



The power of the Quick Coherence Technique comes from positive emotions. When you engage positive feelings, in the moment, you replace depleting emotions with ones that can renew your system. The technique is easy, but each step is important. With practice, the coherence you establish in your system becomes your new reference point making the shift easier and more automatic.

Step 1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Step 2. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

Once you have become familiar with these three steps, use the quick steps:

- **Heart-Focused Breathing**
- **Activate a positive or renewing feeling**

Use the Quick Coherence steps anytime you want to:

- Gain the benefits of positive emotions.
- Have a quick 30 second emotional adjustment.
- Get an extra energy boost.

List some everyday depleting situations and how you can benefit from applying the Quick Coherence Technique.

| SITUATION | DEPLETING RESPONSE | HOW QUICK COHERENCE CAN HELP |
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Specific applications.

Quick Coherence® Personal Practice Log



Consider any stress triggers or potentially depleting reactions you experienced. Write down the situation and what happened.

| Date | Situation | Response | Observations |
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Write down any successes you are having with your practice.

Write down any challenges you are having with your practice.



The Heart-Focused Breathing™ step shifts your attention away from your depleting thoughts to your heart or chest area increases coherence in your system. Because changing the rhythm of your breathing changes the rhythm in your nervous system, when you breathe deeper and slower, 5 seconds in and 5 seconds out or 6 complete breaths per minute, you bring more order to your nervous system and the rhythm of your heart. Doing this anytime you feel stress has a powerful soothing effect on the entire body and will help you start to feel calmer.

Activate a positive or renewing emotion. Making a sincere attempt to experience a renewing feeling such as appreciation or care for someone or something in your life helps you sustain the coherence started with the Heart-Focused Breathing step, without having to remain focused on your breath. Many people find that when they experience positive feelings like care, love or appreciation while practicing heart-focused breathing through the heart or chest area, they immediately feel uplifted and regenerated. We call these *heart feelings* because they change how your heart is beating and because people often describe these feelings or emotions as *coming from the heart*.

If you are accustomed to having more negative, depleting feelings than positive, renewing feelings, breathing this way may feel uncomfortable at first because it's unfamiliar. For now, simply make a sincere effort to feel and hold the renewing emotions by recalling a positive or fun time in your life and reexperiencing it.

If it's hard for you to recall anything positive, write down some occasions when you felt an uplifting, positive feeling. This will help you remember how to recall one of them when you practice the Quick Coherence Technique. Even a sincere attempt to feel a positive emotion will reduce the drain and replenish your system.

Practice makes it easier to sustain coherence for longer periods of time. Coherence will become more natural and familiar to your system, making it much easier to remain calm and balanced in challenging or stressful times.