

Ideas for Practicing Heart Coherence

The goal is to come from the heart, with an attitude of loving-kindness, to practice it as a meditation, and to choose to apply it daily.

1. It is so simple. Begin by breathing consciously in and out of the heart region for about 3 – 5 breaths. Bring loved ones to mind and send loving thoughts to them. Not words but feelings. Appreciate their qualities and gifts to you and send love and gratitude to them. Loved ones can include places and things and pets or whatever you appreciate. You can set a timer and meditate like this for 5-20 minutes.
2. Choose a time or times, to practice and stick to it as best as you can. However, it is better to practice later or at an odd time than not at all. It is also better for your focus to meditate before a meal rather than after.
3. It is helpful to choose a place and stick to that. Comfortable, upright seating is all that is needed, and the energy of your meditation focus will build in the chair and room that you use regularly. Again, better to practice in your car, than not at all.
4. Music that is spiritual, but not spacy, can help to tune the mind to a higher frequency, and mute out other noises. Turn the phone off and put the pets out, if they are distracting.
5. When you are done sit quietly and remember any insights or intuition you received. You may want to record the information in order to help you apply it later.
6. Shorter times of practice that are repeated during the day can be more useful than long sessions once a day. The goal is to train the mind to choose the attitude of lovingkindness.
7. Enter “heart coherence” in your search engine to access research and articles about this process, if you like. The Heartmath Solution is the basic book about the physiological aspects, but much more has been discovered since its publication. Robert Gass has chanting cds that some find conducive to meditation, as does Stephen Halpern.
8. It is very important to remember that on some days, practice will seem fairly easy and other days seem impossible. If you are sick or tired, if you are very distracted by events or if for some unknown reason you cannot focus, be kind to yourself and just sit with the breathing for a time. We are all human and we cannot always control our mind the way we’d like. After breathing into the heart for a few minutes, things can change. Practice bringing your mind back to the object of focus, the intentional sending of love.