

Intelligent Energy Management Techniques Quick Guide

Intelligent Energy Management Technique	Reasons to Use	Quick Steps
Heart Focused Breathing™ - <i>essential component of all other techniques</i>	- Saves Energy - Reduces intensity or “turns down the volume” of depleting emotions - Establishes a calm but alert state - Maintains Composure - Shifts and sustains balance	- 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
Inner-Ease™	- Sustains coherence - Slows down mental and emotional rhythms - Generates Active Calm or “inner stillness on the move” - Creates an Inner pause - Increases ability to make better decisions	- Heart Focused Breathing - Draw in the feeling of inner ease - Anchor and maintain the feeling
Quick Coherence®	- Builds coherence and composure - Regulates energy expenditure - Increases resiliency capacity	- Heart Focused Breathing - Activate Renewing Feeling
Freeze Frame®	- Reduces energy drains - Increases ability to quickly develop solutions and problem solve - Increases clarity and access to intuitive intelligence - Improves mental functions - Increases access to creativity and “out of the box” solutions	- Acknowledge - Heart-Focused Breathing - Activate a positive or renewing feeling - Ask - Observe and act
Coherent Communication™	- Fosters mutual respect - Creates more harmonious interactions - Reduces stress, drama and energy drains - Shortens meeting times In the work place	- Shift into heart coherence - Listen for the essence; speak with a genuine tone - Confirm mutual understanding
Heart Lock-in®	- Accumulates and sustains resilience - Builds a new resilience and coherence baseline - Improves and builds a coherent field environment	- Heart-Focused Breathing - Activate and sustain - Radiate