

REAL ESTATE IHL FORUM

Welcome

Real Estate IHL Forum

HeartMath

SH ∞ SMITHS

IHL Event



Yvonne Oakenfull

SH ∞ SMITHS

Topics

- Heart Intelligence
- Heart Rate Variability and the impact this has on our bodies
- Depletion to Renewal Grid
- Quick Coherence Technique
- Heart Brain Connection
- Sign posting

CHECKLIST



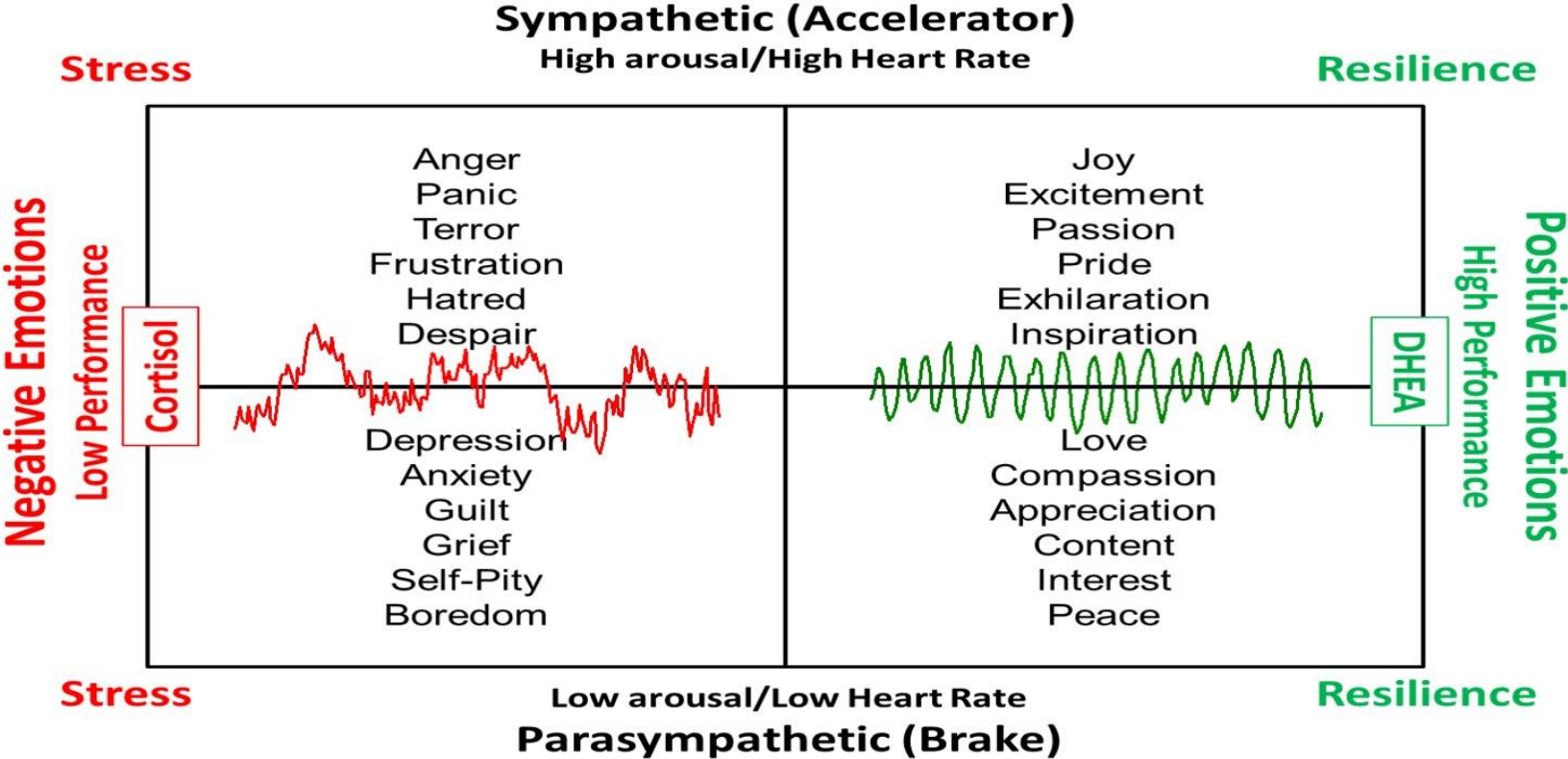
Heart Intelligence

- Neurocardiology (own neural network and pathways)
- Signals to the brain
 - Blood pressure
 - Hormones
 - Electric magnetic field around us (Toroidal)
- Heart – Brain Connect impact

Heart Rate Variability

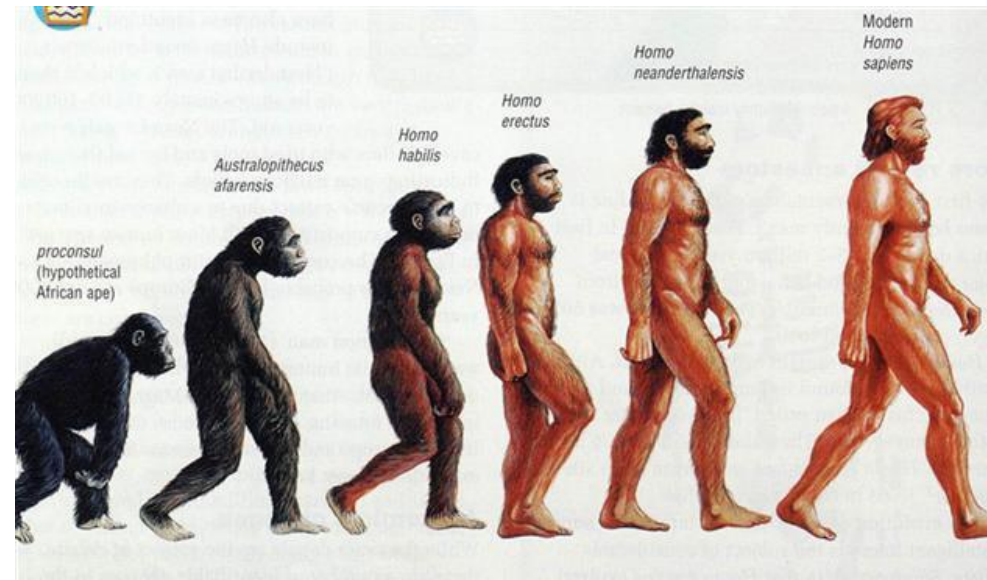
- Is the beat to beat changes in your heart rate
- Due to the synergistic action of the 2 branches of the ANS
 - Part of the nervous system that regulates most of our internal functions
 - Sympathetic - accelerator
 - Parasympathetic – break
 - Both continually interacting to maintain cardiovascular activity in its optimal range
- Scientists / physicians consider it an important indicator of health
- Ability to adapt effectively to stress and environmental demands
- Responsive, primed and ready to react when needed!
- A marker of biological aging. Greatest when young, with age, the range of variation in our resting heart rate becomes smaller

Depletion to Renewal Grid



Evolution

- Emotions are primary drivers of physiology
- Neither 'good or bad'.....
- Can not have 2 emotions at once....



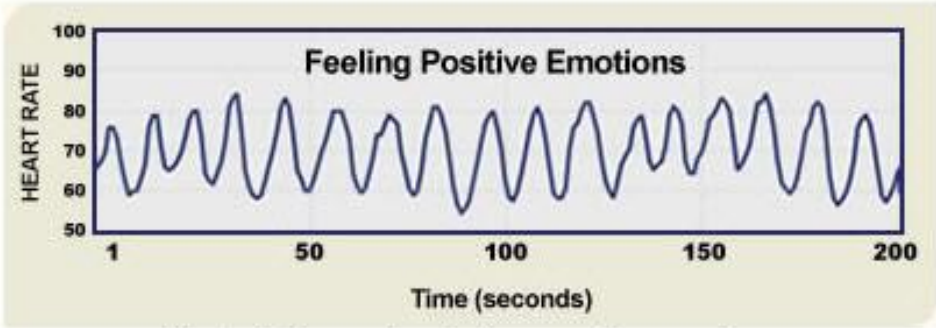
Quick Coherence Technique

- Heart focused breathing technique
- Focus your attention in the area of the heart
- Imagine your breath is flowing in and out of your heart / chest area
- Breathe a little slower and deeper than usual
- Recall a time, place, person or situation when you felt good
- With each breath draw in the feeling of inner ease
- Set a meaningful intent to anchor the feeling of inner ease as you engage in your projects, challenges or daily interactions.

Emotions in Action & Intelligent Energy

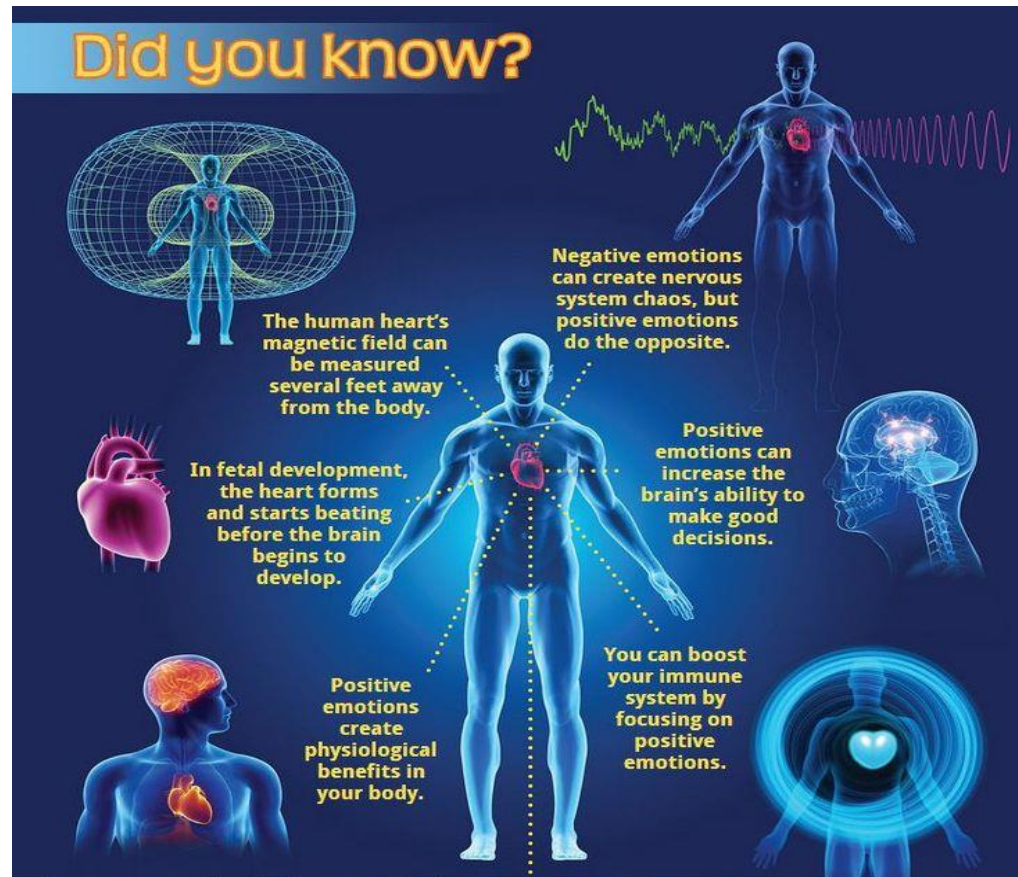


Heart rhythms when stressed



Heart rhythms when feeling a positive emotion

Heart Brain Connection



Connection

- Heart Coherence is an optimal state in which the heart, mind and emotions are operating
- Learning to generate increased heart rhythm coherence by sustaining positive emotions
 - Benefits the entire body
 - Profoundly impacting how we perceive, think, feel and perform



Summary & Sign Posting

- Heart Intelligence
- Heart Rate Variability and the impact this has on our bodies
- Depletion to Renewal Grid
- Quick Coherence Technique
- Heart Brain Connection
- Sign posting
- www.heartmath.co.uk

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Your hosts

Connect with your hosts on LinkedIn by scanning the QR codes below.



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