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**HEARTMATH**<sup>®</sup>  
METHOD

HOWARD MARTIN

WORKBOOK

# IMPORTANT

To begin — Please save this workbook to your desktop or in another location.

# **The HeartMath Guidebook:**

## **Accessing Your Inner Intelligence**

by  
**Howard Martin**

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# Table of Contents

<b>Introduction</b> .....	4
<b>Heart Intelligence</b> .....	5
Questions For Your Heart .....	6
<b>Heart Science</b> .....	9
How the Heart Communicates .....	10
<b>Heart Rate Variability</b> .....	11
The Heart's Frequency Patterns .....	11
The Heart's Electromagnetic Field .....	12
Exchanging the Heart's Energy .....	12
<b>Using the Freeze-Frame Technique</b> .....	13
Questions For Your Heart .....	15
<b>Freeze-Frame Worksheets</b> .....	18
<b>Some Final Notes on Freeze-Frame</b> .....	22
When to Freeze-Frame .....	22
Finding the Neutral Zone .....	22
A Hint for Beginners .....	22
<b>Unraveling The Mystery of Emotions</b> .....	23
Questions For Your Heart .....	24
<b>Energy Efficiency</b> .....	27
Your Assets Worksheet .....	28
Energy Deficits Worksheet .....	30
<b>Care vs. Overcare</b> .....	32
Care/Overcare Worksheet .....	33
<b>Appreciation</b> .....	34
Appreciation Worksheet .....	35
<b>Love</b> .....	36
Questions for Your Heart .....	37
<b>The Dimensional Shift</b> .....	39
Questions For Your Heart .....	40
<b>Heart Lock-In</b> .....	42
Heart Lock-In Worksheet .....	43
<b>Glossary</b> .....	47
More on Heartmath .....	48

# Introduction

*Listen to your heart...*

*Follow your heart...*

*Your heart knows best.*

Simple words often repeated, although too seldom thoroughly embraced. Profound words brimming with promise, too rarely taken fully — no pun intended — to heart.

And that's a shame. Because it could make all the difference in the world — to your health, your happiness, the heights of your ultimate satisfaction and success, even the holistic well being of the entire planet.

For, by accessing the magnificent, intelligent power of your own heart's intelligence, you can eliminate stress, facilitate change, infuse yourself and others with a renewed sense of hope and empower yourself to live life to its fullest potential.

As individuals, we all share a desire to be in contact with what is most deep and true in ourselves. Yet we know that we cannot just think our way to that goal. Our minds on their own are not enough. To be a complete human being requires something more. It takes heart. It takes your heart's intelligence. It takes HeartMath.

Created by Doc Childre — an author, researcher and consultant to leaders in business, science and medicine — HeartMath is a system for unlocking the heart's innate intelligence. It is a new psychology and physiology based on the combination of the heart's power and intelligence. It is an innovative, resourceful approach to healthy and fulfilling living.

At the core of the HeartMath system is balance. As you practice these tools sincerely and consistently, you will discover greater balance mentally, emotionally and physically. From this new balance arises vitality, hope and fulfillment.

In this guidebook you will find the tools needed for bringing your heart into the decision-making process, for de-stressing your life and for opening yourself up to core emotions like love, caring and appreciation.

You will also find important questions in this guidebook, questions you will be invited to answer. They are designed to examine the very deepest reaches of who you are. You will also find multiple copies of several worksheets. Copies are provided here, enough to cover all exercises found in the audio program.

It is recommended that you make additional copies of these supremely helpful worksheets to use after you complete the program.

Are you ready to reexamine your heart? To bring it into the center of your life? To release the concept of the heart out of its confinement in religion and philosophy and put it to work where it is needed most — in your everyday life?

Let's begin!

## Heart Intelligence

Just as the mind/brain is viewed as an important information-processing site, research now shows that the heart is one too. In fact, it has been found that the heart possesses a high-speed, intuitive intelligence. You've probably experienced it without really knowing what was happening. Have you ever simply "known" the right way to respond to a situation? Just "felt" the best decision you could make in a particular situation? *That* was your heart intelligence at work.

How does heart intelligence work? Research indicates that the heart's electrical field receives information and transmits it to the brain. When your mind is in phase or in sync with your heart, the results are efficient, productive thoughts and actions. Combining intuition with the heart's special qualities — including love, care, understanding and sincerity — the heart blends seamlessly with the mind's knowledge and ignites its higher functional capacities.

### The Heart's Intelligence

- a self-initiated process
- an intelligent flow of insight and awareness
- a direct, intuitive knowing
- thoughts and emotions beneficial for ourselves and others

In other words, your mind figures things out, but it is your heart that truly *understands*.

Heart intelligence is the flow of awareness and insights once the mind and emotions are brought into balance and coherence. It is a major shift beyond ordinary thinking. It gives a wider understanding than is possible with just the deductive process of linear thinking. But social programming and habit probably have trained you to live in your

mind, where your thinking is caught up in a process that too often results in insecurity, worry, resentment and frustration.

You experience heart intelligence as direct, intuitive knowing that manifests in thoughts and emotions beneficial to yourself and others. Your body works more efficiently because the choices you make are in sync with the values you hold so deeply. When you use this intelligence, life just *works*.

## Questions for Your Heart

Answer the following questions. Be as honest and introspective as you can. There are no right or wrong answers.

1. Recall a time when you followed your heart, when you relied on the intuitive intelligence it provided. What was the situation? What was the result? Why did you rely on your intuition in this instance? Describe how the intuition felt.

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2. Recall a time when you did not follow your heart, when you ignored the intuitive intelligence it provided. What was the situation? What was the result? Why did you ignore your intuition in this instance?

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3. Take a moment to give voice to your negative “chatter,” those comments and worries you hear in your mind that can hold you back and put you down.

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4. What other energy-draining thought patterns do you find yourself repeating in your life?

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5. How have these negative thoughts been translated into actions or decisions you later regretted?

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1. What are you most deeply held values? Have you ever been tempted by negative thoughts to betray those values?

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2. What do you want in your life? What are your life's goals, professionally, personally, financially and spiritually?

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## Heart Science

Perception is everything. Your perception of any situation triggers a mental and an emotional response, each of which causes electrical changes in the nervous system, heart and brain. Those electrical changes affect your heart rate, blood pressure, hormonal and immune responses, which in turn influence health and aging.

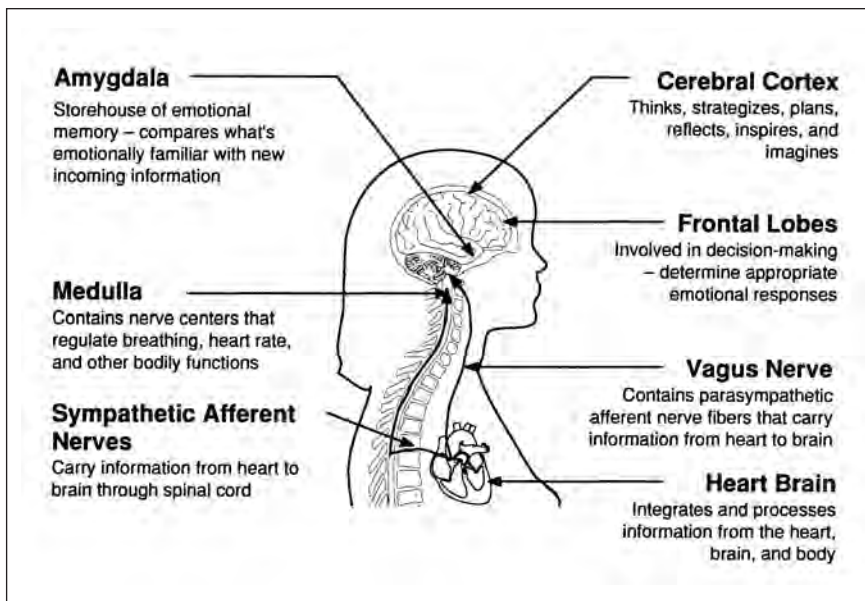
Depending on whether your perception of a situation is negative or positive, these changes result in increased physical energy or a depletion of it, mental and emotional clarity or the lack of it and increased or decreased communication abilities. As you learn to lead a heart-empowered life, you enjoy clearer, balanced perceptions, as well as a more positive effects on your health, relationships, creativity and well being.

***Stress*** is our *perception* of an event; not the event itself.

## How the Heart Communicates

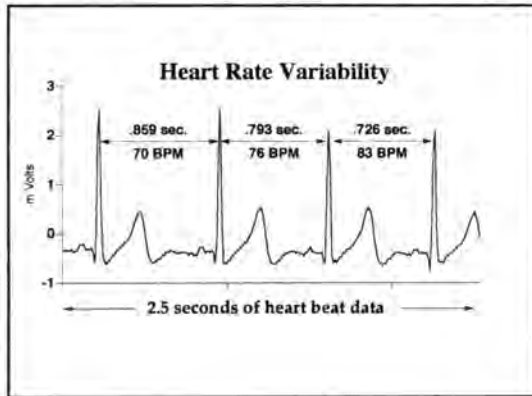
Scientists have discovered that the heart communicates in four ways: neurologically (brain and heart), biophysically (pulse), biochemically (hormones) and energetically (electromagnetically).

The follow graphic illustrates the various components of the body's amazing neurological heart/brain communication system.



## Heart Rate Variability

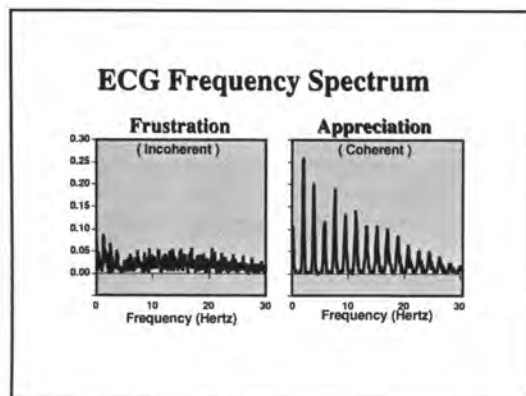
Your heart rate actually changes with each and every beat. These changes are influenced by almost any stimulus the brain and mind can process and send through the nervous system, including your perceptions and emotions.



Heart Rate Variability (HRV) is the measurement of the beat-to-beat changes in heart rate as the hearts speeds up or slows down. The following chart illustrates the changes in HRV in just 2.5 seconds.

Positive heart-based feelings generate smooth and harmonious HRV rhythms, which are consider indicators of cardiovascular efficiency and nervous system balance. However, the typical HRV pattern of someone feeling frustrated or edgy looks irregular and disordered, illustrating a condition called cortical inhibition, in which thinking becomes less clear. It is a sign of possible hypertension, an important risk factor in heart disease.

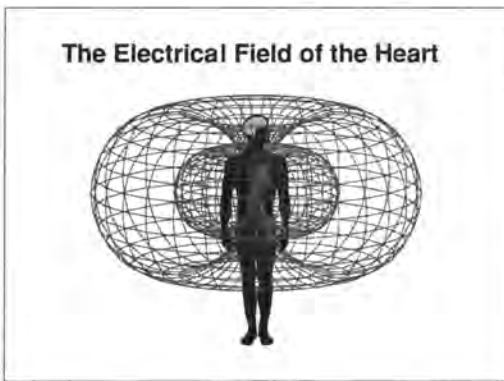
## The Heart's Frequency Patterns



Research has discovered a “little brain in the heart,” a heart-based information processing system from which it can send information to the cortical area of the brain, the site where higher cognitive functions take place. The relationship also runs in the other direction; the brain — and the thoughts and emotions it produces — affect the electrical patterns of the heart.

Scientists can now observe the effects of emotions on the frequency pattern of the ECG, the electrical signal produced by the heart. In one study researchers found that frustration produced a disordered frequency pattern, called an “incoherent spectrum.” A positive emotion like appreciation, produced a lovely, highly ordered frequency called a “coherent spectrum.” (In the universe of heart intelligence, coherence is an alignment of the heart’s frequencies that causes an increase in power.)

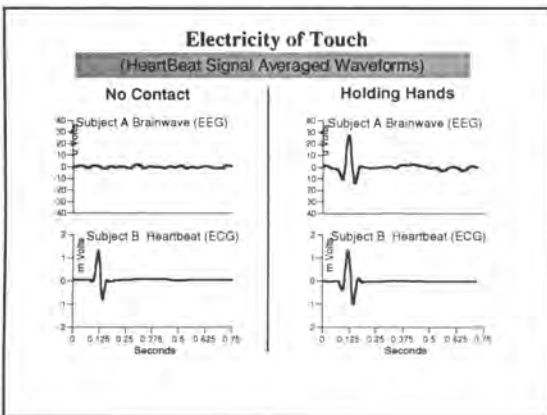
The following chart demonstrates the affects of positive and negative emotions on the heart's frequency patterns.



## The Heart's Electromagnetic Field

The heart's electrical field also operates like a radio receiving and transmitting stations that send information beyond the physical body. In fact, the heart's electromagnetic field has been measured 10 feet away from the body. It surrounds the body in a 360-degree sphere. This field should not be mistaken for an aura, for it is a highly measurable electromagnetic frequency. Your body is literally broadcasting electrical frequencies from the heart 24 hours a day for your entire life.

The following illustration shows the electromagnetic field surrounding a human body.



## Exchanging the Heart's Energy

There is also a fascinating new method of measuring the electrical exchange of heart energy between people when they are in touch or in close proximity. Research has produced data showing that one person's heartbeat can be measured in the brain waves of another person when they touch. They call it "The Electricity of Touch."

The following chart illustrates the Electricity of Touch, measuring the electrical exchange of people in contact and holding hands.

## Using the Freeze-Frame Technique

When you use the Freeze-Frame Technique, you create a window of opportunity that allows you to access your intuitive intelligence. By using the heart to shift perceptions in the brain, your mind and emotions become calm and you activate a positive feeling that send improved bioelectrical and neurochemical information to the higher perceptual centers of the brain. You synchronize your entire system, bringing it into a state of entrainment, in which the heart and mind work together, so you can operate a peak performance.

On a practical level, visualize using the Freeze-Frame Technique as pushing the pause button on your internal VCR. You can actually stop the movie of your life and reorder and rethink its reality. You can use this technique any time, anywhere — whenever you want to stop stress in its track and quickly access your heart's intelligence.

Freeze-Frame consists of five steps:

### **Step 1: Recognize that you are experiencing a stressful moment.**

Take a time out and freeze-frame it. Consider this a strategy similar to a team struggling on the basketball court to regroup. Don't beat yourself up for feeling stress. The key here is to recognize it, as well as the need to refocus it.

### **Step 2: Make a sincere effort to shift your attention away from your racing mind.**

Move your focus to the area around your heart. Pretend you're breathing through your heart, keeping the focus there for at least 10 seconds. This shift of focus removes energy your brain-based perception of the problem.

### **Step 3: Recall a positive, fun feeling or time you've had in life.**

There are no restrictions on what you can think about. It can be anything. Whatever it is, remember how it felt. Remembering the feeling will connect you with your heart. The feeling is key; this is not about visualization.

**Step 4: Ask your heart what would be a more efficient response to your current situation.**

To ask your heart this question sincerely minimizes stress and brings wholeness. It allows your own intuition, common sense and sincerity to become more active and available.

“Now here is my secret, a very simple secret: it is only with the heart that one can see rightly. What is essential is invisible to the eye.”

*Saint Expory*

**Step 5: Listen to what your heart say is the answer to your question.**

Just sit quietly, stay in your heart and wait. The result of this can be as if your heart talks to you, with a voice quite different than thoughts emanating from your brain.

Freeze-Frame not only helps you become aware of your freedom to choose, it puts it right in your face where you can't ignore it or brush it aside. You become so com-

pletely aware that at any moment you can choose to go to your heart and change a stressful or disordered or incoherent feeling. And when you choose a new perspective, you actually reedit the movie of your life. It's like bringing the walk on the beach to you, even if you're rushing to get somewhere, struggling to meet a dead line or facing a tense moment in a relationship.

# Questions for Your Heart

Answer the following questions. Be as honest and introspective as you can. There are no right or wrong answers.

- 1. What are your stress triggers? In what situations or with which people are you likely to find yourself feeling stressed or tense?

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- 2. How do you react to stress? What are the clues that tell you that you are responding negatively to a stressful situation or person? Are you good about recognizing these clues?

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3. What do you do now to reduce stress? How effective is it?

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1. Take a few moments to practice focusing on your heart and breathing through your heart, as required by the Freeze-Frame Technique. What was your experience? Was it easy? Difficult? Why?

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2. List past positive experiences that you might be able to use in Step 3 of Freeze-Frame.

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3. Think of three recent situations in which you experienced stress. Use the space below to phrase the questions you might have asked your heart had you used Freeze-Frame in those situations.

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4. How willing are you to trust your heart? If your heart gave you the answer to an important question, would you believe it? At this moment are you able to follow your heart's advice? How might you prepare yourself to become even more trusting?

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On the following four pages, you will find copies of the Freeze-Frame Worksheet, designed to lead you through this important technique. Use copies of this worksheet to complete the Freeze-Frame exercises included throughout the audio program. However, it is best if before using all them, that you make additional copies for use after you have completed the program.

# Freeze-Frame Worksheet

1) *Shift* 2) *Activate* 3) *Ask*

**Situation:**

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**Head Reaction:**

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## FREEZE-FRAME

**Heart Intelligence Response:**

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# Freeze-Frame Worksheet

1) *Shift* 2) *Activate* 3) *Ask*

**Situation:**

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**Head Reaction:**

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## FREEZE-FRAME

**Heart Intelligence Response:**

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# Freeze-Frame Worksheet

1) *Shift* 2) *Activate* 3) *Ask*

**Situation:**

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**Head Reaction:**

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## FREEZE-FRAME

**Heart Intelligence Response:**

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# Freeze-Frame Worksheet

1) *Shift* 2) *Activate* 3) *Ask*

**Situation:**

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**Head Reaction:**

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## FREEZE-FRAME

**Heart Intelligence Response:**

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## Some Final Notes on Freeze-Frame

### **When to Freeze-Frame**

When is the best time to Freeze-Frame? The very best time is before you need it. You can become so attuned to yourself and your reactions that you'll recognize the very first moment you begin to drift toward stress and discomfort. That is the time to seek your heart's counsel.

Another ideal time, of course, is when you feel negative feelings. Whenever anxiety, sadness, unforgiveness, resentment and stress have a hold of you, it is definitely time to Freeze-Frame.

And, finally, any time you want to move yourself toward the creation of loving feelings or feelings of appreciation, creativity or caring is the time to Freeze Frame.

### **Finding the Neutral Zone**

Sometimes during emotionally charged situations, generating a heart-felt feeling seems almost impossible. When you face a situation like this, breathe through the heart and hold Step 2 of the Freeze-Frame process. Then, with sincere intention, call on your heart's intelligence to help you become more neutral.

When you manage to reach a neutral state, your heart rhythms will soon restore their balance so that you can perceive new options for action, instead of mechanically reacting on impulse and paying for (and probably regretting) it later.

Don't underestimate the power of the neutral zone. It saves energy, provides a conduit for objectivity and creates fertile ground for new insights to grow. The ability to find the neutral zone and stay there until the heart clearly reveals what to do is a sign of balanced maturity. As you practice Freeze-Frame, you'll leave the weave heart intelligence system-atically into your daily life.

### **A Hint for Beginners**

When you first learn Freeze-Frame, it is good to close your eyes. This helps you increase the connection between your head and heart. After some practice, you'll be able to make this shift from the head to the heart right in the middle of daily activities without closing your eyes — in meetings, before important phone calls or even in the heat of an emotionally charged situation.

## **The Mystery of Emotions**

Intricately complex and always in flux, your emotions can bring you a satisfying richness and a deep sense of being fully engaged in the world around you. However, if they aren't managed in a healthy way, they can also supply a steady diet of upheaval, uncertainty and incoherence.

Your emotional circuitry is uniquely your own. Imprinted into your memory by a lifetime of experiences, any emotional response can become quite predictable given a particular external stimulus. In fact, an emotional response is often not a reaction to a new situation or event. It is an automatic replication, a replay, of a similar response from your past. In other words, your emotional responses quickly can become habits. This is called the Cascade Effect.

When incoherent emotional patterns — like anger, worry, guilt or frustration — are repeated constantly, they transform into habits, or “presets”. As these habits are reinforced, they become traits that continue to take you further away from more pleasurable emotions. They put a negative slant on your perceptions, drain away your energy and age you prematurely.

Because your emotions work faster than your mind, managing them can become a daunting challenge. But it can be done. To master this challenge — and your emotions — you must bring your heart into the process, aligning it with your head to bring a consistency and coherence to the broad range of feelings accessible by every human. Gain freedom from your emotional presets by infusing them with your heart intelligence.

Create changes in your brain that help you manage your emotions by bringing your heart into the process. When you experience an unpleasant or negative emotion, always try to discover what preset has caused it. Then try to release some of the emotional significance you're attached to that issue by focusing your attention on the area between your heart and solar plexus, or your chest and stomach. Breathe through this area, making an effort to adopt an attitude of peace, an exercise called attitudinal breathing that can bring your emotions back into balance.



## Questions for Your Heart

Answer the following questions. Be as honest and introspective as you can. There are no right or wrong answers.

1. Discuss your relationship with your emotions. Do you embrace them? Reveal them with ease? Shy away from expressing them?

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2. Are some emotions easier for you to express than others are? Which ones? Why do you believe you have less trouble with them?

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3. Are there emotions you particularly try to avoid? Which ones? Why do you avoid them?

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4. Think about the emotions you find easiest to express. What lessons, if any, can you learn from them and your expression of them that you can begin to apply to those emotions with which you have more difficulty?

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5. Are there situations in which and people to whom you find it easier to express your emotions? What situations? Who? Why do you believe it is easier in these situations or with these people? What lessons can you learn from them to extend to other, more difficult situations/people?

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6. Which, if any, negative emotional patterns do you detect in yourself? What are their triggers? Are there clues to recognizing this “Cascade Effect” in yourself?

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## Energy Efficiency

For anything to move or change, energy is required. When you understand how energy works in your mental, emotional and physical systems, you can ensure that your energy works for you rather than against you. Creating the life you want and breaking through old patterns into new states of awareness require the accumulation of more energy. When your energy accumulators are full, you have more power to accomplish our goals, deflect stress, eliminate self-defeating behaviors and increase awareness.

The way in which you accumulate and spend your personal energy reserves (your life force) is the key factor determining the quality of your life. Mental and emotional expenditures dictate your overall energy level, as well as your health and well-being to a far greater extent than most people realize.

Events that add energy and efficiency to your life are called “assets.” A day filled with assets can energize you. We all have assets in our lives, although sometimes we fail to notice or appreciate them. While sometimes these moments are rare or random, they do exist, and they should be something you strive for.

On the following four pages you’ll find two worksheets on which you should recall events, conversations and activities that occurred over the last three days. On the first worksheet, “Your Assets,” list the events, etc. that made you feel “just right,” as if everything was in sync. Then describe those feelings or effects in your own words, so you will be able more easily to recognize the effect in the future.

On the second worksheet, “Energy Deficits,” list events, etc., that drained your energy, left you feeling incoherent. Then describe those feelings or effects in your words.

Copy these worksheets before using them or use additional sheets of paper if you need more space for these exercises.

# Your Assets Worksheet

**Event**

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**Effect**

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**Event**

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# Energy Deficits Worksheet

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## Care vs. Overcare

The heart is full of emotions that can regenerate your body and spirit. Learning the importance of these feelings is key to achieve a new level of emotional mastery.

Positive emotions like love, care, appreciation and compassion are the “core emotions.” These powerful emotions have profound effects on body, brain, intelligence and awareness. They add rich textures to your life and to the lives of others.

One of the most important core emotions is care, a powerful motivator. Not only is caring one of the best things you can do for your health, but it feels good — whether you’re giving or receiving the caring. Without care, life loses its luster. It produces visible effects on your body, like a bounce in your step or a gleam in your eye. Health and vitality spring from heart-based emotions like care.

But you can cross a line, and care can turn into something much less positive called “overcare.” It occurs when your mind turns your caring intentions into a mental and emotional drain. You might over-identify with a situation, an issue or a person. Over-identity never results in any real solution to a problem. Even when your initial intentions are good, over-identity and overcare create the same incoherence as any other stress.

If you don’t manage overcare, it eventually leads to a lack of caring and burnout. You remain so stressed that you end up feeling, and in many cases being, ineffectual. You’ve cared too much and you now can’t care any more.

Overcare can take on many disguises, often as sentiment, attachment, sympathy and self-pity. These are all attitudes that dilute the effectiveness of your intended care and instead bring you stress. There is a very fine line between care and overcare. However, you can learn to distinguish them by how they make you feel. To begin learning the distinction, ask yourself if your caring is stress-reducing or stress-producing.

Identifying overcare and using the power of the heart to balance your system in order to bring yourself back into a state of positive care is important. It is a key step in becoming master of your emotions and living a truly heart-directed life.

On the following page you will find a Care/Overcare Worksheet. Use it to list the people, issues and things you care most about in your life, as well as the most common overcare you struggle with. Do not be surprised if some of the same people or things appear on both lists. Try to determine to what extent sentiment, attachment, expectation, sympathy or self-pity are involved in your overcares.

# Care/Over Worksheet

What people, issues, things do you care about in your life?

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What are the overcares in your life?

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## Appreciation

Appreciation has a tremendous power that has mostly gone unused. To “appreciate” means to be thankful and to express admiration, approval or gratitude. It can shift your perception rapidly and bring you an immediate attitude adjustment.

A sincere effort to appreciate gives you more inner control, more power to manage your reactions, even in “off” times. Appreciation helps you see the bigger picture fast, especially in reaction to negative events. It’s like looking through a wide-angle lens to see the entire beautiful forest, not just the one tree you walked into.

Appreciation is a magnetic energy that helps attract more benefits and conveniences to you. If people spent half as much time appreciating what they do have as they spend complaining about what they don’t have, their lives would certainly have to get better for them.

Appreciating life when it is going well is one thing — and it is important to do this in order to build up heart power — but appreciating life when things are tough can be even more powerful, simple but potent stuff.

On the following page, you’ll find the Appreciation Worksheet, on which you should list the many aspects of your self and your life you appreciate. Use these as the basis for the generating heart intelligence and power, reserves you can fall back on in the future.

# Appreciation Worksheet

Take as much time as you need to complete this worksheet as completely as possible. Think about yourself and all of your good qualities. List as many things about yourself that you appreciate as you can. When stress strikes in the future, or when self-criticism threatens to consume you, return to this appreciation list and remember all that you have to offer.

## Attitudes/Beliefs


## Personal Qualities


## Professional Qualities


## Love

You will discover as you practice using the core heart feelings that all of them direct you to and are anchored to the source of all higher heart intelligence — love. The benefits of love — emotional, mental and physical — are infinite. When you consciously use core

heart feelings, what you really are doing is engaging and actualizing love.

**“Love is the only rational act.”**

*Morrie Schwartz*

Love is not always soft and gentle. It can also be strong or passionate, explosive or energizing. A new understanding of love as intelligence and power, not just as something mushy or tender or soft, can change your life dramatically. The kind of love that reaches down to take the hand of a trusting child is the same kind of love that can hold and comfort the hand of a dying loved one and bring peace and strength.

As you move into your future, you must re-examine and draw on the power of love to maintain your balance and fulfillment in an increasingly stressful world. Practice love. Open your heart to love. Choose love. It is the highest heart feeling. Practicing love is the most significant thing you can do for yourself and others. When you are truly anchored in love and you practice it, you will truly be heart-directed. You will become a co-creator of the life your were born to live.

# Questions for Your Heart

Answer the following questions. Be as honest and introspective as you can. There are no right or wrong answers.

- 1. Who do you love? How do you express? Explain why you love them, if you can. Describe how loving them makes you feel.

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- 2. Have you ever been afraid to love? If so, describe the circumstances. Why do you believe you are afraid? What have you done to overcome this fear? What more can you do?

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3. Do you allow yourself to be love? What does being love mean to you? How do you answers those two questions affect your own ability to love?

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4. In what ways do you believe your life would change if you could open your heart completely and love as freely as you would like?

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# The Dimensional Shift

An acceleration of evolution is taking the world through a dimensional shift in awareness. We are moving from one dimension to another in terms of how people think, feel, act, react and relate to one another. And our hearts are leading the way.

The world is in the process of leaving behind the old paradigm of human awareness, a product of three-dimensional thinking. With 3-D thinking, people make choices by shoulds, woulds and coulds. People either “get by” or they don’t, things are either right or wrong.

However, now the world is leaving 3-D thinking behind and moving toward the next dimension in intelligence and thinking, 4th-dimensional intelligence. Thoughts in this dimension are more open, efficient and hopeful. They give you real power for growth and change by allowing you to see life from a wider perspective, more holistically. The 4th dimension brings a growing feeling of security and sense of personal responsibility.

The 4th dimension is comprised of three distinct bands of awareness:

**Lower 4th** — You see hope for change, and you ponder the possibilities while allowing yourself to look for greener pastures. You see there is more to life than just material acquisition.

**Middle 4th** — Where you get to act on the positive changes you want to make. You feel special and unique. While you see things in a new way, you run the risk of believing you’ve achieved your evolutionary destination, of leaving unfinished business in the areas of mental and emotional issues.

**Higher 4th** — Where the powerful aspects of love, care, compassion, forgiveness and inner peace reside, this is a place that is so new and different that it requires letting go completely of the old to experience it. Here you see union, recognizing people as one. You don’t judge or overcare about others. You feel true care for all, and are more intuitive, practical and connected to a larger sense of self.

HeartMath concepts and tools can help shift you from the 3rd dimension, as well as the lower- and middle-4th dimensions to this new paradigm of life experience, the higher 4th. For it is by going with your heart, listening to its wisdom and acting on its intelligence that you will master the mental and emotional self-management skills required by this highest, most beautiful of realms.



# Questions for Your Heart

Answer the following questions. Be as honest and introspective as you can. There are no right or wrong answers.

1. What has your inner voice been telling you to do?

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2. What area in your life needs the most attention? Why?

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3. What really is at the root of your problems? What is holding you back from a new level of fulfillment?

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4. What vestiges of 3rd-dimensional thinking do you still cling to?

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## Heart Lock-In

Your only real teacher is within you, there in the hidden power of your own heart. When you align with your heart by letting go of the “mind noise” — control, judgment, criticism — and surrender to your heart’s power and direction, you are surrendering to your own higher intelligence.

Surrender is not a heroic sacrifice. You need not give up anything. Surrender is a process of stilling and emptying the mind and having the intelligence to ask for an understanding perception of the whole and a new view of a situation. Surrender does not weaken you; it gives you strength.

The Heart Lock-In exercise is designed to help you surrender to your heart’s intelligence by allowing you to lock on to a core heart feeling that will enable you to reach deeper and deeper levels of love.

A Heart Lock-In is a deep, heart-focused technique similar to Freeze-Frame. However, it is not designed to answer a particular question the way that technique does. It is designed to energize and revitalize your entire system, as well as to make staying in contact with your heart easier. It allows you to experience the textures of your heart, a sense of peace and appreciation for life.

There are four steps to a Heart Lock-In:

- Step 1:** Relax and breathe deeply.
- Step 2:** Focus your energies in your heart area.
- Step 3:** Send a sincere feeling of love or appreciation to yourself and others.
- Step 4:** Continue relaxing while you listen to the music provided on the audio tape.

On the following pages, you will find Heart Lock-In worksheets. Use them to record your experiences with this very powerful exercise. Before using the worksheets for the first time, be sure to make copies of the page for future use.

## Heart Lock-In Worksheet

Record on this and the following pages your experiences with the Heart Lock-In.

What are your impressions of the Heart Lock-In?

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What feelings came to you?

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What emotions did you experience?

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What intuitive impressions came to you?

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How different did you feel after the Heart Lock-In?

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What benefits do you feel you received?

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What situations do you feel that you can apply the Heart Lock-In experience to?

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## Glossary

**Appreciation** — A core emotion that means to be thankful and to express admiration, approval or gratitude.

**Assets** — Events that add energy and efficiency to your life.

**Care** — One of the most important core emotions. A powerful motivator, caring is one of the best things you can do for your health.

**Cascade Effect** — The automatic replication or replay of an emotional reaction, based on a similar response from your past. This is how emotional responses become habits.

**Coherence** — The quality of being logically integrated, consistent and intelligible.

**Core Emotions** — Love, care, appreciation and compassion. They have powerful, profound effects on body, brain, intelligence and awareness. They add rich textures to your life and to the lives of others.

**Entrainment** — When your body's major systems are working in harmony, operating at higher efficiency and causing you to think and feel better.

**Freeze-Frame** — A technique that allows you to access your intuitive intelligence by using the heart to shift perceptions in the brain and resulting in your mind and emotions becoming calm.

**Heart Intelligence** — High-speed, intuitive information processing. The flow of awareness and insights once the mind and emotions are brought into balance and coherence.

**Heart Lock-In** — A heart-focused exercise that helps you surrender to your heart and find intelligence and rich emotional textures.



**Neutral Zone** — A calmer place from which you can call on your heart’s intelligence. A place where your heart rhythms will soon restore their balance so that you can perceive new options for action, instead of mechanically reacting on impulse and paying for (and probably regretting) that action later. Finding the neutral zone saves energy, provides a conduit for objectivity and creates fertile ground for new insights to grow.

**Overcare** — Occurs when your mind turns your caring intentions into a mental and emotional drain, often through over-identification with a situation, an issue or a person. It can take on many disguises, including sentiment, attachment, sentiment, sympathy and self-pity.

**Presets** — Repeated negative emotional patterns, like anger, worry, guilt or frustration.

**Surrender** — The process of stilling and emptying the mind and having the intelligence to ask for an understanding perception of the whole and a new view of a situation.

*For more information about HeartMath, its training programs, learning opportunities, research and other product offerings including free Heart Quotes, please contact HeartMath LLC at: 1-800-450-9111*

*website:* [www.heartmath.com](http://www.heartmath.com),

*email:* [info@heartmath.com](mailto:info@heartmath.com)

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