

Finding Peace Anytime, Anywhere

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**You have the power to create the peace you
are seeking in your life.**

Heart Focus Breathing

Finding Peace Within

- **Explore:**
- Coherence as a Building Block of Peace
 - Skills to Generate Peace with Ease and Flow

What Is Coherence?

- Take a piece of paper and along the top of the paper draw some jagged lines
- All along the bottom draw rounded lines that look like a sign curve



Emotional Soundtracks

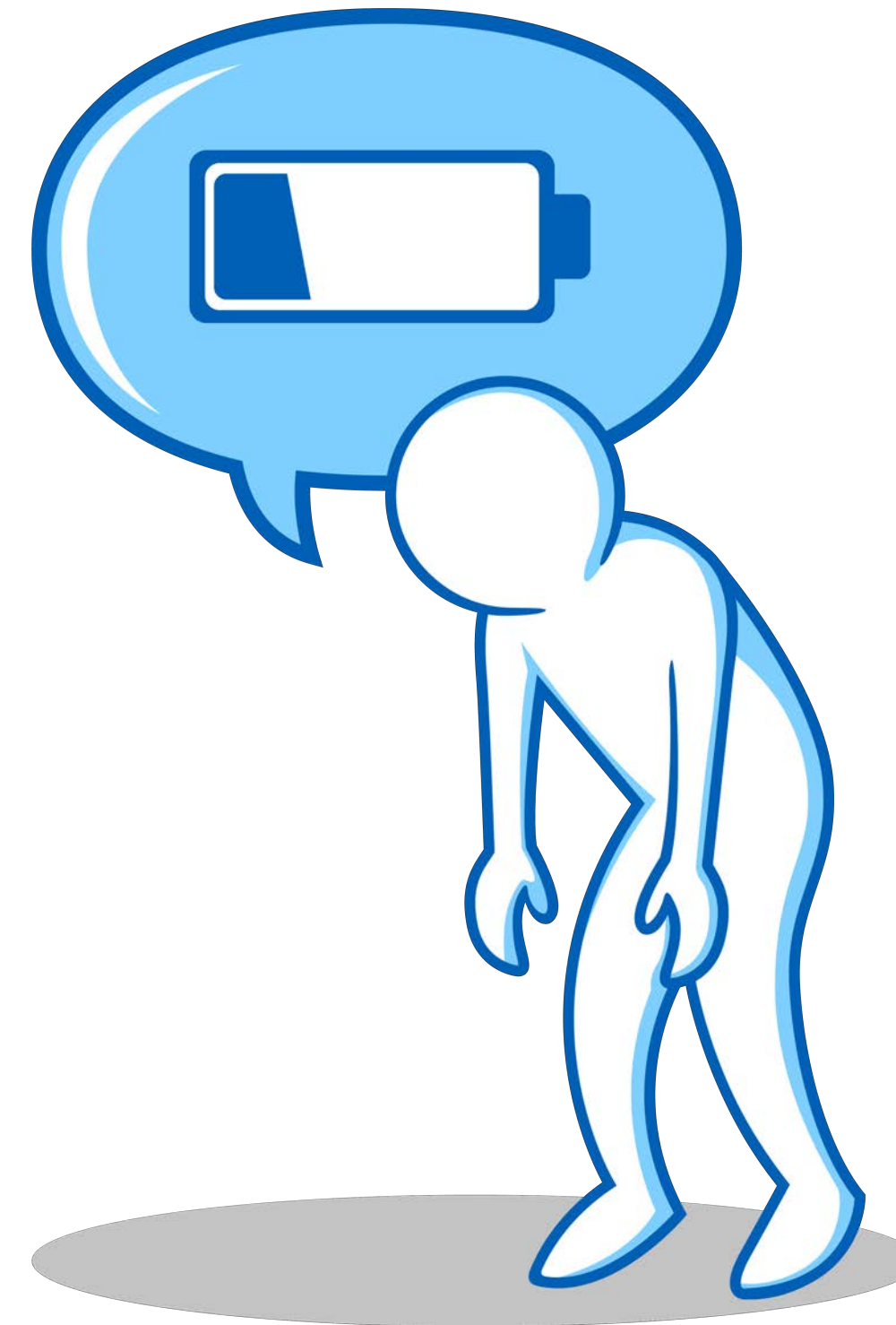


Depleting Emotions

Emotions such as fear, frustration, impatience and anger have a toxic feeling and cause the release of stress hormones.

This often results in:

- Reduced muscle mass
- Brain-cell death
- Impaired memory
- Accelerated aging
- Impaired mental function
- Diminished performance



Renewing Emotions

Emotions and attitudes such as care, courage, tolerance and appreciation create neurochemicals that regenerate your system and offset energy drain, resulting in:

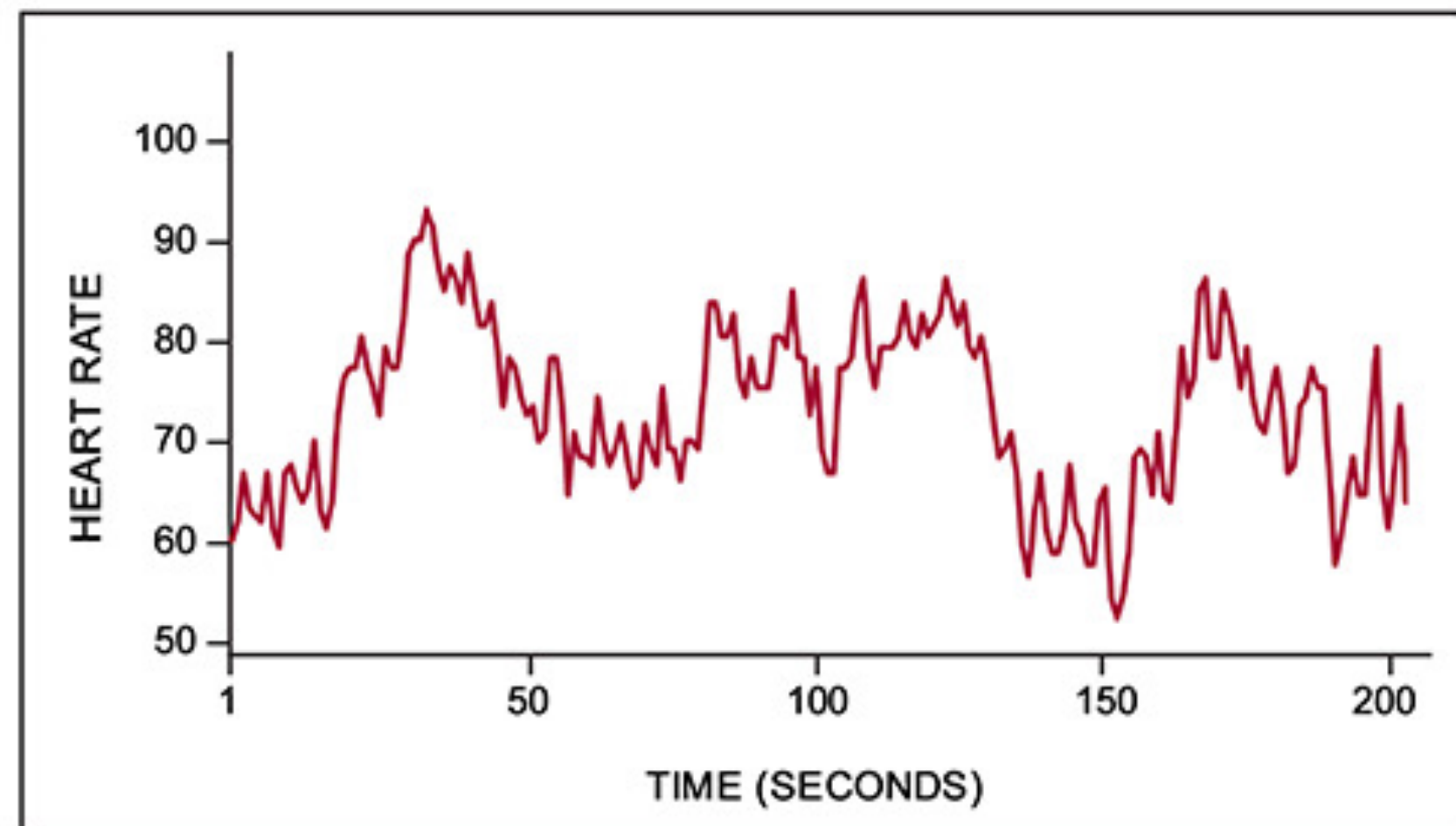
- Increased longevity
- Increased resilience to adversity
- Improved memory
- Improved problem-solving
- Increased intuition and creativity
- Improved job performance and achievement



Emotions and Heart Rhythms

Incoherence

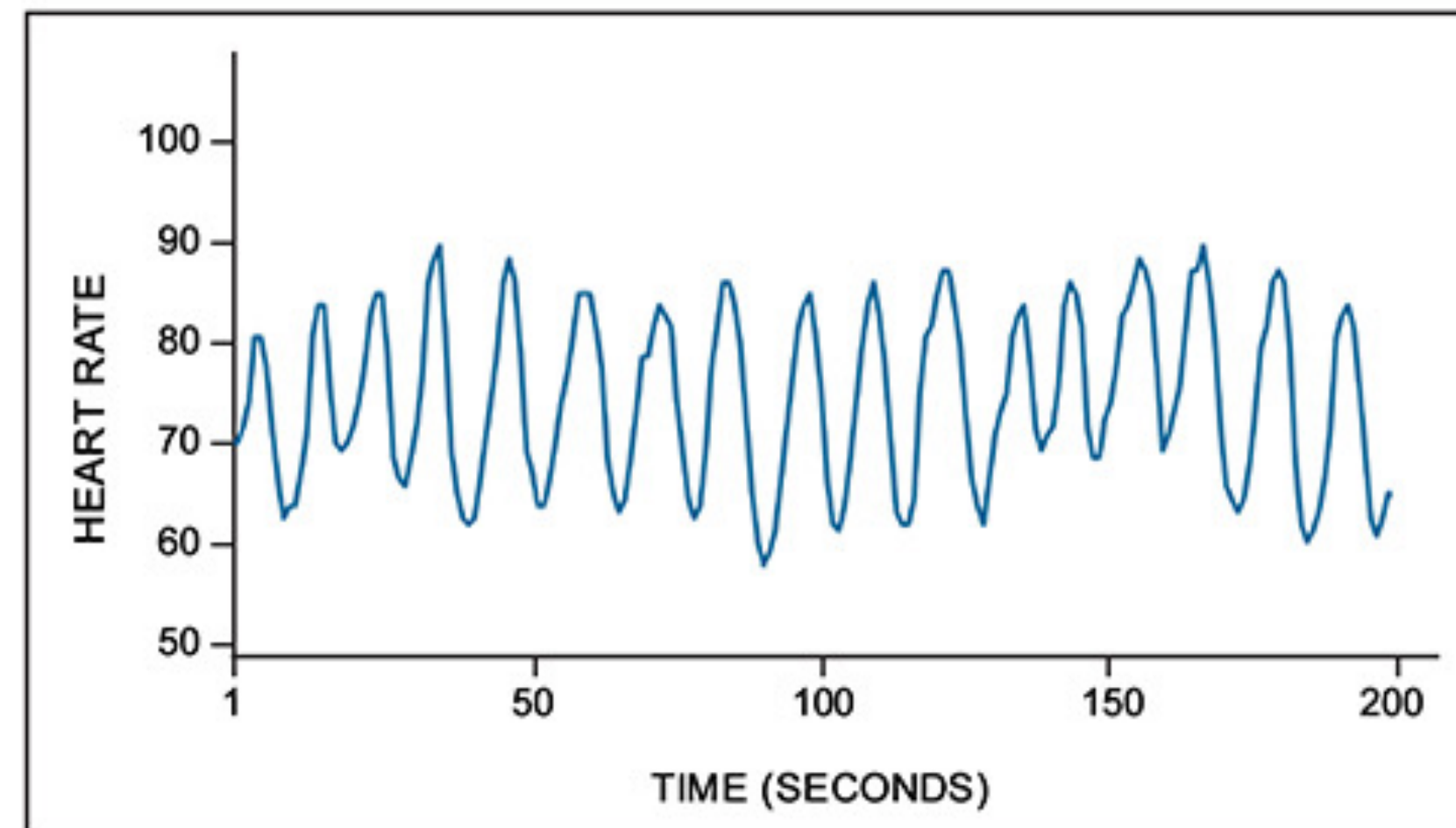
frustration, irritation, impatience, worry



Inhibits brain function – impairs performance

Coherence

appreciation, calm, patience, confidence



Facilitates brain function – promotes optimal performance



Coherence

An optimal state in which the heart, mind and emotions are aligned and in sync.

Physiologically, the immune, hormonal and nervous systems function in a state of energetic coordination.

Quick Coherence[®] Technique

An Intelligent Energy Self-Regulation Technique



Quick Coherence[®] Technique

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.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).



Quick Coherence[®] Technique

Step 2:

Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

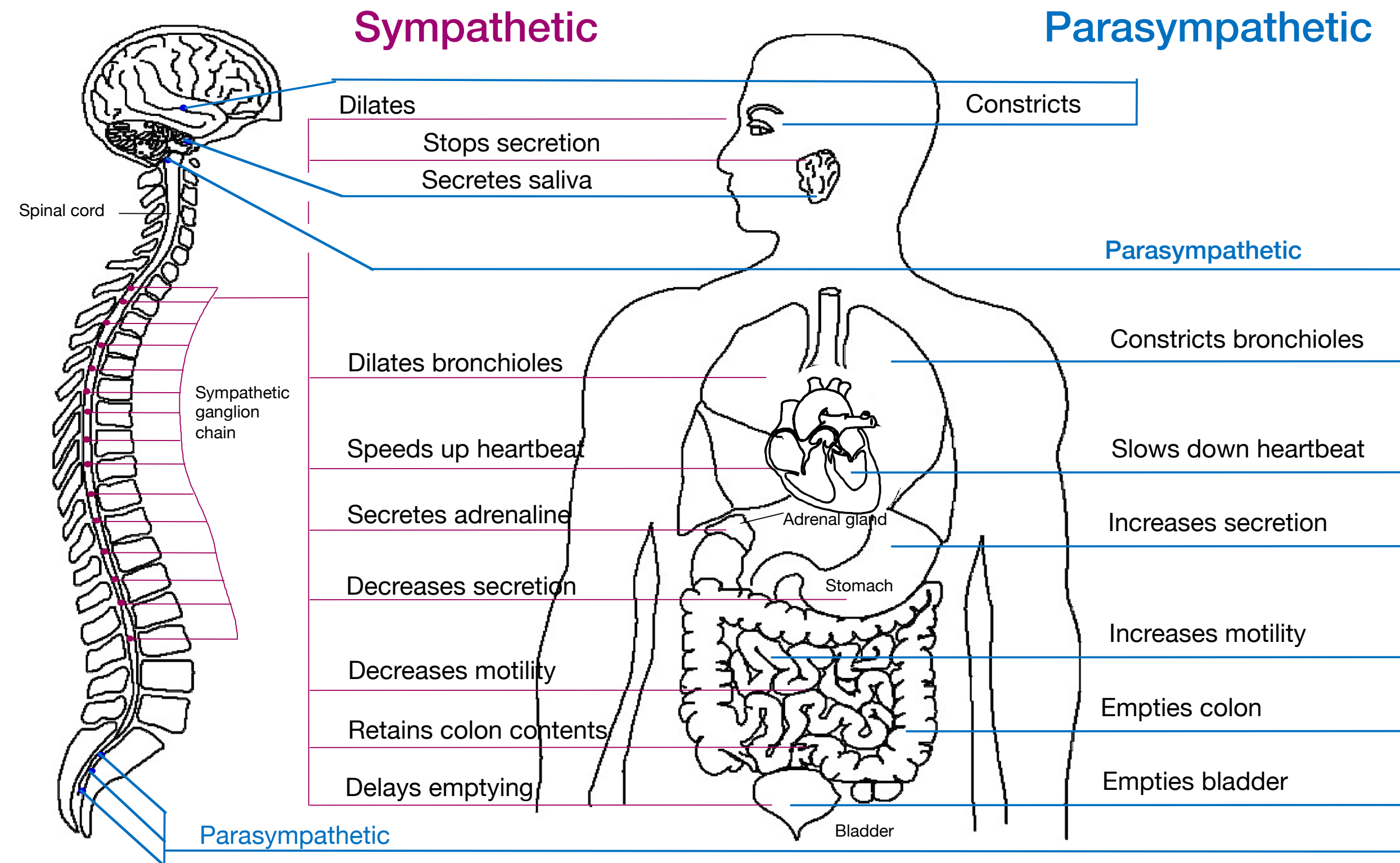


Quick Coherence[®] Quick steps

1. Heart-Focused Breathing
2. Activate a positive or renewing feeling



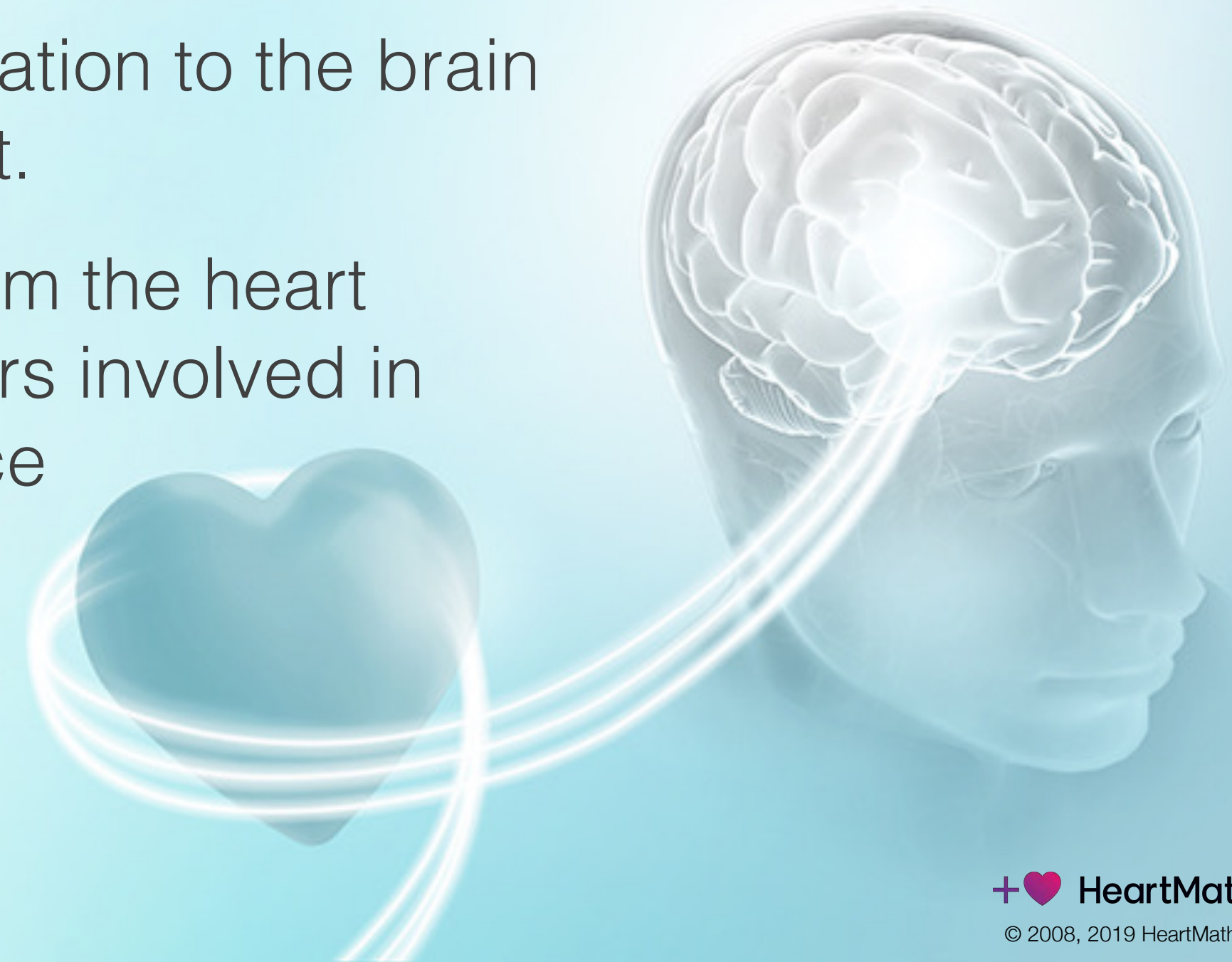
Autonomic Nervous System





Heart-Brain Communication

- The heart has its own complex nervous system: the “heart brain.”
- The heart sends far more information to the brain than the brain sends to the heart.
- Patterns in the neural signals from the heart especially affect the brain centers involved in perception, emotional experience and self-regulation.



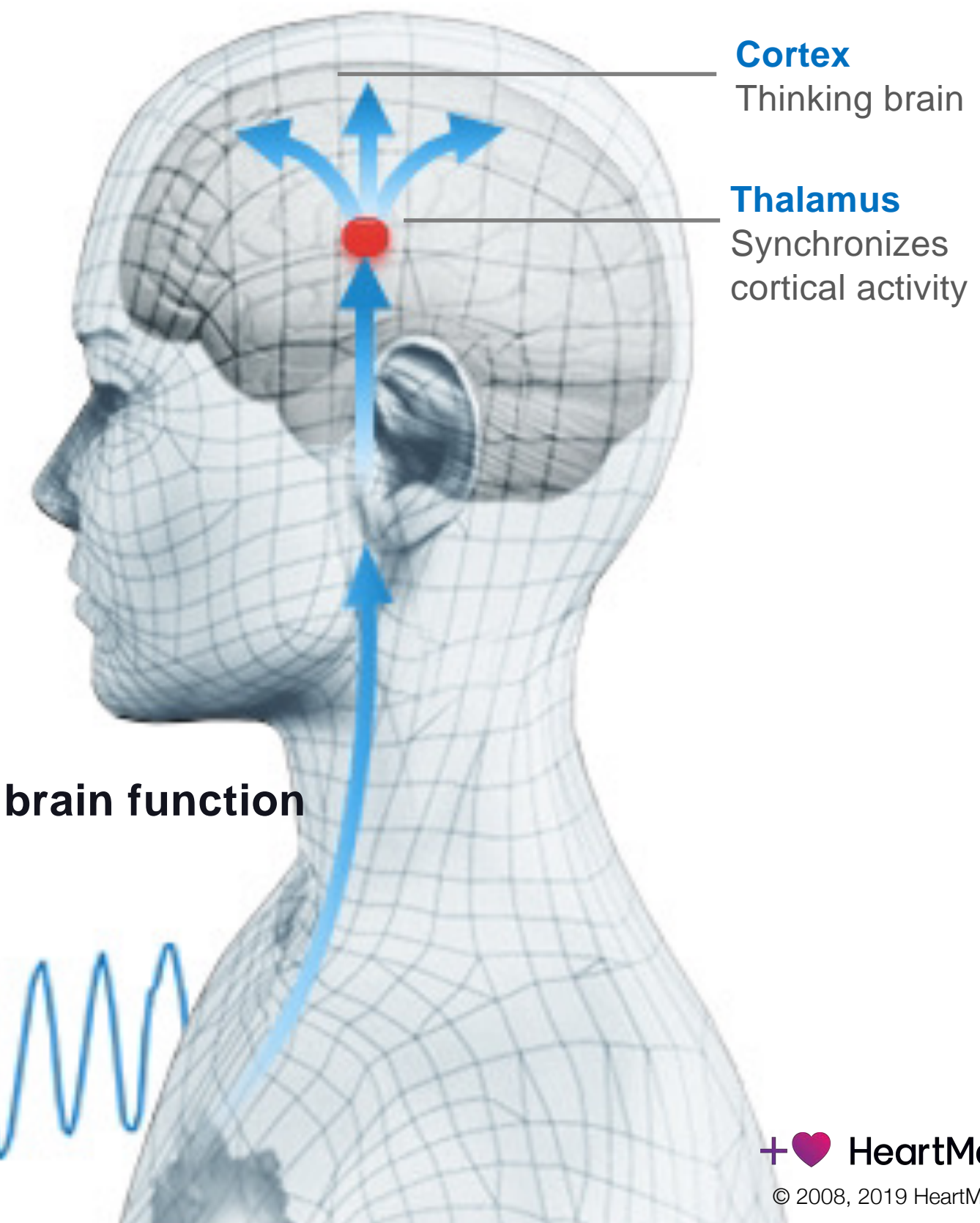
Heart Rhythms

Affect Physical and Mental Performance

Heart rhythms directly affect brain centers involved in foresight, decision-making, social awareness, and our ability to self-regulate.

Incoherence inhibits brain function

Coherence facilitates brain function



Generating Peace

Anytime, Anywhere



Inner-Ease™ Technique

An Intelligent Energy Self-Regulation Technique



**“Inner Peace or Inner Ease, is there not for
the finding but for the *Creating*.”**

Inner Peace Through Inner Ease,
HeartMath® Tools and Techniques, September 17, 2015

Ease – Creating a Balanced Rhythm

Ease means moving through your day with your mind and emotions in a balanced rhythm.

Inner ease is not a sleepy-headed state. It's a regenerative state in which you are more alert, resilient and can respond more effectively.

Inner ease is an aspect of “stillness” that we can access while on the move.

Ease – “Active Calm”

Being in a state of ease doesn't mean that you necessarily have to slow down your physical pace, but it can mean that at times.

Example of active calm: An EMT needs to respond quickly while remaining calm and composed on the inside.

Ease creates a sensitivity to the appropriate inner pace for handling each situation in life, which creates flow.

Inner-Ease™ Technique

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.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).



Inner-Ease™ Technique

Step 2:

With each breath, draw in the feeling of inner ease to balance your mental and emotional energy.



For Questions and Support

Please contact me

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