



# The Intuitive Heart


## Creating Heart-Centered Coherence

with Wellness Educator, Elsie Kerns &  
Thermographic Diagnostic Imaging ~ [www.tdinj.com](http://www.tdinj.com)

Learn the simple but powerful *Heart Lock-In Technique*, which is the gift of the *Heartmath Institute*, whose clients include everyone from Fortune 500 corporations and sport teams to the Navy Seals!

**The longest journey you will ever take in your life  
is from your head to your heart. ~ Sioux Proverb**



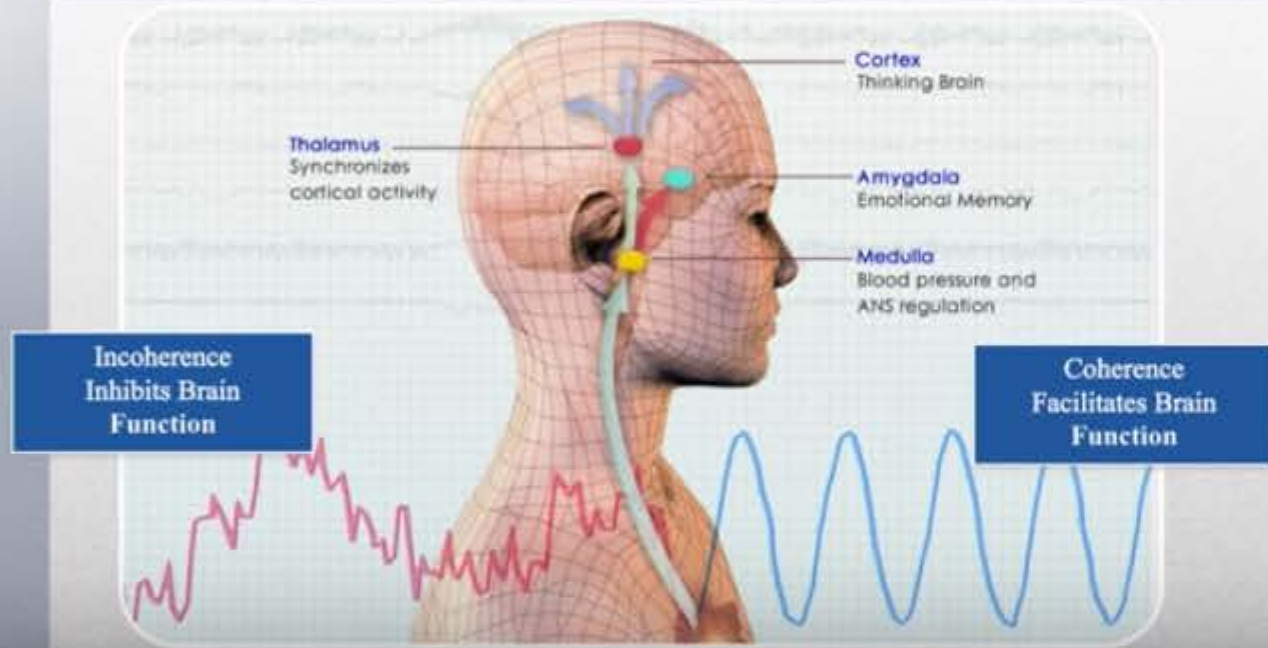


Human beings are the only species on the planet that can elicit the “flight-fight” anxiety rush and response by

**THOUGHT ALONE!**

## Heart Rhythm Patterns Affect Mental Performance

Heart signals affect brain centers involved in emotional perception, decision making, the ability to self-regulate, and intuition



$\text{ॐ} = mc^2$



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*The Heart Lock-In Technique helps you:*

<https://www.heartmath.org/>

**Activate and sustain coherence for more resilience.**

**Lower blood pressure, release muscle tension and reduce anxiety.**

**Create a new “internal set point” that allows you to operate with greater ease.**

**Invoke the intelligence of your intuitive heart, enhance intuition and gain clarity for choosing healthy and healing life choices.**

# Practicing the Heartmath “Lock-In” Technique ~ Simple and Powerful



**Get seated comfortably & close your eyes**

**Begin breathing slightly deeper than usual**

**Bring your awareness to your chest and heart area**

**Imagine you are breathing in and out of your heart center**

**Visualize and sense appreciation, love, care for yourself & others**

**Allow that feeling of appreciation to build within your heart center**

**Radiate this love to every cell in your body, loved ones & sensitive situations**

**Imagine breathing in love and gratitude and releasing fear, doubt, worry**

**Continue focused breathing in & out of your heart throughout the day**



**Heartmath Institute ~ (800) 711-6221**

**<https://www.heartmath.org/>**

**The mission of Heartmath is to help people bring their physical, mental and emotional systems into balanced alignment with their heart's intuitive guidance.**

Compiled by Dana Zarcone

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Breakdown to Breakthrough



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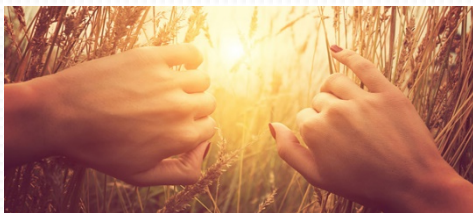




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