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## **Heart Brain Coherence Handout**

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What is it?

Heart Brain Coherence is when the heart and brain are aligned and cooperating with each other. In our modern society, we are generally brain based and do not give enough attention to our heart. This creates issues for us physically, mentally and emotionally. Scientists say that the heart is more than just a pump as we thought. It actually contains 40,000 neurons, an electromagnetic field 60 times larger in amplitude, 5000 times more intense than that of the brain.

Benefits of Heart Brain Coherence

When we practice Heart Brain Coherence on a regular and consistent basis, it has many benefits.

1. Creates present moment awareness
2. Improves health and wellbeing
3. Regulates the heart rhythm
4. Improves immune function
5. Improves listening ability
6. Improves ability to focus
7. Reduces stress, anxiety and depression
8. Better relationships
9. Better sleep
10. Lowers fatigue
11. Improves digestion

Steps for Heart Brain Coherence

1. Place your hand on your heart in the universal "I love you" position. Placing your hand on your heart in this position immediately helps you focus on your heart and get "out of your head" where all the crazy resides.
2. Slow your breathing, deep breath in and a deep breath out. You can do this to the count of 5 if it helps. This step helps you become present.
3. Activate a positive feeling such as appreciation (think of all the things you are grateful for), compassion, or love. This key to this step is to create a positive feeling and embrace it fully. Positive feelings raise your body's vibrational frequency and helps you feel good.

When to practice Heart Brain Coherence

You can practice this exercise/meditation anytime you feel anxious, want to improve communication, or just want to feel better. I recommend that you start a regular practice by doing in in the morning, mid-day and evening for at least 3 minutes each time.