

"When we react to life from the head
without joining forces with the heart,
it can lead us into childish,
inelegant behavior that we don't
respect in ourselves.

~ Doc Childre, HeartMath Institute



Welcome

Sound, Science & Spirituality
Presents...

LIVING FROM THE INTELLIGENCE OF YOUR HEART



With David Hulse

Week 3: Accessing Heart Intelligence





RESILIENCE:

The capacity to *prepare for...*
recover from... and *adapt...* in the face of...



Every **EMOTION** you
experience, whether or not you are
aware of it, has an effect on your
body and on your resilience.



COHERENCE:
A state of optimal functioning



Quick Coherence®

1. Focus your attention in the area of your heart.
2. Imagine your breath passing in and out through your heart or the center of your chest as you slowly inhale and exhale.
3. Breathe in an attitude of love and joy.
4. You can also breathe in a feeling of gratitude or compassion or whatever feeling you find most soothing.

Would those who know **YOU**
say **YOU** are a person of the...





Head and Heart
BOTH
PLAY AN IMPORTANT ROLE

LET'S BECOME MORE
"CARDIO-SENSITIVE"



AWAKEN THE BRAIN
TO ITS PARTNER THAT THINKS IN A DIFFERENT WAY

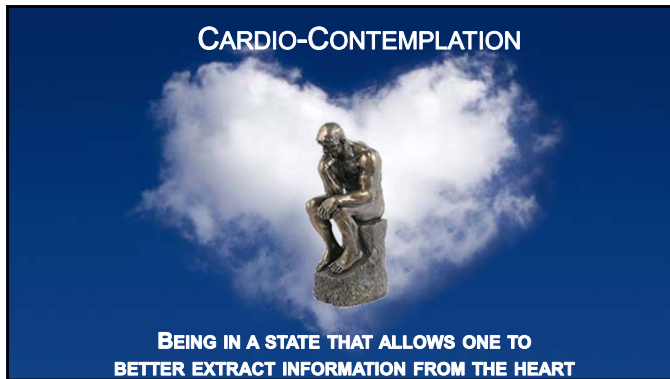
Proverbs 20:5

A plan in the heart of man is like water in a deep well, but a man of understanding draws it out.

The "Little Brain" in the Heart







Week 3 Technique: *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

1. Heart Focused Breathing
 2. Draw in the feeling of inner ease:
 3. Anchor and maintain the feeling

PRACTICE WITH EYES OPEN
 Learn how you can **ACTIVE** calm or inner stillness **WHILE ON THE MOVE**

Week 4: *HEART CONNECTING RELATIONSHIPS*

How relationships of the heart are assignments and opportunities for growth.

Week 4 Technique: *Heart Lock-in®*

- ✓ Accumulates and sustains resilience
- ✓ Builds a new resilience and coherence baseline
- ✓ Improves and builds a coherent field environment
