

## ***Tools for Heart Centered Living: Heart Breathing\****

Heart breathing is great tool to use when you first wake up to start your day in a powerful way, before you go to sleep to shut down self talk and improve sleep, and throughout the day when you feel stressed, angry, frustrated, anxious, etc.

I like to close down my energy circuits from outside stimuli by placing my tongue on the roof of my mouth and either putting my fingertips together or joining the thumb and index finger as we learn in meditation.

- Focus on something you're grateful for. Something that brings a smile to your face or even a tear to your eye.
- Focus on your breath as you inhale gratitude and exhale any stress, worry, concern, fear, negativity.
- Imagine that with each inhalation your heart is expanding in your chest, squeezing out any negativity.
- Now imagine that you are breathing directly into your heart ... expanding your heart even further to fill up your chest cavity with gratitude while squeezing out negativity, worry, concern, etc.
- Take a few focused breaths like this ... filling up your chest cavity completely with gratitude and squeezing out any last bit of negativity.
- Now slow down your breath ... breathe in to the count of 3 (one thousand one, one thousand two, one thousand three and out to the count of 6 ... one thousand one, one thousand two, one thousand three, etc.) continuing to focus on whatever it is you are grateful for and breathing that gratitude directly into your heart.
- Repeat the "in to the count of 3 and out to the count of 6" breaths 3 to 5 times.
- Enjoy the relaxing feeling of serotonin being released in your brain.
- Anchor the feeling by placing the index finger and thumb together in a circle.
- This is great to do at bedtime to quiet your mind and improve sleep, when you feel yourself getting angry or frustrated, just before doing a presentation or entering into a stressful situation or anytime throughout your day when you feel the need to relax and get calm and peaceful or enhance your gratitude practice.
- Eventually, with practice and using the anchor (joining index finger and thumb) you will get to a place that you can do this in one or two breaths.

\*This version of heart breathing is based on Quick Coherence Technique which is a HeartMath tool. For more information, visit [www.heartmath.org](http://www.heartmath.org).

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