exercise: The Coherent Communication™ Technique

Step 1. Shift into a heart coherent state (a heart-felt, caring attitude) before sharing and receiving information. (The Ease Technique can help you shift into a heart coherent state.)

Suggestion: Set an intention to be respectful of others' views or situations.

Step 2. Listen for the essence of what is being said, without prejudging or getting pulled into drama before the communication is complete.

Speak from a genuine tone and consider what you are going to say and how it may impact others.

Suggestion: Remember to re-center in your heart if you start to overreact or lose emotional composure.

Step 3. It's effective to reflect (or mirror) the essence of what you heard and be open to refinement to confirm mutual understanding. Rushing communications often causes us to forget this step.

Practice the technique anytime you are communicating – to prepare before phone calls, meetings and giving or receiving instructions. Shift back to your heart if you become reactive, aren't listening or are interrupting. We all know how it feels to be on the downside of communications that are not heart connected. Use this memory to inspire deeper connections in your communications and interactions.

Journal/Notes



Compassionate Latitude

Compassionate latitude is an attitude of compassionate understanding that most people are doing the best they can based on their stress overload, anxiety and the clouded thinking so many of us are experiencing.

Practicing compassionate latitude with each other can quickly begin to reduce and prevent the stress build-up from our anger, judgments, and resentments. It increases our tolerance, patience and deeper understanding of another's situation. This is so important for maintaining balance, resilience and flow during these pressing times of change and unpredictability. Latitude is the consideration and respect that all of us come up short at times in our choices and make mistakes in our words or actions. It's time to skip the drama, forgive each other and move on quicker. Do it because it's intelligent and you'll get quicker results.

As we practice care and kindness with each other, this opens our heart to increased personal and collective intuitive guidance for the best choices and direction through whatever life brings us.

Be especially kinder and more compassionate with yourself, because the lack of this can quickly stack your stress deficit and compromise your well-being. This takes a little practice, but this chapter in our lives calls for these types of practice from the heart. (Finally!)

Exercise: Compassionate Latitude

1. Start with quiet breathing while radiating feelings of gratitude. This helps to shift our energy from the mind to our heart.
2. Next, ponder for a while where you could give others more compassionate latitude at home, at work, watching the news, sorting out miscommunications, etc.
3. Now visualize yourself replacing judgments, angered responses, lack of tolerance and separation with compassionate latitude (care, kindness, acceptance, cooperation and tolerance) for others and yourself. Practicing several days in a row helps to anchor in this valuable habit.
4. Now, radiate compassion and latitude to people with different biases whose polarizing views are creating separation, stress and chaos. Unconditional love and compassion increase our well-being and resilience.

The need for love has been philosophized for eons – now is the time for us to bring it to the street and see the intelligence behind it. New solutions will be born from this.

Journal/Notes



Dignity

Our *inner dignity* is one of the primary motivators for self-empowered actions. Dignity lifts us to realms of new possibilities where things begin to transform, creating more stability in our lives. Undesirable patterns begin to disappear and new patterns emerge as a new way of life.

“When you strive to become your true self by following your heart, you nurture and increase the available power of your inner dignity.”

—Doc Childre

Exercise: Achieving Inner Dignity Using Heart-Focused Breathing™

The Technique:

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

The Practice:

As you breathe, imagine you are increasing your inner dignity, inner strength and poise. This increases your power to maintain your higher principles through life’s interactions.

When you practice breathing a sense of inner strength and inner poise, do so for at least a couple of minutes, with feeling. Our dignity is the foundational baseline of good character. It’s a source of extra strength, especially at times when we are low on initiative.

Explore how increasing your inner dignity can encourage you to follow through on choices that are best for you, even though they are not always the most appealing. Dignity provides a strength that keeps us aligned with our higher principles. It strengthens with use.

Ease

The state of ease is a highly regenerative state that helps us flow more easily through challenges and builds our resilience capacity. Inner ease is not merely a state of relaxation. It is characterized by a balance between the mind and emotions which allows us to access a sense of inner stillness while on the move.

Operating from a state of ease is a natural practice for bringing the essence of stillness into our day-to-day interactions. Start your day by doing the Inner-Ease™ steps as this reduces mental and emotional static, which clouds clear thinking and our reasoning capacity.

Exercise: Inner-Ease™ Technique

Step 1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Step 2. With each breath, draw in the feeling of inner ease to balance your mental and emotional energy.

Step 3. Set a meaningful intent to anchor the feeling of inner ease as you engage in your projects, challenges or daily interactions.

Breathing the feeling of ease supports cooperative agreement between our heart, mind and emotions when we are making decisions, communicating and planning. Our mind and emotions often fight each other for the shot-call in decisions. This confusion blocks our sensitivity to our heart's intuitive choices for the highest outcomes.

Learning to move in the state of inner ease gives us more pause to register our intuitive guidance in all of our interactions once you anchor in this practice. Pause allows us to make conscious choices rather than mechanical reactions. View inner ease as a state of “active calm” in which our mental and emotional energy is composed, yet ready for swift intelligent action if needed. Inner ease is not necessarily about moving slow physically, unless some situations call for it – it's about moving smart.

This is a powerful tool for preventing and neutralizing stress or sorting out solutions and directions. Related Topic: Stillness.

Forgiveness

Forgiveness is a personal decision we have to make in the quietness of our heart. When it's time to take a step towards forgiveness, we will find our intuition prompting us to start thinking about it, and then thinking about it more often, which leads to stepping into it – if we don't miss the wave of opportunity that's provided when our spirit is knocking on the door to get our attention.

Many people feel separation and a lack of deeper connection with friends or family, because in the past they were emotionally hurt by them. Learning to release these feelings of disharmony is a powerfully effective tool for personal peace and happiness. It's understandable why we feel it's appropriate to hold onto bitterness and anger. It's because this habit has been handed down from generation after generation and passed off as normal.

However, more people are realizing that holding onto and replaying these hurt or resentful feelings block our heart's care, which is important for creating harmony and a healthy balance in our system and with others. Acrimonious energy sustained and unchecked has been proven to release hormones and neurochemicals that drain our system and can put our wholeness health in harm's way, especially if it's imprinted with a lot of emotion.

It's common for us to feel that forgiving someone is about doing them a favor. As we forgive and release that pent-up hurt or animosity and its negative effects on our system, we are doing a major favor to ourselves by increasing the well-being of our own personal system. In some cases, forgiveness can be the difference in preventing major health setbacks, or not. Through time these repressed feelings can syphon our energy levels, our resilience and reasoning capacity, along with creating shades of flatness in our joy and happiness.

Science and psychology have demonstrated the mental, emotional and physical benefits from releasing these charged feelings – even a little bit is better than nothing. Sure, some situations are harder to release than others, yet some of the hard ones can be the most debilitating to our system's health and well-being.

Today there is plenty of evidence of the debilitating effects of repressing disharmonious energies. We are not bad people if forgiveness is hard, but it's a giant step in self-care if we go to our heart and gently start the process even if it's a little at the time, which is more effective in many cases.

Our heart is the secret sauce for forgiveness. Good luck if you try forgiveness from the mind alone. Yet it is often approached that way. Our heart knows that we are gaining something by forgiving, while the mind can resist forgiveness because it feels like it's giving up something owed. It's the heart that adds the love, understanding and patience to stick with the intention. Just know that forgiveness wouldn't have increased in popularity in the last 10 years if there wasn't something significantly beneficial that comes with it.

When your spirit, through your heart, is nudging you, this is a good time to explore different approaches. Because your heart will draw the right book, information or website with assistance that supports the way you are natured. In some cases, people connect deeply enough with their heart that they can get instant release, and forgiveness is complete. This happens at times, but supportive methods are also helpful in many situations.

Our spirit provides energetic encouragement and wholeness healing, as we genuinely put our heart into our intention to forgive and free ourselves from the old.

Journal/Notes



Humility

Heart humility – that is, knowing who we truly are and accepting our strengths with gratitude, our limitations without judgment and the world around us with appreciation – is a powerful and attainable quality. Heart humility can help us to walk through this world with confidence, integrity and self-security along with abundance. Heart humility is being honest with ourselves and others and expressing our gratitude and respect for all involved.

Heart humility does not require reserve or timid postures in our interactions with others. Statements such as “I appreciate myself and all I have; however, I really don’t deserve it,” are examples of false humility. True humility doesn’t fade our personality into the background; it increases our charisma and effectiveness. Here are some simple practices for increasing humility.

Exercise: Humility Practices

1. Admit that you don’t have all the answers.
2. Be open to feedback from family, friends and colleagues.
3. Listen without judging or interrupting.
4. Engage with and accept different points of view.
5. Be willing to admit one’s own imperfections.
6. Lay aside ego and get in the trenches.
7. Make others feel valued, important and appreciated.

Some of the major benefits from practicing these aspects of humility include earning the respect of friends, family and co-workers, along with more creativity, harmony and peace at the end of the day. As we practice putting more love and compassion into our interactions with each other, our humility increases organically with ease, flow, and without having to give it a lot of thought.

Journal/Notes



Love

Love is an action word for achieving our next level of collective intelligence. As collective conscious awareness increases, this will eventually reveal that love is an advanced mode of intelligent living. Many are sensing that collective compassionate love is emerging to become the next vibration of love that humanity is transitioning into. This transition can be softened by treating each other with kindness, respect and compassion. Without this it can be a long and continuous stress-filled experience. This transition is calling for *heart-directed* choices.

We are presently witnessing an experiential taste of two options:

1. We are seeing an increase in care, compassion and a desire to be helpful on the rise.
2. At the same time, we are experiencing a forceful increase in separation due to anger, hate, judgments spinning from strong political biases and unresolved global cultural issues.

We are at a personal and collective choice point: Do we choose love, kindness and peace, or separation, bitterness and more of the stress this is already bringing? It is an individual choice and listening to our heart can help with this. Consider that the way of love, kindness and compassion hasn't collectively been tried yet. However, the way of separation, fear and blame has been around for a long time – Life seems to be calling for us to “go figure”. It's time to start getting along with each other!

Accessing our natural heart feelings and guidance can create an energetic field of unconditional love which inspires our deeper connection and care for each other. Most of us agree that the lack of this care increases the separation, chaos and stress which much of humanity is experiencing. As we're kinder and more compassionate with each other, it can start a process to reverse this momentum of fear and separation, but it starts with our individual heartfelt commitment.

Following are some simple practice exercises that can be helpful for increasing our love and collectively using the intelligence of love to manifest coherence, harmony and peace.

Expanding Your Capacity to Love

Preparation Steps

- Step 1:** Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. This increases your capacity to focus on your intention.
- Step 2:** Activate and sustain a heartfelt feeling such as love, appreciation, care or compassion for someone, an animal friend, nature, etc. This helps to warm your heart feelings and makes the following practice exercises more effective.

Practice Exercises:

These suggested exercises are bundled in no special order:

- Sit a while in relaxed stillness and imagine breathing love into all your cells. This helps to regenerate and refresh your system and spin off accumulated stress. Remember that it's already proven that love energy can positively effect changes in our biology.
- Increase the flow of heart energy through your system by practicing qualities of love, such as appreciation, care, kindness, compassionate care, patience, a desire to help, etc. This is one of the most effective practices you can do to boost your resilience, emotional poise and access to flow in these stepped-up times of change.
- Practice radiating a soft love energy into your interactions with each other or whatever situations that you find yourself in day-to-day. Practice feeling love and compassion for people suffering hardships in your environment and throughout the world.
- Send love to calm your mind to reduce stress overload. Also, the practice of forgiving ourselves and others especially steps up the quality of our love and healing capacity.
- Practice radiating love into future meetings or interactions you are planning. This helps with deeper hearing and compassionate listening.

NOTE: It's effective to do some of these exercises each day so that radiating love becomes your norm. These exercises are intended to inspire your own creative ways to increase your love and find the transformational benefits that come with it. Your heart will start to inform you of the myriad ways love can be effective. Know that any situation you send love to is raising the vibration of your own system and the energetic field environment of the planet.

To Love Is Why We Are Here.

“People are just scratching the surface of awareness regarding the focused power of love to create harmony and order in seemingly impossible situations, especially in healing issues with others or between countries and tribes.”

– Doc Childre

Objectivity

Objectivity involves finding the maturity to disengage from an issue for a few moments, letting emotions ease off, so you can return to a more objective view. This involves stepping back from the issue, so you can keep an open heart and mind about what is really happening. Seldom are you able to resolve your issues if your mind is made up and your emotions are locked in support.

The following technique was designed to create objectivity around an issue and help clear emotional memories. The easiest way to get started with the Cut-Thru steps is to practice on an issue as you read the steps. First, pick a minor issue to start with, not one that's highly charged emotionally which are more resistant to change. Softer issues often resolve quickly, yet they increase confidence and the resilience for taking on charged mindsets and stuck places. Remember to keep your attention and energy focused in the heart throughout the steps to stay coherent.

Exercise: Achieving Objectivity and Resolving Issues Using the Cut-Thru® Technique

Step 1. Become aware of your feelings regarding the challenge or issue.

Step 2. Focus your attention in the area of the heart. Imagine breathing ease or appreciation slowly and casually through your heart or chest area.

Step 3. Assume objectivity about the feeling or issue, as if you were considering it from a neutral observer's perspective.

Step 4. Rest in neutral in your objective, mature heart. Soak and ease any perplexing feelings in the compassion of the heart. This can help dissolve the significance a little at a time.

Step 5. After dissolving as much significance as you can, sincerely ask your heart's intuition for appropriate inner guidance or insight. Ask your heart what really matters here. This is an important part of Cut-Thru. Learning to dissolve significance is important because the significance we create adds more challenge than the issue itself – in many cases.

Suggestion: If you don't get an insight, find something to appreciate for a while and do Cut-Thru again at another time. Some issues take more heart soak time to create release. It takes genuine compassion, patience and appreciation to release old judgment histories that keep us disconnected from each other. This will get easier in time. We are not bad for having these feelings, yet we are happier and more effective as we transform them.

Journal/Notes



Patience

Patience supports our ability to manage our energies from a state of ease, especially when things don't move to suit our mind's pace. The speed of change can make life seem like it's on fast-forward. This can amplify impatience, irritation and frustration. These assumed small energy leaks often turn into blockbuster energy deficits over time, if we don't reset and transform them into patience, resilience and flow.

Rushed, impatient energy diffuses our capacity for favorable outcomes. When we push energy, this cancels the experience of flow and creates hiccups in our intentions. It's our mind that tends to rush energy; our heart chooses balance, rhythm and flow. When cooperating together, they increase outcomes that facilitate any situation.

Practicing patience and ease creates the energetic environment for flow to take place in our communications, choice selections and actions. Traffic jams, slow computers, and difficult people won't disappear as we practice patience. However, patience helps us attune our mental and emotional nature to the most reasonable and effective ways for responding to whatever life presents.

We often make high-spirited commitments for behavior changes and then our intentions fade because the lack of patience drains the energy from our commitment. Patience is a transformational heart quality that we often forget when we need it the most.

To access or restore patience and resilience whenever needed, moving with the attitude of inner ease is usually the missing ingredient. Breathing the attitude of ease creates the tolerance that disarms impatience. Before you respond to a vexing e-mail, person or situation, breathe ease and settle the mind and emotions. This helps you pause and review your response before you do or say something that creates an emotional mess and the downtime it takes for damage control.

Our intuition constantly prompts us to be more patient, but most of us know that initiative can slip away all too easily. Once we realize how many mental and emotional setbacks and physical energy drains are caused

from the lack of patience, you can bet we will commit like never before to install patience as one of our most important assets for navigating these times of high speed, unpredictable changes. Patience is a big deal. It's time for us all to accept this.

Exercise: Replacing Impatience with Patience

- 1.** Acknowledge your feelings as soon as you sense impatience, irritation or frustration.
- 2.** Pause what you're doing, focus on your heart, and breathe in the attitude of ease. Imagine with each breath that you are drawing in feelings of patience and calm.
- 3.** Once you activate your patience and regain your energetic poise, breathe this feeling for a while longer to help anchor it in. After doing this exercise for a day or two, your intuition will start to automatically cue you up when impatience persists.

As we commit to replacing impatience with inner ease and patience, our responses will play out with more balance, resilience, and clearer discernment. This can prevent much of the energy drain and fatigue we experience at the end of a day. Be patient with the process.

Journal/Notes



Stillness

It's a highly effective energy saving choice to schedule times for practicing *inner stillness* and allow our heart, mind and emotions to experience a relaxed time-out from competing with each other over which decides the choices and decisions we make. Stillness softens our determined mental and emotional traffic so that our heart-speak can be heard.

Stillness requires a little practice because our mind will try to occupy any available space, if the door is left cracked. However, if inner stillness practices didn't produce high-value results, think of all the centuries of time that meditators and spiritually conscious people would have wasted throughout history.

Forget the mystical and think of inner stillness as something practical and street worthy. How many times have we told children or others to get still inside and listen up because we have something important to tell them? This is because we instinctively know that stillness plays a part in the quality and depth of most people's hearing ability. So, why not use stillness in the way it can count the most—to quiet our mental and emotional static so that we can hear the counsel and wisdom from our heart's intuitive guidance.

When our mind finally lets go in meditation, inner stillness is where we land. From there we can reset and upgrade our life's experience. As we learn the value of inner stillness, this reduces life's more challenging ways of nudging us towards listening to our heart for guidance and discernment for better choices.

We often hear ourselves and others say, "If I had more foresight, I would have handled that situation differently." Stillness is a primary source for increasing our foresight and discernment. Inner stillness is a place that our heart can speak without the mind running it off the road. In order to "be still and know" we first have to be still enough to listen.

We suggest that practicing inner stillness to connect with our heart's intelligent guidance will become a most positive corner-turning step forward for humanity.

Exercise: Stillness

Step 1: As you breathe quietly, imagine your breath calmly slowing down the vibration of your mental and emotional energy. Stay with it and don't care if your mind disrupts you. This will improve with patience and practice.

To get benefits out of this stillness exercise, you don't have to totally stop the mind – even reducing thoughts and calming yourself improves your capacity to sense your heart feelings and suggestions. In a short amount of time, the power to quieten your mind will increase.

Step 2: As you feel your energy calming, softly radiate love and peace into your inner environment. This connects you with your heart energy.

Step 3: While maintaining your state of calmness, ask your heart for guidance, solutions, or deeper understanding regarding life issues you are experiencing.

Step 4: Imagine stillness as a peaceful place in which you are sitting. If thoughts do come up, don't push against them. Casually refocus on breathing love and peace into the stillness. Our higher choices become more obvious as we increase our capacity to listen in stillness to our heart's intelligent guidance.

Note: *When you're listening for intuition, don't expect a Siri or an Alexa type attendant on the other end with a download of answers. Especially on complex issues, intuitive feeling answers often come later – through something someone says, something you read, while you're in the shower, driving down the road, etc.*

Journal/Notes



Additional Free Resources

Explore HeartMath Institute's collection of free resources, offering practical solutions for expanding your heart connections, personal growth, health and fulfillment.

This includes e-books, webinars, blog article, videos, Add Heart Monthly Calls, a Personal Well-Being Survey and *Science of the Heart: Exploring the Role of the Heart in Human Performance* e-book. Also available are Free Mini-Courses, such as Trauma Education for Humanitarian and Emergency Responders, HeartMath Education and Resilience Training (H.E.A.R.T.) for Veterans and Service Members, HMI Coherence course, and Heart Rate Variability (HRV) Basics.

Go to <https://www.heartmath.org/resources/>

Global Coherence Initiative is a science-based, co-creative project to unite people in heart-focused love and intention, to facilitate the shift in global consciousness from instability and discord to compassionate care, cooperation, and increasing peace. Become a Global Coherence Emissary and join others on the Global Coherence App that connects people from all around the world.

Learn more at <https://www.heartmath.org/gci/>

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A vertical photograph of a sunset over the ocean. The sun is a bright white circle on the horizon, with a yellow and orange glow radiating from it. The sky transitions from yellow to a deep red at the top. The water is a mix of green and blue, with a shimmering reflection of the sun. The entire image is framed by a thick white border.

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