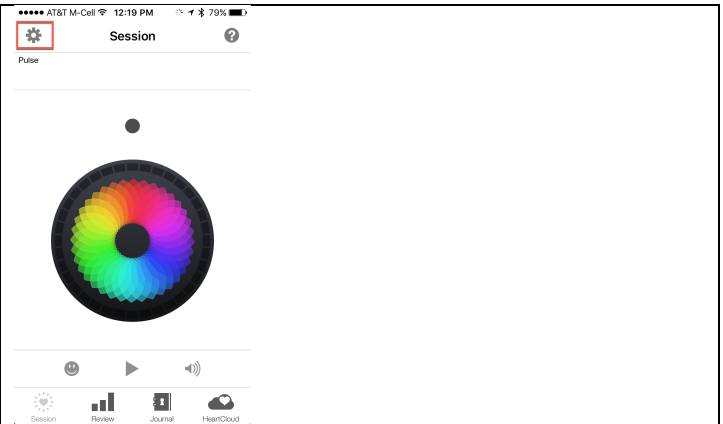
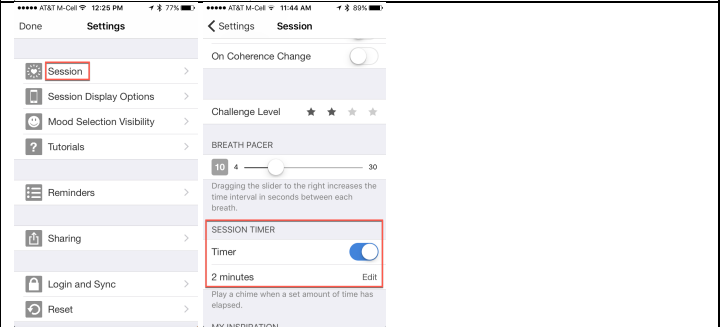


# Resonant Frequency Determination Using Inner Balance, Version 1.0

In the Inner Balance app, click on the wheel in the upper left to go to the Settings screen.

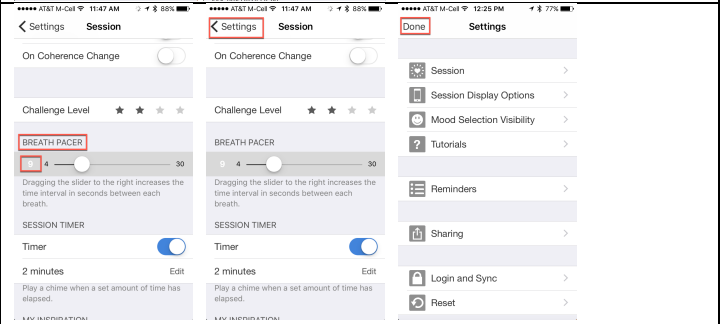


Tap Session, then scroll down to Session Timer, and set it to two minutes.



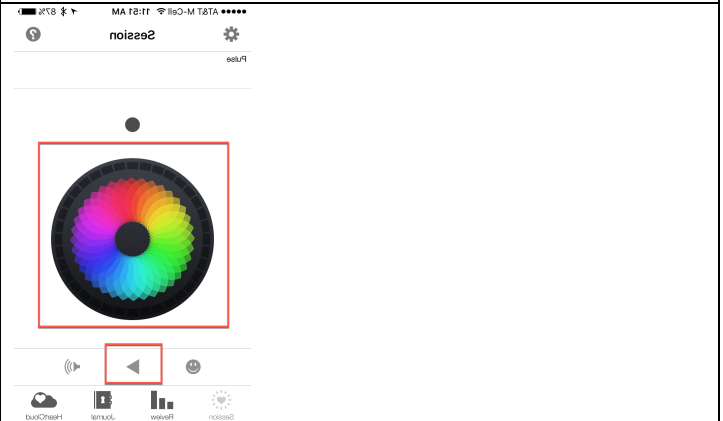
Just above Session Timer, set the Breath Pacer to 9 seconds.

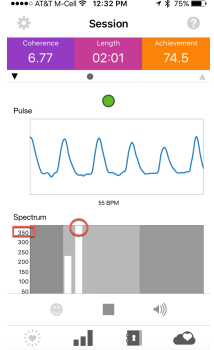
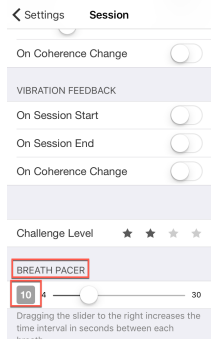
Exit the Sessions screen back to the mandala screen.



Start the session by clicking on the Start button at the bottom center of the screen and follow the breathing pacer with your breath.

The app will sound a tone when the session time reaches two minutes.



<p>Swipe left on the app screen until you see the power spectrum for the session.</p> <p>Note the height of the power spectrum peak by the numbers in the vertical axis to the left.</p> <p>Stop the session.</p>	
<p>In Settings, Session, set the Breath Pacer to 10 seconds, and start a new session.</p>	
<p>Repeat this process for Breath Pacer breathing rates of 11, 12, and 13 seconds.</p> <p>The breathing rate that results in the highest low frequency power spectrum peak in the neighborhood of 0.1 Hz is the client's resonant frequency.</p>	

The original description of the resonant frequency procedure from:  
 Resonant Frequency Biofeedback Training to Increase Cardiac Variability: Rationale and Manual for Training

We will now find your “resonant frequency”—the speed of breathing at which your RSA is the highest. In this procedure we will ask you to breathe at various rates for periods of about 2 minutes each. You should not find this task difficult. Breathe easily and comfortably. Do not try too hard. Do you have any questions? Have the trainee breathe for three minutes at each of several frequencies in the neighborhood of 0.1 Hz (e.g., 6.5, 6, 5.5, 5, 4.5 breaths/minute), as prompted. Set a pacing stimulus for each frequency. Ask the trainee to breathe at each frequency for 2 minutes (to allow computation of frequency spectra from at least ten breaths at each frequency). Do not begin this count until the trainee is breathing at the prescribed rate.

Please refer questions or comments about this document to Tom Beckman at [tom@heartmath.com](mailto:tom@heartmath.com) or 831-338-8745.x