

HEART LOCK-IN® TECHNIQUE

The Heart Lock-In Technique helps you accumulate energy and renew and recharge your emotional system with these steps:

STEP 1. Shift your attention to the area of your heart and breathe slowly and deeply.

STEP 2. Activate and **sustain** a genuine feeling of appreciation or care for someone or something in your life.

STEP 3. Radiate these feelings of care toward yourself and others.
This benefits them and especially helps recharge and balance your own system.

When you catch your mind wandering, simply refocus your attention on the heart area and reconnect with feelings of care or appreciation. After you're finished, sincerely sustain your feelings of care and appreciation as long as you can.

Once you are familiar with the steps, you can remember them as

▶ **FOCUS** ▶ **APPRECIATE** ▶ **SUSTAIN**

HEART LOCK-IN BASICS

The Heart Lock-In Technique is considered an emotional restructuring technique because it helps you instate or lock in new patterns. With practice, you'll learn how to sustain coherence for longer periods of time, making the coherent state your new reference point. Achieving coherence becomes more automatic and creates a cushion against recurring stress or other depleting emotions.

Most people find that practicing the Heart Lock-In Technique in a quiet place for five minutes or more a couple times a day helps to accumulate energy and recharge their emotional system. This cushions the impact of day-to-day stress or anxiety and other depleting emotions. When stressful feelings come up, many find a Lock-in helps them maintain focus, make clearer decisions and dramatically reduce personal energy drain. It helps bring about more balance in your system. Sometimes more balance provides an energy boost and other times it helps slow down your system so that you are calmer and better able to relax

Feelings or attitudes you would like to radiate toward yourself or others

1. _____
2. _____
3. _____

If you are having difficulty feeling and sustaining a positive emotion, use the Quick Coherence® or Freeze-Frame® techniques to help you identify perceptions or ideas that will help you increase positive feelings. Some find listening to background music that lifts your spirit can increase the Heart Lock-In's positive effects.

Additional Instructions: _____

HEART LOCK-IN® PERSONAL PRACTICE LOG

Track your Heart Lock-in practice sessions.

DATE	TIME OF DAY	OBSERVATIONS BEFORE	LENGTH	OBSERVATIONS AFTER	COHERENCE RATIOS (OPTIONAL)
					L M H
					L M H
					L M H
					L M H
					L M H
					L M H
					L M H
					L M H
					L M H
					L M H

Write down anything you want to remember or other observations from your practice.

What successes are you having with your practice?

What challenges are you having with your practice?
