



## Heart Breathing

This process can be practiced for twelve seconds at intervals throughout your day ... or up to 30 minutes ... and will have a balancing and reprogramming influence on your Autonomic Nervous System ... the system that's responsible for your overall health and well-being. This is the process that essentially puts you in charge of your health care.

1. **Focus on the area around your heart** — Focus your attention in the area of your heart or the center of your chest. You may want to put your hand on the center of your chest to help you keep your focus there. If your mind wanders, just keep shifting your attention back to your heart. Be patient and gentle with yourself.
2. **Breathe with an awareness of your heart** — As you focus on the area of your heart, imagine your breath is flowing in and out through that area. Breathe slowly and gently in and out through your heart and do this until your breathing feels smooth and balanced. Find a natural inner rhythm that feels good to you. Ideally, a slow breath of about 5-6 seconds ... or 5 breaths per minute is ideal - but don't strain.
3. **Allow and Acknowledge All Feelings** — Experiencing feelings directly is the key to resolving them. Avoiding feelings by too much thinking or other less than desirable behaviors that serve to distract us from our feelings ... simply perpetuate those denied feelings. Denied feelings represent a blocked biological energy that can cause or aggravate physical, as well as, mental and emotional illness. You can also choose to cultivate positive, heartfelt feelings that in time will allow all feelings to flow evenly.

## Havening Touch

Havening touch was created by Ronald Ruden, M.D. and has shown to be highly effective for treating anxiety, emotional trauma, and phobias.

1. **Begin Havening Touch** — by gently rubbing the shoulders and upper arms — and state “Even though I have this (name the feeling or issue you'd like to change) I deeply and completely love and accept myself”. Repeat 3X's and breathe a slow breath.
2. **Continue Havening Touch** — and state your desired outcome, e.g. if step one involved anxiety at the dentist office, you can state “I'm calm and relaxed when I visit the dentist ... and I love and accept myself deeply and completely”. Repeat 3X's and breathe a slow breath.