

Freeze Frame and Cut-Thru Techniques

Great HeartMath Techniques to counteract a Brain Hijack!

Freeze-Frame - is the simplest of the HeartMath tools. I like to call it the Freeze Re-Frame, because you are really doing a reframe. It is a one-minute technique that allows a major shift in perception. More than positive thinking, it creates a definitive, heartfelt shift in how we view a situation, an individual or ourselves. When under stress or experiencing/about to experience "**Brain Hijack**":

1. Shift out of the head. Focus on the area around your heart. Keep your attention there for at least ten - 15 seconds. Breathe normally.
2. Recall a positive time or feeling you had in your life. Do your very best to re-experience it. **It is important not just to visualize the event, but also to allow yourself to fully feel the positive event.**
3. Ask a question from the heart: "What can I do in this situation to make it different?" or. More specifically if you are faced with a compulsion in regard to food or eating "What can I do to reframe the compulsion and let it naturally fade away into the nothingness and unimportance that it really is?"
4. Listen to the response of your heart.

You may hear nothing, but perhaps feel calmer. You may receive verification of something you already know, or you may experience a complete perspective shift, seeing the crisis/brain hijack in a more balanced way. Although we may not have control over the event, we do have control over our perception of it.

Cut-Thru is a technique developed to help us better manage our emotions. It gives us the ability to "cut through" complex, long-standing emotions, and dynamically move from one place to another.

1. Be aware of how you feel about the issue. Focus in on your heart.
2. Assume objectivity. Act as though it were someone else's problem. What kind of advice would you give this person who's experiencing or about to experience a Brain Hijack? Someone close to you that is about to binge? You'd probably say, "Hey, relax, it's no big deal. This is just food. It's just there. It has no power over you. **It's just food.** You really don't even want it. How will that do any good for you?"

3. Take the distorted feelings, the emotional energy that is out of balance, and bring it to the heart. Let it soak there, as if you were soaking in a warm bath. Practice letting the heart do the work for you.

Cut-Thru gives us the ability to transform instead of repress or lose control over our behavior. This technique requires more contemplation than Freeze-Frame but is also more useful with deeper, and more complicated issues. Long-standing emotions have been stored in us through our life experience. Cut-Thru gives us the ability to transform instead of repress.

Because as you will learn throughout this course (the Law of Conservation) that energy cannot be destroyed. It can only be transformed or transferred from one form to another.

Repressed energy is stored in the body and usually manifest as some sort of illness. The energy of your “Brain Hijack” needs to be transformed/transferred and using any of the Heart Math techniques (Freeze Frame, Cut Thru, Quick Coherence, or Lock-in) will transform your energy from negative to positive quite effectively!