

Heartful Living

What is Heart Coherence and the 'Emotional Landscape'?

Our heart has the ability to bring our physical, emotional and mental systems into a state of balance, harmony and optimal functioning. The HeartMath Institute call this state 'Coherence'.

For more than 25 years the HeartMath Institute has been scientifically researching the power of the heart.

They have found that if we breathe with attention on our heart area while at the same time focusing on something that makes us smile...we activate a range of benefits in our body, mind and emotions. For example, our thinking becomes more insightful and clear, our emotions are calmer and we are more able to experience 'positive' feelings and our digestion, immune system and cardiovascular system all function more effectively.

There are two key components to this...our breathing and our hormones. When we breath as if in and out of our heart area with a balanced and even rhythm we stabilise our system and activate equilibrium. When we add to this focusing on something that makes us smile, or a state such as compassion or gratitude we trigger the feel good hormones such as Oxytocin and reduce the stress inducing hormones such as Cortisol.

To help us see the effects of this more clearly the HeartMath Institute have created a model called the Emotional Landscape which helps us quickly and easily recognise what state we are in and how to rebalance ourselves if needed. I have created graphics to represent the Emotional Landscape below. You will see that there is one axis for our heart rate, which is influenced by our breathing and another axis for our hormones which is influenced by the focus of our attention on something that helps us feel good.

When we have these pivotal aspects working together we find we are in command of our state. We are able to shift out of struggle and into greater ease. Depending upon our starting point we can purposefully experience relief, comfort, well-being and joy. We can move out of incoherence and into the benefits of coherence.

In our coaching sessions I will guide you through the Emotional Landscape and help you activate the benefits of heart coherence.



Hormone Balance

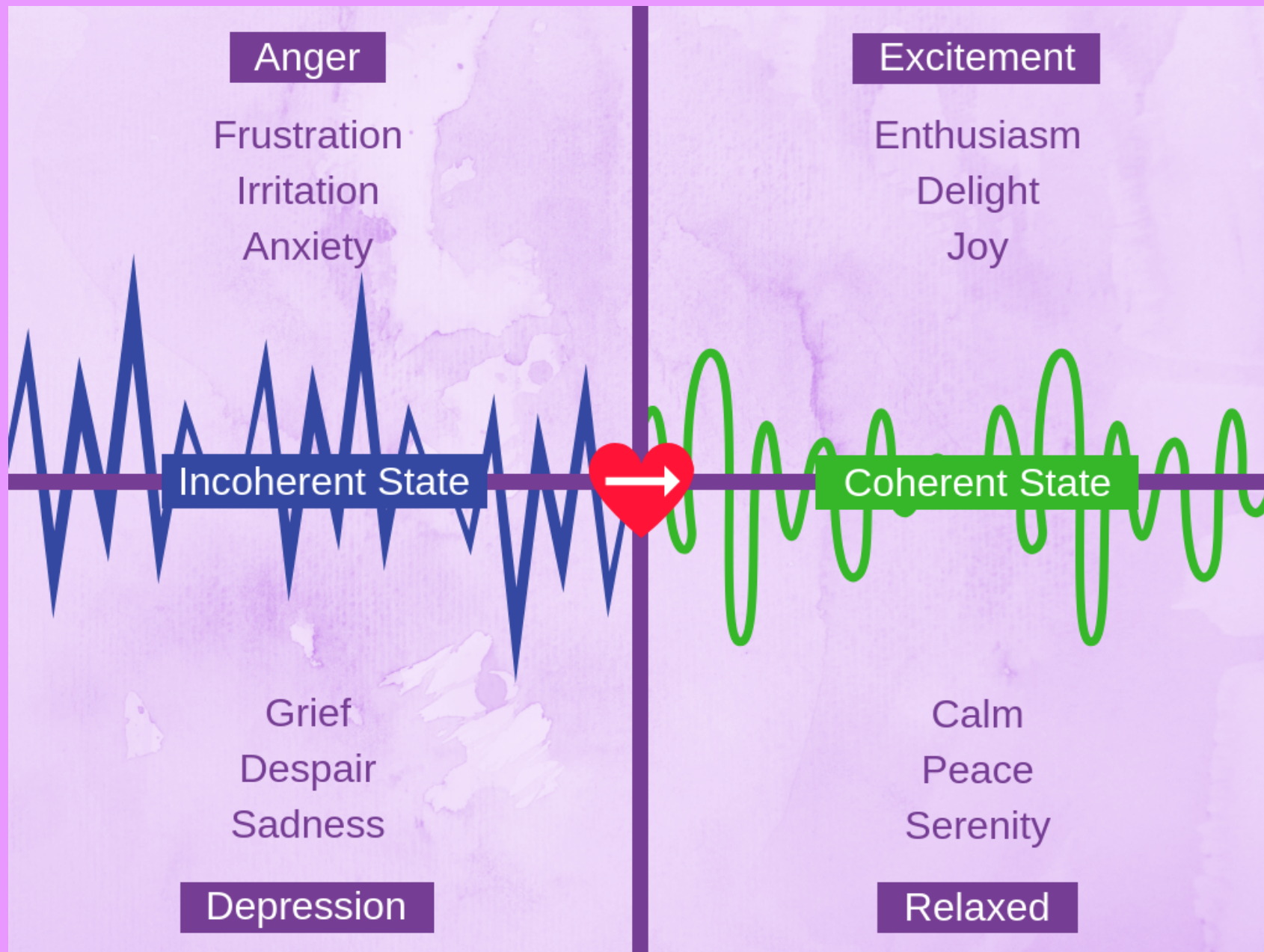
Heart Rate

Heart Focused Breath



Hormone Balance

Heart Rate



Heart Focused Breath

