

As we change our own electromagnetic frequency (by practicing "coherence"), we have a positive effect on those around us. By cultivating positive feelings such as love, appreciation and gratitude, we increase our own cardiac coherence and therefore our health – from the inside out. Ultimately, by moving our awareness to our hearts we can begin to make a difference, not only to our own health but that of the world around us. Being in Ireland, we have much to be grateful for – this is a truly beautiful country with many opportunities for cultivating our own "cardiac coherence". Simply by opening our hearts through a focus on positive feelings, we can enhance our own health and wellbeing. It is always a good time to start making positive changes for a healthier lifestyle. I think it would do the world we live in a great service if we could all tune-in to the intelligence of our hearts more and more of the time.

*Sláinte!*  
(Irish Saying)  
**To your Health!**

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The Institute of HeartMath offers tools, technology, and training teach people to rely on the intelligence of their hearts in alignment with their minds at home, school, work, and play.  
[www.heartmath.org](http://www.heartmath.org)

### Did you know?

The magnetic component of the heart's field is around 5,000 times stronger than that produced by the brain?



### 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.

**Step 2:** Make a sincere attempt to experience a regenerative (loving) 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. [www.cvni.ie](http://www.cvni.ie)

