

The HeartMath Experience

Chapter Summary



Chapter Four – Quick Coherence

Key Learning from this Chapter

With the Quick Coherence® technique, you can strengthen the attributes of the heart, such as love, appreciation, care and compassion, breathing in these qualities of the heart and imprinting them on your intentions for health, performance and better communication.

We suggest you practice the Quick Coherence technique several times a day. It can be especially useful for the following:

- To restore balance and flow when you're feeling stressed or overloaded.
- During transitions, such as before meetings or important phone calls, before going into work or when coming home.
- Before important communications, such as phone calls, e-mails or speaking to someone about a problem.

“I like Quick Coherence because I can do it on the fly, I can do it in the moment. I can also do it to prep for some of those events that might be triggers.... not just the dangerous situation you might think of in the field, but maybe with a boss that was problematic or in traffic.”

- Henry Lescualt, Executive coach, former Federal Law Enforcement Officer

“People don’t have to be on their own or get away from the situation. What I love about HeartMath tools is using them with eyes open.”

Phillip Merry
International
Leadership
Consultant, Trainer
and Author

“It gets easier and easier to choose on demand so we can live a more grateful, appreciative life without waiting for something external to inspire it.”

Deborah Rozman,
HeartMath CEO and
Author

The HeartMath Experience

Chapter Summary

Chapter Four – Quick Coherence

TECHNIQUE #2 QUICK COHERENCE

1. Heart-Focused Breathing—Bring your attention and awareness to your heart, to the center of your chest. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.
2. Activate a Positive, Renewing Feeling—Perhaps you can re-experience a time you felt love or appreciation for a person, a pet, a moment in nature or an accomplishment, or just breathe in an attitude of love or gratitude.

Additional Resources for Learning More About These Subjects

- Quick Coherence video: <https://youtu.be/sKmKKCdnJ4U>
- Quick Coherence video and written steps online: <https://www.heartmath.com/quick-coherence-technique/>
- Heart Intelligence—Chapter 4: <https://store.heartmath.com/heart-intelligence>

Quick Coherence

Quick Steps:

1. Heart-Focused breathing
2. Activate a positive or renewing feeling

“Signals go up into the higher perceptual centers in the brain so we can perceive that things are not necessarily as stressful, confusing or frustrating. You are able to see into how to navigate life.”

Howard Martin,
HeartMath Author and
Business Leader