

33.1 The Heart Lock-In® Technique



THE RESILIENT HEART
Trauma-Sensitive HeartMath Certification

The Heart Lock-In Technique helps you accumulate energy and renew and recharge your emotional 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 or 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.

This benefits them and especially helps recharge and balance your own system.

When you catch your mind wandering, simply refocus your attention on the heart area and reconnect with feelings of care or appreciation. After you're finished, sincerely sustain your feelings of care and appreciation as long as you can.

Once you have become familiar with these steps, **use the quick steps:**

- 1. Heart-Focused Breathing**
- 2. Activate a regenerative feeling**
- 3. Radiate**