

Welcome Sound, Science & Spirituality
Presents...

**LIVING FROM THE INTELLIGENCE
OF YOUR HEART**

With David Hulse

Week 6: Heart to Heart

Heart Focused Breathing™

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.

Quick Coherence®

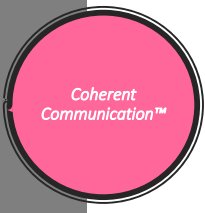
1. Heart Focused Breathing
2. Breath in an attitude of calm and balance.
3. You can also breath in a feeling of gratitude or compassion or whatever feeling you find most soothing.

Inner-Ease™


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


Freeze Frame®

1. Acknowledge the problem or issue and any attitudes or feelings about it.
2. Heart Focused Breathing
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.



At the **HEART**
of all successful communication is the sense that people feel you
are listening to them and that you are speaking authentically.





Being judgmental or impatient impacts communication.
Holding judgments or anger blocks the ability to listen.

Week 6 Technique: Coherent Communication™
AN IMPORTANT TOOL TO USE WHEN YOU ARE TALKING WITH SOMEONE

- ✓ Fosters mutual respect
- ✓ Creates more harmonious interactions
- ✓ Reduces stress, drama and energy drains
- ✓ Shortens meeting times in the work place

Coherent Communication™

1. Shift into a heart coherent state before communicating to effectively share and receive information.
2. Listen for the essence of what is being said without prejudging or getting pulled into drama before the communication is complete.
3. During important or sensitive communications, it's effective to confirm the essence of what you heard to ensure mutual understanding.

Remember, no one else needs to know that you are using a technique to improve your communication skills, but it's likely that when you do, people will start to notice a difference.
