

Heart Coherence

Harmonious synchronisation of
mind, body and soul



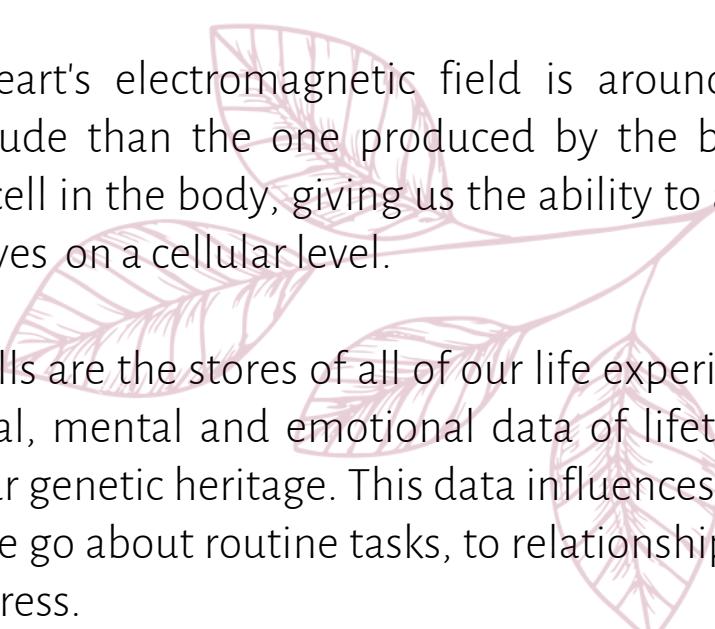
Ebony Zander

*When the heart truly understands,
it lets go of everything.*

- Ajahn Chah

Electromagnetic Field of the Heart

The heart, a muscle at the centre of the human circulatory system, receives blood and pumps it around the body, beating around 60-80 times per minute. Beyond its physical function, the heart generates the body's most powerful and extensive rhythmic electromagnetic field, communicating information to the brain and throughout the body. This field, or what is also referred to as an "aura" can be seen and felt by not only our own selves and by others as it extends on average 4-5 feet around the body.



The heart's electromagnetic field is around 60 times greater in amplitude than the one produced by the brain and it penetrates every cell in the body, giving us the ability to affect, change and heal ourselves on a cellular level.

Our cells are the stores of all of our life experiences, they contain the physical, mental and emotional data of lifetimes, past generations and our genetic heritage. This data influences everything in life, from how we go about routine tasks, to relationships, to our ability to deal with stress.

To heal and create longstanding change within ourselves it's important it happens on a cellular level, chemical level and energetic level, which happens when we change the frequency our body is resonating at.

This is coming into heart coherence.

Heart Coherence

Heart Coherence is the harmonious Synchronisation of mind, body, and soul. It occurs when we're in a Delta Brainwave state, a frequency between 0-4 hz. This state allows us to access our subconscious mind, decreasing our awareness of our physical world and taking us through a portal into what has been forgotten.

Delta Waves - 0-4 hz

Deep Relaxation, Rejuvenation & Regulates unconscious body functions (heartbeat, digestion, etc)

Theta Waves - 4-8 hz

Restorative sleep, Intuitive, Natural, Creative, Emotional connection

Alpha Waves - 8-12 hz

Calming, Relaxation

Beta Waves 12-40 hz

Conscious thought, Logical thinking & Focus

Gamma Waves - 40-100 hz

Increases perception, learning new material & information processing

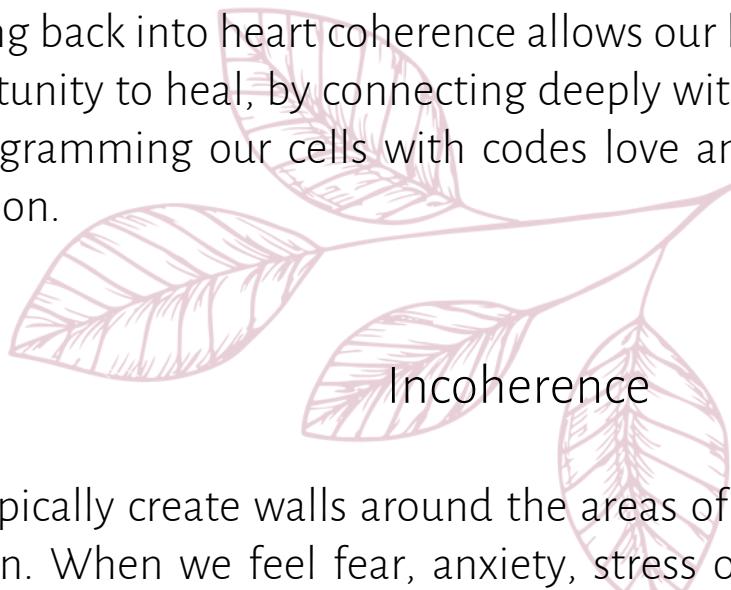
<https://www.mermymagnificentself.com/2019/04/12/are-you-feeling-theearths-heartbeat-how-its-rising-in-vibration/>

Our minds are typically 95% subconscious and 5% conscious. The conscious mind contains the awareness of the given moment, for example thoughts, feelings and memories experienced now. The unconscious mind stores thoughts, feelings, memories that we have forgotten or disconnected from, perhaps as a result from trauma, grief, or pain.

The memories of these life experiences are stored in the cells of our body in an unprocessed form until we face them, feel them and heal through them. Each time we are triggered by something that brings us back to an experience of pain or trauma this is our cellular memory being activated.

The heart communicates via the nervous system, hormonal system and other pathways that influence the brain and cellular body. The heart's intelligence is independent of the brain, it holds all that is innate within us, that which we have forgotten from our own disconnection of self and incoherence.

Coming back into heart coherence allows our body on every level the opportunity to heal, by connecting deeply within our own being and re-programming our cells with codes love and light of the highest vibration.



We typically create walls around the areas of ourselves which cause us pain. When we feel fear, anxiety, stress or overwhelm we close ourselves off from feeling the discomfort and re-experiencing the pain, but with this, we close off from feeling the deep state of ease that occurs when we feel and heal from these things that confine us.

Our thoughts are the language of our brain and our feelings are the language of the body. Our thoughts and memories affect the way we feel as the brain causes the body to release chemical signals which cause our bodies to feel the same way we are thinking. For example, if you're thinking about something stressful then your body starts to feel stressed. Your thoughts become cluttered, heart rate increases, chest tightens, posture sinks and a state of anxiety and fear kicks in.

As soon as you fall into this state it becomes a loop where it is now influencing your brain to think more stressful, anxious and fearful thoughts which release more chemicals into the brain and body, and the cycle continues.

Living in a continuous state of fear places us in that fight or flight survival mode where the sympathetic nervous system is activated, enabling us to be ready to do what's needed to survive, but when we're in this state the internal organs and systems of the body are also stressed and our immune system begins to shut down so that our energy is given to the areas of the body that need to take action.

Science has shown us that everything within this physical universe is made up of energy, vibrating at specific frequencies which gives matter form. Energy is information in motion and for our bodies, when our energy is vibrating at a frequency that is incoherent, we're stressed, we look for distraction rather than connection and we try to force and control outcomes. With a slow and weakened immune system, we are susceptible to dis-ease, our auric field begins to diminish, and we fall deeper into states of incoherence.

The heart beats at different rhythms as we experience different things physically and emotionally. Research conducted by the Institute of HeartMath shows a person's emotional state is communicated throughout the body via the heart's electromagnetic field. When we have stressful, anxious, or fearful thoughts the heartbeat increases and creates an incoherent rhythm. When we have thoughts of love, gratitude, compassion and kindness our heartbeat is smooth and fluid, coming into coherence.

Overtime we become conditioned by these cycles which, if are continually negative, make it even harder to break the patterns. With dedicated practice we can re-programme our minds and our bodies, coming back to a state of coherence.

Coming back to Coherence

Heart coherence is a state of harmonious synchronisation of mind, body and soul.

The Heartmath institute studies have shown that when your heart is coherent, stress is reduced, cognitive function increases and intuition is heightened. In this state we can experience clarity of mind, increased immune function, self-healing, emotional stability and homeostasis.

There are many ways we can come back to coherence but it does take a commitment to change and dedication to self-practice. Remember, this is about you and for you. You are here and you are ready.

Conscious Breathing

Our breath may be our most under used and under valued natural and free resource. It cleanses our body of toxins, supports healthy function of our brain, muscles and other bodily systems and literally gives us life.

Take time each day to connect with your breath. Notice where your breath meets your body.

Is it sitting high in your chest?

Are you filling both lungs?

Can you feel the breath expanding your belly?

Wherever your breath is sitting, make the conscious effort to find more depth with the inhale, completely filling the lungs and feeling the gentle rise of your belly, and find length on the exhale, slowing the breath down.

This will support you in slowing down the mind, dropping deeper into your body and activating your parasympathetic nervous system (rest and digest).

Heart Breath Practice

1. Sit in a comfortable position and close your eyes.
2. Begin to connect with your body and with your breath.
3. On an inhale, visualise breathing in filaments of crystalline white light from the core of Mother Earth, up through the base of your body and into your heart space.
4. On an exhale, send this light out from your heart.
5. Repeat this for 5-10 cycles of breath, drawing in as much light as you can, filling your heart space and sending it out as far and wide as you can.
6. On an inhale, visualise breathing in filaments of crystalline white light down from the cosmos, in through the crown of your head and into your heart space.
7. On an exhale, send this light out from your heart.
8. Repeat this for 5-10 cycles of breath, drawing in as much light as you can, filling your heart space and sending it out as far and wide as you can.
9. On an inhale, simultaneously visualise breathing in filaments of crystalline white light from the core of Mother Earth, up through the base of your body and down from the cosmos, in through the crown of your head and into your heart space.
10. On an exhale, send this light out from your heart.
11. Repeat this for 5-10 cycles of breath, drawing in as much light as you can, filling your heart space and sending it out as far and wide as you can.
12. Release the practice and allow your natural flow of breath to return to your body.

Body Awareness

Becoming aware of your own body and the messages it sends is one of the best relationships you can have.

Our bodies are intelligent! When we give ourselves time to feel instead of think, we can learn so much more.

Take time each day to drop out of your mind and connect with your body.

Body Awareness Meditation

1. Sit or lie in a comfortable position with your eyes closed.
2. Scan your body from head to toe and notice what you feel.
3. Where do you feel tightness or tension?
4. What sensations arise?
5. Synchronise with your breath and relax through these areas.

Whatever arises, can you trace it back to a situation or emotion you're experiencing? A tightness in the heart space or curling in of the shoulders can indicate lack of confidence, feelings of shame and low self-worth for instance. What can you feel and what can you associate it to?

Gratitude, love and compassion

A daily practice of gratitude, love and compassion will support you in coming into heart coherence and connecting with your surroundings, that which extends beyond the physical world.

Take time each day to offer a prayer of gratitude, love and compassion. With the beautiful intention and offering you in turn receive gratitude, love and compassion in sacred reciprocity.

Heart Coherence Meditation

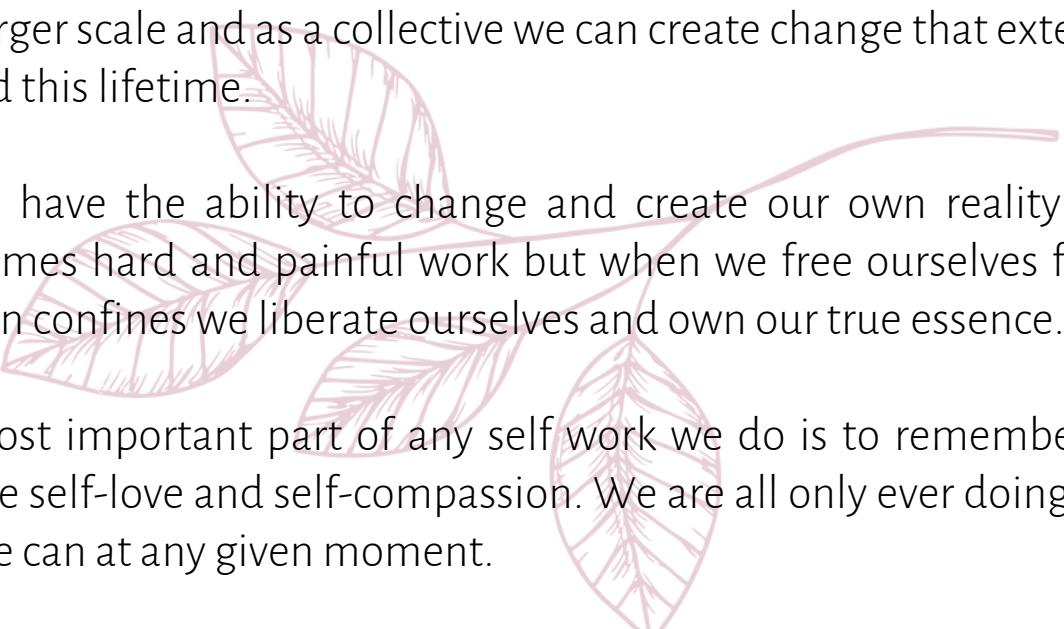
1. Hold in your heart someone or something (or many) that you are grateful for. Take a breath in and on your breath out offer your gratitude.
2. Hold in your heart someone or something (seen or unseen, person/animal/angel) that supports you and allies you through life. Take a breath in and on your breath out offer your love.
3. Hold in your heart someone or something (personal, animal, country, planet) that needs compassion and kindness. Take a breath in and on your breath out offer your compassion.



Coming back into balance with ourselves requires dedicated time, practice and patience. It is the ultimate form of self-love and care that leads to self-healing.

As we become aware of our personal triggers, let go of the old stories, re-programme our cells and come into heart coherence, expanding our auric field, those around us are also affected by our state of being.

By maintaining a practice of coming into coherence and dedicating this time for yourself you are not only changing your own state of being but you are influencing the state of those around you. Our self-care, self-love and self-healing then becomes care, love and healing on a larger scale and as a collective we can create change that extends beyond this lifetime.



We all have the ability to change and create our own reality. It's sometimes hard and painful work but when we free ourselves from our own confines we liberate ourselves and own our true essence.

The most important part of any self work we do is to remember to practice self-love and self-compassion. We are all only ever doing the best we can at any given moment.

We are here to support you during your time of remembering your Soul's unique journey.

Come back to your heart, come back to your Soul. Come back to YOU.



Ebony, Kylie & Tracy x