



Spokane Holistic Healing Client Handout

HeartMath Biofeedback Guiding Exercises

HeartMath Biofeedback Guiding Exercise

This exercise helps clients regulate their nervous system, reduce stress, and build resilience using HeartMath techniques, which focus on heart-brain coherence through controlled breathing and positive emotions.

1. Setting the Intention (2-3 minutes)

- Ask the client to find a quiet, comfortable space.
- Encourage them to close their eyes and take a few deep breaths.
- Set a positive intention for the session, such as *"I am creating inner balance and calm."*

2. Heart-Focused Breathing (5 minutes)

- Guide them to focus their attention on their heart area.
- Instruct them to breathe in **slowly and deeply** through the nose for about **5 seconds** and exhale gently through the mouth for **5 seconds**.
- Encourage them to imagine their breath flowing in and out of the heart.

3. Activating a Positive Emotion (5 minutes)

- Ask them to recall a **positive** experience, a person they love, or something that brings them joy.
- Encourage them to **feel** the emotions of gratitude, love, or appreciation while continuing heart-focused breathing.
- If using a HeartMath biofeedback device, have them observe how their coherence level shifts.

4. Sustaining Coherence (5 minutes)

- Guide them to maintain the rhythmic breathing and positive emotional state.
- Encourage them to visualize **their heart and brain syncing in harmony**, promoting emotional balance.
- If anxiety or stress arises, remind them to return to their breath and positive emotion.

5. Reflection & Daily Integration (5 minutes)

- Ask: *How do you feel now compared to before the exercise?*



- Discuss ways to integrate this practice into their daily routine (e.g., morning practice, before stressful events, or as a bedtime routine).
- Suggest using a HeartMath device for tracking progress if available.

Guided Script for HeartMath Biofeedback Exercise

This script can be used in sessions to guide clients through a HeartMath-based biofeedback exercise, promoting heart coherence and emotional balance.

1. Introduction & Intention Setting (2-3 minutes)

"Let's begin by finding a comfortable position—either sitting upright or lying down. Gently close your eyes or soften your gaze. Take a moment to bring your awareness inward and set an intention for this practice. Maybe it's to feel calmer, more centered, or simply to reconnect with yourself. There's no right or wrong—just allow yourself to be present."

2. Heart-Focused Breathing (5 minutes)

"Now, bring your attention to the area around your heart. Imagine your breath flowing in and out of this space, as if your heart itself is breathing."

(Pause for a few breaths to allow them to settle into the practice.)

"Breathe in deeply through your nose... for a slow count of five... (inhale)"

"Now exhale gently through your mouth... for another slow count of five... (exhale)"

"Continue breathing at this slow, steady rhythm—inhale for five... exhale for five... Let each breath feel smooth and effortless."

"If your mind wanders, gently bring it back to the rhythm of your breath and the sensation of your heart expanding and contracting with each inhale and exhale."

3. Activating a Positive Emotion (5 minutes)

"Now, while maintaining this heart-focused breathing, bring to mind something that fills you with warmth, love, or gratitude. It could be a person you care about, a favorite place, a cherished memory, or even a pet."



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"As you hold this thought, allow yourself to truly feel the emotions that come with it—gratitude, love, appreciation, peace."

(Pause for a moment.)

"Let this feeling expand, as if it is radiating from your heart, filling your entire body with warmth and ease."

"Notice how your breath and emotions are working together, creating a sense of balance and calm within you."

4. Sustaining Coherence (5 minutes)

"As you continue this heart-focused breathing and the positive emotion you've cultivated, imagine your heart and brain syncing in perfect harmony. Your heart is sending calming signals to your brain, creating a sense of clarity, resilience, and peace."

"If any stress or tension arises, simply acknowledge it and return your focus to your breath and the positive emotion you've chosen."

"Stay in this space for a few more moments, feeling connected, centered, and at ease."

5. Reflection & Integration (5 minutes)

"Now, slowly bring your awareness back to the present moment. Wiggle your fingers and toes, and when you're ready, gently open your eyes."

"Take a moment to notice how you feel compared to when we started. Do you feel calmer? More balanced? Simply observe without judgment."

"This practice can be a powerful tool for reducing stress and building emotional resilience. Consider integrating it into your daily routine—perhaps in the morning, before stressful situations, or as a way to wind down at night."

"Would you like to share anything about your experience?"



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This script can be adapted based on client needs, and if using a HeartMath device, you can encourage them to observe their coherence level as they practice.