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# Intelligent Energy Management Techniques

HEARTMATH®



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## Heart Focused Breathing

Saves Energy  
Shifts & sustains balance

- 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.

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## Inner-Ease

Sustains coherence  
Slows down mental and emotional rhythms

- Heart-Focused Breathing (see above)
- Draw in the feeling of inner ease
- Anchor and maintain the feeling

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## Quick Coherence

Builds coherence & composure  
Regulates energy expenditure  
Increases resilience

- Heart-Focused Breathing (see above)
- Activate Renewing Feeling

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## Heart Lock-in

Accumulates & sustains coherence

- Heart-Focused breathing (see above)
- Activate and sustain a positive feeling
- Radiate the feeling out

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- Notice that everything builds on Heart-Focus breathing. Practice the first step until you are very comfortable doing it. Set a solid foundation with Heart-Focused Breathing.