

The HeartMath Experience

Chapter Summary



Chapter Seven – Accessing More Intuition

Key Learning from this Chapter

Sometimes we have an inner knowing, a sense of clarity that just feels right. It is often a delicate, quiet or easy feeling that offers direct perception. It can involve answers that seem at times to come out of nowhere or a very tangible feeling about what you should or should not do. In essence, this is what many call intuition. Heart intelligence, heart coherence and intuition are linked and work together.

Practicing a few minutes several times a day to increase heart coherence can help you have more intuition at important choice points, helping you to choose your actions and reactions rather than mechanically respond in the same old stress-producing behavior patterns.

Inspiration from Chapter Seven

“Freeze-Frame gives you a deeper wisdom which at the very least calms your nerves. A lot of the times I’ve been able to access some profound insights on what to do next.”

Mohammad Sheikh, Coach and Trainer

“Intuition has always played out in business, but people don’t actually talk about it. I’ve noticed over the last 10 years that intuition, which was nowhere in leadership competence, is now there. I think we are in a time in the business world where people are much more comfortable to talk about a partnership between head and heart.”

- Phillip Merry, HeartMath Master Trainer, Corporate Consultant

“Freeze-Frame is my favorite technique because it really embraces what HeartMath is about. It allows us to get into a more coherent state so we’re sending a different coherent signal to the brain. It also has another step where we ask our heart for its intuitive guidance.”

Rollin McCraty
HeartMath Institute
Director of Research

The HeartMath Experience

Chapter Summary

Chapter Seven – Accessing More Intuition

TECHNIQUE #4 FREEZE-FRAME®

The Freeze-Frame technique can help you access more of your heart's intuitive guidance. It's a multipurpose technique for stopping energy drains from mentally and emotionally processing a problem, then gaining clarity or insight from the heart's intuitive guidance regarding a more effective approach. The Freeze-Frame technique is not just for problems; it's also helpful for gaining new insights on creative projects.

Freeze-Frame Quick Steps:

1. Acknowledge
2. Heart-focused breathing
3. Activate a positive or renewing feeling
4. Ask
5. Observe and act

“If I have to make a big decision, I am going to use logical, linear intelligence. I am going to use what I have known from the past, from my life experience. I am also going to get a second opinion. I am going to consult with my heart and then take all of that information and use it to make the decision. I might not always get it right, but it makes me feel good to know I did the best I could to get it right.”

Howard Martin
HeartMath Author and
Business Leader

Additional Resources for Learning More About These Subjects

- The Power of the Heart video:
https://www.youtube.com/watch?time_continue=135&v=4MNHsNn19ug
- Heart Intelligence book—Chapter 3:
<https://store.heartmath.com/heart-intelligence>
- The HeartMath Solution—Chapter 4:
<https://store.heartmath.com/item/1064/heartmath-the-heartmath-solution>