



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. Find an easy rhythm that's comfortable.

Step 2. As you continue heart-focused breathing 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 and ease.

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.

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

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

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

SITUATION	DEPLETING RESPONSE	HOW QUICK COHERENCE CAN HELP

Specific applications.
