



# CENTER FOR TRUE HEALTH

## Heart Breathing Technique

The heart is the biggest emitter of electromagnetic energy in the body: it's 100x more powerful than the brain. When you do the Heart Breathing technique your heart and brain synchronize and get in balance. It only takes a minute to create positive changes in your heart rhythms, sending powerful signals to the brain that can improve how you're feeling.

Breathe in and out from the heart and know this is another way to spread healing energy throughout your body:

### Step 1: Heart Focus:

Focus your attention on the area around your heart, the center of your chest. If you want, place your hand over the center of your chest to help keep your attention on this area.

### Step 2: Heart Breathing:

Breathe deeply but normally and feel as if your breath is coming in and out from your heart. As you inhale, feel as if your breath is flowing in through the heart, and as you exhale, feel it leaving through this area.

### Step 3: Heart Feeling:

As you breathe from your heart, recall a positive feeling, a time when you felt really good. One of the easiest ways to do this is to think of someone (or a pet) or someplace you love. This is the most important step.

### Step 4: From meditation teacher Terry Patten:

While you're doing this heart breathing, feel what it would be like to *trust* this good feeling completely. Don't worry about what exactly you're trusting. Just trust the essential goodness, beauty, and gracefulness of existence. Just trust—and for the length of the exercise, keep trusting, breathing, feeling that good feeling while breathing to and from the heart, letting go and trusting completely, feeling nurtured and fed and bathed in this good feeling, able to trust even in the face of your tendencies toward distrust and fear.

If you can find even a small genuine feeling of trust, let go into it as deeply as you can, breathing to and from the heart, feeling and re-experiencing the essential goodness of existence. Then, if you like, you can consult the intelligence of the heart. You can feel into a question on which you'd like deeper guidance. What wisdom does your heart intelligence have to offer?

This technique is especially useful when you start to feel a draining emotion such as frustration, irritation, anxiety, or stress. It's a simple yet powerful way to bring yourself back into balance quickly.

### Short Version:

- Imagine the breath passing in and out through the heart
- Send it to areas of the body that need healing

- You'll notice something happening
- Breathe an attitude of calm or balance (or whatever positive emotion you choose) to help restore balance

Check out [HeartMath.org](http://HeartMath.org) for research on heart coherence and its effect on health.