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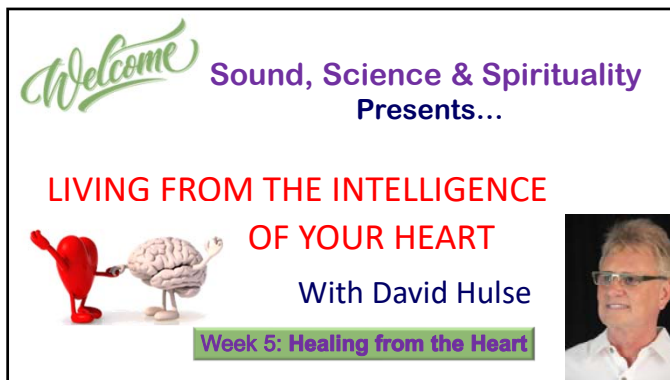
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**SELFLESS “KNOWING”**

An energetic epiphany  
that we are totally  
connected beings and  
not just separate persons.

We are not **JUST PARTICLES**  
occasionally bumping into each  
other, but ...

**WAVES OF ENERGY INFINITELY  
LINKED TOGETHER.**




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**Week 4 Technique: *Heart Lock-in®***

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.
2. Activate and sustain a feeling such as appreciation, care, love or compassion.
3. Radiate that renewing feeling to yourself and others.

Use the Heart Lock-in® technique for 5 to 15 minutes several times a week to sustain and build your coherence baseline. It helps to accumulate energy and recharge your emotional system.

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**HEALING**




Not “*trying*” to heal but allowing the heart’s natural healing energy and all the memories of healings that have every occurred, to resonate with YOU.

**WITH YOUR**



Heart medicine recognizes that the body has its own natural wisdom, an intuitive integrative capacity that, is working every moment of YOUR life.

**HEART**



Heart medicine helps healing happen within YOU by allowing the natural life energy from YOUR heart to flow freely.

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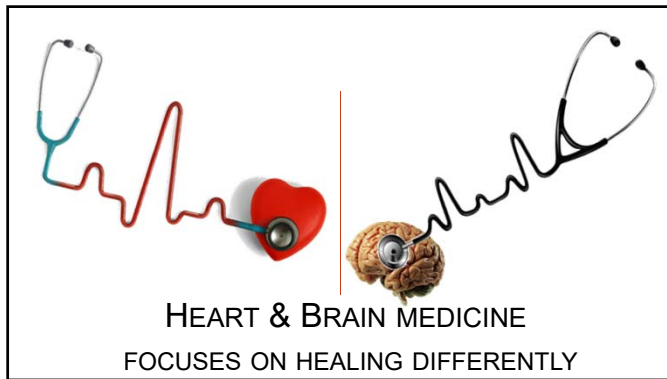
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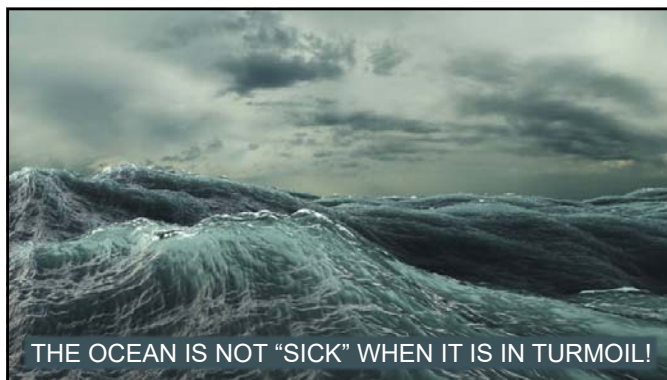
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## Proverbs 17:22

**A happy heart is good  
medicine and a joyful mind  
causes healing, but a broken  
spirit dries up the bones.**

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### Week 5 Technique: *Freeze Frame®*

The Freeze Frame technique allows us to use more of our smart-thinking brain & can reduce stress by helping shift our perception.

Based on the Institute of HeartMath... Freeze Frame® is known to:

1. Reduce energy drains
2. Increases ability to quickly develop solutions and problem solve
3. Increases clarity and access to intuitive intelligence
4. Improves mental functions
5. Increases access to creativity and "out of the box" solutions

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### *Freeze Frame®*

1. Acknowledge the problem or issue and any attitudes or feelings about it.
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.
3. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.
4. From this more objective place, ask yourself with would be a more efficient or effective attitude, action or solution.
5. Quietly observe any subtle changes in perception, attitudes or feelings. Commit to sustaining beneficial attitude shifts and acting on new insights.

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