
The

Quick Coherence Technique

An Easy and Powerful
One Minute Technique to calm your mind
and release stress.



The Power of The Heart

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- Author & Speaker -



The Quick Coherence Technique was designed by the research company **Heartmath**.

Using this technique will easily make you more balanced and more peaceful. It will help you to become heart-based. It only takes 1 minute and you are balanced. In just 60 seconds you can release stress and calm down.

25 years ago Heartmath was founded. It is a non-profit organization researching heart and mind interactions. They have carried out some stunning and cutting edge research on both the heart and the mind.

You might know who I am at this point, you might not. Not sure, but
The heart is much more than a muscle pumping blood. It has **intuitive intelligence** and is constantly communicating with the brain.

Heartmath has shown that we can use the power of our hearts to balance thoughts and emotions. By doing that we can achieve energy, mental clarity and feel better fast anywhere.

You can use this technique when you begin feeling a draining emotion such as frustration, irritation, anxiety or anger.

Here is how you use it:



Step 1: Heart Focus.

Focus your attention on the area around your heart, the area in the center of your chest. If you prefer, the first couple of times you try it, place your hand over the center of your chest to help keep your attention in the heart area.

Hi, I'm Camillo.

The Quick Coherence® Technique

Step 1: Heart Focus

Focus your attention on the area around your heart, the area in the center of your chest.

Empowering Heart-Based Living

Image from www.heartmath.com



Step 2: Heart Breathing.

Breathe deeply through your nose and imagine that your breath is coming in and going out through your heart area. Continue breathing with ease until you find a natural inner rhythm that feels good to you.

Hi, I'm Camillo.



Image from www.heartmath.com



Step 3: Heart Feeling.

As you maintain your heart focus and heart breathing, activate a positive feeling. Recall a positive feeling, a time when you felt good inside, and try to re-experience the feeling. One of the easiest ways to generate a positive, heart-based feeling is to remember a special place you've been to or the love you feel for a close friend or family member or treasured pet. **This is the most important step.**

Hi, I'm Camillo.

You might know

Not sure, but



Image from www.heartmath.com



- You can do the Quick Coherence Technique anytime, anywhere and no one will know you're doing it. In less than a minute, it creates positive changes in your heart rhythms, sending powerful signals to the brain that can improve how you're feeling.
- Apply this one-minute technique when going to bed, first thing in the morning, before or during phone calls or meetings, in the middle of a difficult conversation, when you feel overwhelmed or pressed for time, or anytime you simply want to practice increasing your coherence.
- You can also use Quick Coherence whenever you need more coordination, speed and fluidity in your reactions.
- If you do this technique in combination with your mental exercises when going to bed it will be easier to make stronger impact on your subconscious mind. This technique is all about being heart based and if you are in a heart based state when you start your creative visualization techniques or your affirmation techniques you are «piggy backing» on an established feeling in your body. This will help your mental exercises be more effective.

You can read more about heart coherence from Heartmath at their website here: <https://www.heartmath.org/articles-of-the-heart/the-math-of-heartmath/coherence/#more-5762>

