



CONSCIOUS PARENTING

— SEMINARS —

HEARTMATH®'S NEUTRAL TOOL

When you feel stressed about something, it's not the issue itself that's bothering you or causing the stress ... it's your PERCEPTION ... your thoughts ... which then trigger your emotions... that you attach to the situation.

This tool, NEUTRAL, helps you to stop the mental and emotional loops that keep you in a stressful state and can cause damage to your physical body.

Step 1: HEART FOCUS

Focus your attention on the area around your heart (and away from any stressful situation). You may want to place your hand(s) on your heart!

Step 2: HEART BREATHING

Now imagine you are breathing in through your heart ...

wait 5 seconds ...

Then breathe out through your heart ...

wait 5 seconds ...

Continue this cycle for 4-5 times.

This technique is wonderful to use when you are confronted by sudden stresses during your day. It stops stress in its tracks ... helping you to diffuse the physical responses to stress before they accumulate and cause long term effects in your body!!