

HeartMath® Tools



These tools have been developed by the HeartMath® Institute for the purpose of connecting with our intuition and controlling the emotions that arise when challenges occur. Please see their website for additional information at <https://www.heartmath.org>.

The following descriptions are quoted from <https://www.pbs.org/bodyandsoul/203/heartmath.htm>

Freeze-Frame®

Freeze-Frame is the simplest of the HeartMath® tools. 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:

1. Shift out of the head, and focus on the area around your heart. Keep your attention there for at least ten seconds. Continue to breathe normally.
2. Recall a positive time or feeling you had in your life, and attempt to re-experience it. Remember, try not simply to visualize it, but rather to feel it fully.
3. Ask a question from the heart: "What can I do in this situation to make it different?" or "What can I do to minimize stress?"
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 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®

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 just been slighted by a co-worker? You'd probably say, "Hey, relax, it's no big deal."
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 tends to require more mature contemplation than Freeze-Frame. But it 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.

Heart Lock-In®

Rather than fixing something, Heart Lock-In is about experiencing your heart at a deeper level.

1. Shift your attention away from your mind and focus on your heart.
2. Remember the feeling of love or care you have for someone whom it's easy for you to love. Focus on a feeling of appreciation for someone or something positive. Try to stay with that feeling for five to fifteen minutes.
3. Gently send that feeling of love or appreciation to yourself and others.

In fifteen minutes, a Heart Lock-In can provide physical, mental and spiritual regeneration.