

Attitude Breathing™ Technique

Step 1 Recognize the feeling or attitude you want to change and identify a replacement attitude.

Step 2 Heart-Focused Breathing™ 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 3 As you continue heart-focused breathing, practice breathing in and increasing the feeling of your new replacement attitude.

Step 4 Practice maintaining your new attitudes and perceptions as you move through your day-to-day interactions.

Quick Steps

1. Recognize
2. Heart-Focused Breathing™
3. Breathe the new attitude
4. Maintain the new attitude

Freeze Frame® Technique

Step 1 Acknowledge the problem or issue and any attitudes or feelings about it.

Step 2 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 3 Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Step 4 From this more objective place, ask yourself what would be a more efficient or effective attitude, action or solution.

Step 5 Quietly observe any subtle changes in perceptions, attitudes or feelings. Commit to sustaining beneficial attitude shifts and acting on new insights.

Quick Steps

1. Acknowledge
2. Heart-Focused Breathing
3. Activate a positive or renewing feeling
4. Ask
5. Observe and act

Shift and Lift® Technique

Step 1 Heart-Focused Breathing 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 Activate feelings of kindness, appreciation, genuine connection or an attitude of deep listening.

Suggestion: If you can't connect with a heart feeling, try to recall a time when you felt a kind, deeper connection with someone. If that is challenging, just breathe appreciation for something for awhile to help raise your vibration and to help settle your energies.

Step 3 Radiate these heart qualities to raise your vibration and help lift the energy field environment that surrounds you.

Quick Steps

1. Heart-Focused Breathing™
2. Activate
3. Radiate

Coherent Communication™ Technique

Step 1 Shift into a heart coherent state before communicating to effectively share and receive information.

Step 2 Listen for the essence of what is being said without prejudging or getting pulled into drama before the communication is complete. Speak from a genuine tone and consider what you are going to say and how it may impact others.

Step 3 It's effective to reflect (or mirror) the essence of what you heard and be open to refinement to confirm mutual understanding.

Yet when rushing communications, this is the step most of us forget.

Quick Steps

1. Shift into heart coherence
2. Listen and consider the essence; Speak with a genuine tone
3. Confirm mutual understanding

Prep Technique

Step 1 Identify an upcoming event, situation or interaction where the Prep Technique would be effective.

Step 2 Heart-Focused Breathing. 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 3 As you continue heart-focused breathing, see or imagine yourself in the upcoming event, situation or interaction.

With genuine feeling, see yourself being calm and balanced, remembering to re-center in your heart if you start to overreact or lose emotional composure.

Quick Steps

1. Identify
2. Heart-Focused Breathing™
3. See yourself being calm and balanced

Cut-Thru® Technique

Step 1 Become aware of your feelings regarding the challenge or issue.

Step 2 Focus your attention in the area of the heart. Imagine breathing ease or appreciation slowly and casually through your heart or chest area.

Step 3 Assume objectivity about the feeling or issue, as if you were considering it from a neutral observer's perspective.

Step 4 Rest in neutral in your objective, mature heart. Soak and ease any disturbed or perplexing feelings in the compassion of the heart. This can help to dissolve the significance a little at a time.

Step 5 After dissolving as much significance as you can, sincerely ask your heart's intuition for appropriate inner guidance or insight. Ask your heart what really matters. This is an important part of Cut-Thru. *Suggestion: If you don't get an insight, find something to appreciate for awhile and do Cut-Thru again at another time.*

Quick Steps

1. Acknowledge
2. Breathe ease or appreciation
3. Assume objectivity
4. Rest in neutral: Soak and ease
5. Ask for insight