

Heart Lock-In® Technique



The Heart Lock-In Technique helps you connect more deeply with your heart and facilitate a baseline shift. It can also help you accumulate energy and renew and recharge your system with these steps:

Step 1

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart of chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

Step 2

Activate and sustain a regenerative feeling such as appreciation, care or compassion.

Step 3

Radiate that renewing feeling to yourself and others.

Heart Lock-In Applications

- Reset neural patterns to form a new, healthier baseline
- Practice it anytime you want to instate emotional composure, confidence or ease and to anchor intentions
- Practice when your resilience is low or you're not feeling well; it can be helpful for self-care
- Use with meditation, mindfulness and healing arts' practices
- Radiating a renewing feeling to your clients can help establish a deeper heart connection with them

Once you are familiar with practicing the steps above, try the Quick Steps.

Quick Steps

1. Heart-Focused Breathing
2. Activate and Sustain
3. Radiate

About the Heart Lock-In® Technique



Sustaining coherence heart rhythms for a longer period of time can regenerate your mental, emotional and physical systems and help you recharge and accumulate energy. This makes it a powerful method for helping you shift your baseline to create beneficial and sustained changes at the physiological level, which is imperative for building a new baseline of resilience. Activating and sustaining coherence trains the nervous system to a new “normal” where calm, composure, confidence and patience become the new baseline.

Building a new baseline is similar to downloading a new operating system on your computer. In practical terms, it means that things that once triggered you don't bother you anymore or as easily. You “operate” from a new baseline. You also may find you have more energy and that you flow through your day, handling what comes up with greater ease.

The Heart Lock-In Technique also can help you make a deeper connection with your heart where you can experience things such as expanded awareness, a sense of connection with others and the richer textures that reside in your heart.

Freeze Frame® Technique



Practicing the Freeze Frame Technique helps you access your intuitive intelligence and create more objectivity which can help you find more effective solutions, resolve problems and enhance your creativity.

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

As you continue heart-focused breathing, 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.

Freeze Frame Applications

- When making decisions or planning
- To enhance creativity
- To gain insight on how to handle a situation
- While working with your clients

Quick Steps

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

Freeze Frame® Technique

Freeze Frame is a multipurpose technique that can be used in the moment for gaining clarity and stopping energy drains. It also helps balance your mind and emotions so you can think more creatively and make better choices. This technique helps you gain a clear and balanced perspective by accessing your intuitive intelligence.

The Freeze Frame Technique is helpful to use when you have to make quick decisions or when out-of-the-box solutions are needed.

The term “Freeze Frame” is used because this process is similar to pressing the pause button to stop a video. The technique helps you stop your “stress movie” in-the-moment so you can edit the frame and create a different outcome.

First, taking a time-out to acknowledge how you feel about an issue can help you see judgments or depleting emotions that are lurking beneath the surface. Next, creating more coherence by shifting your emotions and attitudes can help you see the situation more objectively rather than from emotions that may color your perceptions and add to your stress.

Being more coherent can help you see a bigger picture and also expand your awareness for new insights and options.

Clarity or insight might not come right away. This could have a lot to do with the complexity of the issue, past history and the intensity of any emotions that may or may not be related to the issue or situation. That’s OK. Be patient with yourself. Repeat the process later or the next day. It will begin to feel more natural with practice. Often, solutions are inspired through communication or input from others.

Be sure also to notice any subtle shift in the way you feel. Shifting from feeling anxious about an issue to feeling calm is significant! You not only plugged an energy leak, but you also shifted your feeling experience and opened the door for a solution to emerge at another time.

Freeze Frame® Exercise



The Freeze Frame Technique is designed to use regardless of whether or not stress is present. By bringing heart qualities to the forefront, it can help with mental clarity, decision-making and creativity.

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

The problem or issue is: _____

My attitude or feelings about the situation or issue **before** practicing the Freeze Frame Technique are: _____

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. As you continue heart-focused breathing, 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.

Write down the first thing that comes to you.

My attitude or feelings about it **after** practicing the Freeze Frame Technique are:

What actions will you take to sustain beneficial attitude shifts and act on new insights?
