

Heart coherence

Instructions week 1

Three times a day, at a moment of your choice:

- Sit up straight, feet flat on the ground with a piece of paper (landscape) and a pencil in front of you.
- Set a timer for 3 minutes.
- Focus on your breathing for 3 minutes.
- Let your hand draw waves at the rythm of your breath: while breathing in your hand goes up, while breathing out your hand goes down.
- Thoughts will come up. Whenever they do, don't follow them but do go back to focussing on your breath and on your hand drawing the waves.

Usual questions:

- Eyes open or closed? You choose. If you decide to keep them open, try not to fix your attention on something specific. It might keep you from focusing on your breath.
- It's not about having a 'beautiful' result. So when you come to the end of the page, go back or start another row underneath, or turn the page, or...

What's next?

- Put the date and time on it.
- Do this for 1 week, 3 times a day. After having done this for a full week, go to the instructions for week 2.

Should you have any other questions, please post them below. I will answer them and try and clarify the instructions for the future.