

The Quick Coherence Technique ~ [Heart Math.com](http://HeartMath.com)

A HeartMath TIP: For most decisions, try the following to rapidly shift your emotional state by sending positive emotions through your system and opening up the pathways of communication between your heart and brain. With practice you can routinely achieve the clarity and "heart coherence" necessary for optimal heart-brain decision-making.

Heart Focus: Shift your attention to the area of your heart and breathe slowly and deeply.

Heart Breathing: Keep your focus in the heart by gently breathing – 5 seconds in and five seconds out – through the area of your heart. Do this two or three times.

Heart Feeling: Activate and sustain a genuine feeling of appreciation or care for someone or something in your life. Focus on the good heart feeling as you continue breathing through the area of your heart.

The Global Coherence Initiative ~ GLCoherence.org

The Global Coherence Initiative is a science-based initiative uniting millions of people in heart-focused care and intention, to shift global consciousness from instability and discord to balance, cooperation and enduring peace.

This project has been launched by the Institute of HeartMath®, a nonprofit 501(c)(3), a recognized global leader in researching emotional physiology, heart-brain interactions and the physiology of optimal health and performance.

The Global Coherence Initiative is designed to help individuals and groups work together, synchronistically and strategically to increase the impact of their efforts to create positive global change.

Together we will:

- Increase personal coherence for the benefit of ourselves and the planet
- Help shift the planetary consciousness baseline from self-centeredness to wholeness care
- Increase connection and social harmony
- Empower our ability to navigate through global changes with less stress and more ease
- Empower environmental responsibility and stewardship of the planet

Click on link above to read more on **Heart Coherence & Earth Monitoring!**

Infinite gratitude to Gregg Braden, a beautiful soul and gifted teacher.

GreggBraden.com