TriVibrance™

The Vibrant Heart ™

Release, Allow and Receive

Adapted from The HeartMath Institute's The Quick Coherence exercise

Scientific studies demonstrate that **intentionally altering one's emotional state through heart focus modifies neurological activity in the brain.**
The **heart's electrical field** is about **60x stronger than the brain's electrical field.**
The **heart's magnetic field** is **more than 5,000x stronger than the brain's**. The **heart's electromagnetic field**--by far the most powerful rhythmic field produced by the human body--not only **envelops every cell of the body** but also **extends out in all directions into the space around us**.
The cardiac field can be measured several feet away from the body by sensitive devices, thus the heart's field is an important carrier of information. One person's heart signal can affect another's brainwaves, and heart-brain synchronization can occur between two people when they interact.

The Vibrant Heart™ creates a positive increase in the parasympathetic nervous system (the relax and renew system), increased heart-brain synchronization and entrainment between physiological systems. In this mode, the body's systems function with a high degree of efficiency and harmony, and natural regenerative processes are facilitated.

Benefits:

* As people learn to sustain heart-focused positive feeling states, the brain can be brought into entrainment (alignment) with the heart.
* States of increased heart rhythm coherence are associated with improvements in cognitive performance
* Heart coherence brings the nervous system into balance and reduces stress symptoms.
* When people touch or are in proximity, one person's heartbeat signal is registered in the other person's brainwaves.
* Thus, by bringing our heart into "coherence," we positively influence ourselves and others

© 2023 Trivibrance™

The information provided by TriVibrance is intended for informational purposes only. It is not intended to diagnose, treat, cure, or prescribe in any way.

TriVibrance™

The Vibrant Heart ™

Release, Allow and Receive

Adapted from The HeartMath Institute's The Quick Coherence exercise

Procedure:

Step 1: Vibrant Self™ Oil

Amply apply the Vibrant Self™ oil to your heart space. If you are able to practice this exercise with your bare hand on top of your bare heart space, apply more of the Vibrant Self™ oil to your dominate palm.

Step 2: Heart Focus

Gently focus your attention in the area of your heart. Put your dominate hand over your heart to increase the flow of oxytocin (the love hormone). If you placed the oil on your palm, put it directly skin to skin, otherwise just place your palm over the heart space on top of your clothing. If your mind wanders out of habit, just keep shifting your attention back to the area of your heart. Visualize your heart lighting up with a bright green light in your chest.

Step 3: Heart Breathing

As you focus on the area of your heart, pretend your breath is flowing in and out through that area. This helps your mind and energy to stay focused and your respiration and heart rhythms to synchronize. Breathe slowly and gently, until your breathing feels smooth and balanced, not forced. Continue to breathe (through your heart) with ease until you find a natural inner rhythm that feels good to you. If you have difficulty feeling the breath flow through your heart space, notice the cool air flowing into your nostrils on your inhale and the warmer air flowing out of the nostrils on the exhale. Now shift the sensation down to your heart. Cool air into the heart, warm air out.

Step 4: Heart Feeling

As you continue to breathe, recall a positive feeling/memory. Allow yourself to feel this good feeling of appreciation or care. It's okay to use stream of consciousness here to flow through high vibration emotions by recalling happy memories. Once you've found a positive feeling or attitude, you can sustain it by continuing your heart focus, heart breathing and heart feeling.

© 2023 Trivibrance™

The information provided by TriVibrance is intended for informational purposes only. It is not intended to diagnose, treat, cure, or prescribe in any way.

TriVibrance™

The Vibrant Heart ™

Release, Allow and Receive

Adapted from The HeartMath Institute's The Quick Coherence exercise

Procedure:

Step 5: Heart Words

End by internally saying the words "Love, Peace, Gratitude" on your inhale. On your exhale, send these emotions out of your heart space to a person or the world in general. Do this several times.

Time:

* Practice The Vibrant Heart™ 3x/day or on an as-needed basis
* Engage in the technique for 2 minutes at a time
* Try the technique 2x/day for 2 min intervals for 21 days straight (notice any shifts!)

© 2023 Trivibrance™

The information provided by TriVibrance is intended for informational purposes only. It is not intended to diagnose, treat, cure, or prescribe in any way.