

# Onna Lo M.D.

A Partnership to be *Happy, Healthy, Holistic*

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## Heart-Focused Breathing™ Technique

The technique is as powerful as it is simple and can be used anytime you want to create greater relaxation or more energy.

### Step 1- Heart Focus:

Focus your attention on your heart area. Breathe a little deeper than normal, in for 5 or 6 seconds and out 5 or 6 seconds. You may find that placing your hand over your heart helps you maintain your focus there.

### Step 2 - Heart Breathing:

Now imagine while breathing that you're doing it through your heart. Picture yourself slowly breathing in and slowly breathing out through your heart area.

### Step 3 - Heart Feeling:

Continue to breathe through the area of your heart and find a positive feeling, like appreciation, care or compassion. You can recall a time you felt appreciation or care to make it easier to find a positive feeling now. This could be the appreciation or care you have towards a special person, a pet, a place you enjoy, or an activity that was fun. If you can't feel anything, it's okay, just try to find a sincere attitude of appreciation or care. Once you've found a positive feeling or attitude, you can sustain it by continuing your heart focus, heart breathing and heart feeling.

### **PRACTICE: 5 minutes a day for 2 sessions.**

The scientific term for this simple and quick tool is **Psychophysiological Coherence**: Coherence is the state when the heart, mind and emotions are in energetic alignment and cooperation. When the physiological coherence mode is driven by a positive emotional state, it is called psychophysiological coherence.

Reference:

<http://www2.heartmath.org/webmail/17232/415570500/a2ec1cf70c987a647853489928ec82de732b329dd8eef7ea1540688aa1428fbe>