

Quick Coherence® Technique

Quick Coherence Quick Steps

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling

Heart-Focused breathing helps take the intensity out of a reaction or background feeling such as anxiety or fear. We need to be realistic, however, and know that we may still have the same energy-draining feelings, but at diminished levels by turning down the volume of our anger or impatience, for example. The next important step in replenishing your energy levels and resilience is to experience a higher ratio of regenerative feelings such as appreciation, compassion, courage, dignity, integrity or one of the feelings you identified in the energy-renewing exercise. The purpose of the Quick coherence Technique is consciously self-activating a regenerative feeling. Remember, it's *renewing* or *positive feelings* that create coherence.

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Step 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. *Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).*

Putting your attention around the heart area helps you center and get coherent.

Step 2. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. *Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, and accomplishment, etc., or focus on a feeling of calm or ease.*

Use the Quick Coherence Technique whenever you recognize energy-draining moments, however subtle. Self-activating renewing emotions leads to greater resilience. You don't have to wait to feel a drain to use it. Use it anytime!

A critical aspect of learning how to sustain your personal coherence is practice. With sincere effort, most people find they can learn to create or experience a regenerative feeling.

Note: With practice, you often can do both steps in one breath cycle. Shift your focus to your heart as you inhale and activate a positive feeling as you exhale.