

## Heart coherence

### Instructions week 2

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 down 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.
- When the timer rings, stop drawing and count the waves. The goal is to eventually come to 18 (plus or minus 1. Meaning: 17 or 19 is ok too)

Usual questions:

- What if I have much more or less? That's ok. Don't start counting the waves during the exercise. Because you would be focussing on counting instead of breathing. If you have 40 (as an example), try to breath slower... If you have 10, try to breath a bit quicker.

What's next?

- Put the date and time on it.
- Do this until you regularly have 18 waves in 3 minutes. Should this not be the case after having practiced for 1 week (3 times a day), please go on for a bit longer. I think it took me 10 days to get there. Only then go to the instructions for week 3.

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