

Teaching ourselves to stay in the Heart Space in times of stress, to forgive, and to let go



Within us we have everything we need to transcend: i.e. we have all that we need to go beyond stress and to reside in the peace within our hearts. All we need to do is remember that we have this greatness within, then practise using it. Practise lifts our game, and peace and harmony become the habits that we play by.

- 1. Just notice** when a stressful event is shaping up or taking place, and **“freeze the frame”** at the instant of recognition.
Freeze frame is like pushing the pause button on your video-DVD player - the picture and the sound are stopped immediately. As soon as you realise a stressful event is manifesting, freeze your state of mind, making no mental response. Any of us can suspend our thought, blank out inner chatter and ordinary reaction for a few seconds while we perform step two.
- 2. Shift your attention** to the area of **your heart. Focus and hold your attention there** for the few seconds you will need for step three.
- 3.** Recall a positive, joyful, fun-filled event in your life - *or -* bring to mind some person whom you love fully or savour in memory.
Form an image of that person or event as best you can, and **hold to the joyful feeling** of that recollection **all the while holding your concentration on your heart area.**
- 4. Keeping your focus on your heart,** open to your **intuition** and **common sense** and, with the utmost sincerity, **ask your heart what would be the best response you could make to the situation at hand.**
What behaviour, on your part, would be most effective in resolving the tensions, or healing the rupture in the relationships involved in the situation taking place?
- 5. Listen to** what you hear, or feel, or sense as your **heart’s response.**
- 6. Act on your heart’s response.**

Start on a small scale. Begin by using this exercise on the less important things, the incidental events, rather than the major ones which require more mental muscularity than we are likely to possess at first. As we discover the effectiveness of the procedure we are ready to risk and take on larger challenges.

This magical exercise brings your system into coherence, also known as love. Though it is slow going in the beginning, once you get the hang of it, you can do the whole sequence **in a pause between breaths.** It simply takes practise.

HeartMath’s **“Freeze Frame,”** presented by **Joseph Chilton Pearce** in **“The Biology of Transcendence.”**