

@recreatingradiancelife

Natural Systems for Greater Human Nature

Activation #1: BE SMARTER THROUGH THE HEART

Are you doing your best, yet feeling overloaded? Do you ever feel like your intelligence or capacity is affected? HEART FOCUSED BREATHING can help us care for ourselves to reduce our drains, and help us think more clearly.

It's a natural built in system we have; an effective technique to take the charge out of a reaction and to start the process of shifting into a more coherent state. It's something we can do anywhere, on the go.

It is step one in shifting to a state of focused energy, alertness and calm, at the same time which is important for safety, decision making & communication.

It can quickly reduce feelings of anger, anxiety, overwhelm, dread, acute pain, etc. With practice we can calm our stress reactions and reduce drama.

YOUR SAMPLE HEART FOCUSED BREATHING LESSON

STEP 1 - Focus your attention on the area of the Heart

STEP 2 - Imagine your breath is flowing in & out of your Heart (chest area)

STEP 3 - Breathe a little slower and deeper than usual

SUGGESTION: Inhale 5 seconds, exhale 5 seconds, or whatever rhythm is comfortable for have your in breath and our breath be the same in length

For more information visit: www.recreatingradiance.life

Was this helpful? I'd love to hear your comments and invite you to email me at robyn@recreatingradiance.life

Suggested Times to Use:

1. Upon waking
2. Before bed
3. Before important conversations
4. When feeling triggered or stressed
5. Before meditation or prayer
6. Bridging between work & home
7. Between appointments, clients
8. In traffic
9. Before making any important decisions

