

# Focus on Gratitude



## *The Quick Coherence Technique*

Quick Coherence is a powerful emotion refocusing technique that connects you with your heart power to help you release stress, balance your emotions, and feel better fast. Once you've learned the technique, it only takes a minute to do.

### Step 1: Heart Focus

Gently focus your attention in the area of your heart. If you like, you can put your hand over your heart to help. If your mind wanders out of habit, just keep shifting your attention back to the area of your heart.

### Step 2: Heart Breathing

As you focus on the area of your heart, pretend your breath is flowing in and out through that area. This helps your mind and energy to stay focused and your respiration and heart rhythms to synchronize. Breathe slowly and gently, until your breathing feels smooth and balanced, not forced. Continue to breathe with ease until you find a natural inner rhythm that feels good to you.

### Step 3: Heart Feeling

As you continue to breathe, recall a positive feeling, a time when you *felt* good inside. Now try to re-experience the feeling. This could be a feeling of appreciation or care towards a special person, a pet, a place you enjoy or an activity that was fun. Allow yourself to *feel* this good feeling of appreciation or care. If you can't feel anything, it's okay, just try to find a sincere attitude of appreciation or care. Once you've found a positive feeling or attitude, you can sustain it by continuing your heart focus, heart breathing and heart feeling.

Used with permission courtesy of the Institute of HeartMath.