

Self Healing Guide

Background

Trauma and its effects are pervasive in our society. It has a systemic impact and can result in a wide array of significant physical, emotional, mental and spiritual problems. Recent research has determined that experiencing trauma causes changes in both our bodies and our minds. There are effective methods to provide healing in all four areas of realms of impact.

What Happens During Trauma

When someone has a traumatic experience it usually leads to significant mental and emotional shock. This shock is stored both in the brain and in the body. Recent epigenetic research has proven that specific changes can occur in the DNA of trauma victims. These changes in DNA are resistant to more traditional mind focused approaches to addressing trauma such as talk therapy and EMDR, and to drug therapies.

Not only can these seemingly permanent changes occur in the initial victims, but new studies have shown that the genetic modifications can be passed on to their offspring. If these genes are then activated in the recipients, they too can experience trauma patterns in behavior, emotion, and thinking.

The Role of the Heart

Your heart possesses its own innate intelligence (40,000 neurons) that functions independently of your cranial brain. This heart mind thinks, feels, makes decisions, and has neuroplasticity. During its normal function it generates a strong electromagnetic field (EMF) that surrounds it and you. The brain does the same thing, but the EMF of the heart is thousands of times stronger than that of the brain. It is so strong that it can be measured 6 to 10 feet outside the body, compared to about only ½ inch outside the skull for the brain.

During the extreme emotional stress of trauma, the heart's EMF shifts into a complex pattern and frequency that can directly affect and modify DNA. The result is that gene activation can be shifted from none to high or vice versa, and even the molecular coding of the genes can be rewritten. This is the source of inherited lineage trauma genes.

Systemic healing requires addressing and healing both the mind and DNA-based impacts from the trauma experience.

Fortunately, it is possible to use our heart to clear this DNA impact along with mindfulness practices to clear the body rooted emotional, physical, mental and spiritual impacts. These offer a powerful and necessary adjunct to more traditional therapies.

The foundation of this approach is based on achieving a mind/heart balanced state called heart coherence in all four realms. This is done with a simple three step practice. This practice has many innate significant health benefits, and when it is used in specific ways, can alter DNA again to restore balance and health.

Self Healing Guide

Who Benefits

This unique set of practices can provide dramatic benefits to anyone who has experienced trauma and/or inherited it. The practices are simple to understand and learn and can be used both for self-healing and by a wide variety of health, mental and healing practitioners to help their clients.

These practices have been validated with more than 400 clients over the past 10 years. These clients have come seeking healing from all kinds of physical ailments ranging from relatively mild to severe. A number of clients had received terminally diagnoses, usually from cancer. Their disease was a symptom of the immune system imbalances that often result from trauma and can only be healed by clearing the trauma first, and then dealing with illness after. By far most have been successful in this work and are still with us today.

Others are seeking help with deeply resistant behavioral, mental or emotional issues. These issues too are often rooted in body and mind held trauma, and once the trauma is cleared and healed, they have much higher success rates in resolving them.

Workshop

If you are interested in learning all of these practices, we are offering a workshop on June 8/9. This two-day workshop is designed for both for those seeking to help themselves, and/or receive certification in how to use these practices for clients. Go to the Workshops section of our website to learn more or sign up. You can also contact me directly at hank@blueheronrising.com.

Heart Coherence

Research at the Institute of HeartMath has revealed a remarkable internal state of balance between heart and mind. Working at first with gurus and experienced meditators, an internal state of balance was identified that has widespread implications for your physical and emotional health. In this state, it appeared that there was perfect balance between the heart brain and cranial brain, and that all functions in the body were operating in an optimal state. Likewise, there was balance and harmony in the internal emotional states of being.

In this state of balance, which has been named “heart coherence”, there are many measurable indicators of physiological and mental balance. Your blood pressure and pulse rate decrease; your immune function improves by about 40%, and your hormone balance shifts dramatically.

More specifically, the level of cortisol in your blood drops substantially, which has a number of benefits. Cortisol is like a longer acting version of adrenaline. Your body releases cortisol when you are under stress – either physical, emotional or both. It is associated with the classic fight-or-flight response, which is epidemic

Self Healing Guide

in modern society. The basic function of cortisol is to prioritize your energy and sensing abilities to ensure survival for the next day or two.

Cortisol does this in several different ways. First, it numbs you to pain. If you have an injury but still need to move to survive, you will not feel the pain as intensely. Cortisol also reduces the energy given to your immune system. After all, why bother worrying about a disease killing you if you have a near-term threat that is much more urgent? Finally, cortisol reduces mucus production substantially. Now this might seem good on the surface, because nobody likes to have a runny nose. However, mucus is an essential part of immune system operation. Mucus in your nasal passages and lungs traps bacteria and viruses so that they can be carried out of your body by sneezing/coughing or by traveling down your throat to your stomach acid to be destroyed. Couple this reduction in mucus production with the already reduced immune system function, and you are an easy target for illness. Mucus is also essential to protect your stomach lining from being eaten away by your stomach acid. Too little mucus, caused by high levels of cortisol, can lead directly to ulcers.

Cortisol also dissolves connective tissue like ligaments. Given long-term exposure to cortisol due to stress, ligaments weaken and can tear or rupture. This is why it is common for people in high-pressure jobs to get hurt doing their “weekend warrior” activities. This is also why athletes can only receive a limited number of injections of cortisone (an artificial version of cortisol) before they suffer permanent ligament damage at injection sites.

Cortisol levels plummet when you are in heart coherence and thus, the negative effects of cortisol are at least greatly reduced, if not eliminated completely.

Other hormones also respond strongly, and positively, to the state of coherence. Dehydroepiandrosterone (DHEA), growth hormone, and melatonin levels all increase greatly during coherence. Melatonin helps you achieve deep sleep, and DHEA and growth hormone repair the daily wear and tear on your body while you sleep. When you are stressed and are producing high levels of cortisol, you have trouble sleeping, and even when you do sleep, your body cannot do an adequate job of taking care of minor repairs. This is why people age prematurely under stress.

The last two physical effects of coherence might seem strange at first glance. Your reaction time is quicker by 30% when you are in coherence, and your cognitive performance improves by 20 – 25%. You are both faster and smarter when in coherence. When athletes report they did something amazing and with ease they call it “being in the zone.” This is what coherence can do for our state of being, athletic, scholastic and professional performance, and many people are using heart coherence for these purposes.

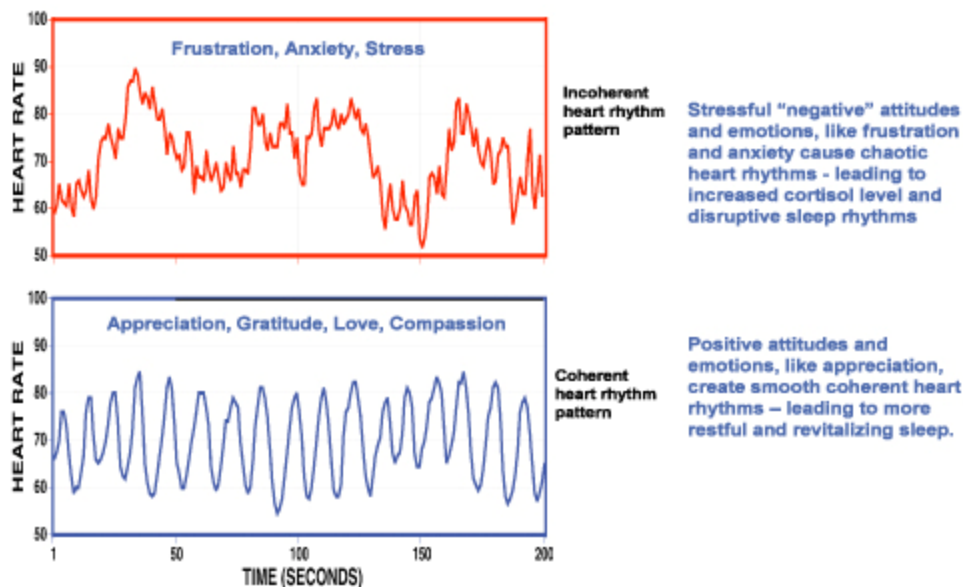
The reason coherence makes you faster and smarter lies in how the heart EMF is affecting your brain operation. When your heart brain is feeling stress, it broadcasts it to your body and cranial brain. Although your heart affects the brains of those around you, your own brain is the closest to your heart, and so is most

Self Healing Guide

affected. This stress broadcast negatively impacts your brain's ability to process all types of information, increases reaction time, and reduces your ability to think clearly. When someone is in a state of total panic, they cannot accomplish even the simplest mental or physical tasks. Panic is the extreme example of the heart EMF completely disrupting brain function.

As part of the research into coherence, studies were done to see if there are any reliable indicators of coherence, outside of having to do comparative blood tests. Researchers came across a common measure in heart diagnostics called heart rate variability (HRV). This measurement looks at the precise amount of time between heartbeats and how that time interval varies over a period of time. Our hearts do not beat at a completely steady rate. Although our pulse rate might average 60 beats per minute, our heart is slowing down and speeding up continuously over time. The way it varies is proven to be a reliable indicator of coherence – or lack of it.

By plotting the actual heart rate over time, we can see how the heart is reacting and signaling to the rest of the body and your brain. The HRV plot of a person experiencing frustration or anger is very different from that of a person in a state of coherence. High states of coherence were found to correlate directly with the emotions of appreciation, gratitude, love and compassion.



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Self Healing Guide

As researchers continued to study coherence, they wondered just how much time every day must be spent in coherence to achieve the corresponding dramatic health and mental benefits. They placed monitors on clients who wore them 24 hours per day for weeks at a time. They determined how much time each client spent in coherence each day, and then blood tests monitoring hormone levels were taken. They found a surprising answer to their question: just ten minutes spent in heart coherence per day will result in the dramatic health benefits discussed above.

This is great news for those who are deep meditators already, and it is even better news for those who aren't, as this state of being known as heart coherence is easily in the grasp of everyone who can breathe.

Achieving Heart Coherence¹

In searching for a way to become coherent without sitting in meditation, HeartMath developed a simple three-step process. These steps focus the mind on the heart, and engage the heart in a positive emotion. The heart can experience very strong emotions, and the ones that evoke the highest coherent state are those that are associated with love, compassion and gratitude.

The three steps are:

1. Heart Focus
2. Heart Breathing
3. Heart Feeling

Heart Focus

Bring your awareness to your heart to initiate the connection process by focusing on the area around your heart. It often helps in the learning stages to place the palm of your hand on your upper chest in the area of your heart to remind you to keep your focus in this area.

Heart Breathing

In this step, you are changing the way you breathe. Imagine breathing air in and out of your heart. As you breathe in, feel your heart expand and open – much like a lung or balloon. As you breathe out, your heart contracts gently and the air flows back out through your heart. In the beginning, close your eyes as you learn to do this, and do a slow count to four for each breath in and each breath out.

Before you move to the **Heart Feeling** step, make a consistent practice of these first two steps, which alone will take you out of stress and incoherence into a state of what is called low coherence or neutral. If you think of your heart like a manual transmission on a car, then coherence is a forward gear, and incoherence is

¹ This practice is derived from the Quick Coherence Technique® Institute of HeartMath

Self Healing Guide

reverse. To shift gears from reverse to forward, you must first go through neutral. This neutral state will give you most of the health and other benefits of high coherence.

Heart Feeling

Your heart is not only smart, it is strongly emotional. The highest levels of coherence are possible only when you access strong states of positive emotion.

Before beginning this step of heart feeling, shift yourself into neutral by taking yourself through the first two steps – heart focus and heart breathing. Then when you are ready, recall something or someone that evokes a strong positive emotion for you. It can be a person or a pet you love, some activity that brings you joy, or someone or something you have great gratitude for in your life. The important thing is to feel this emotion in your heart – not just think about it in your brain.

It is helpful to smile slightly as you do this last step. The act of smiling drives physiological changes in your body and helps you invoke the strongest heart feelings and the highest levels of coherence. This is why many statues of Buddha show him with a slight smile on his face. He likely lived much of his life in a state of deep coherence.

Daily Practice

Now that you know how to get into coherence, you will need to practice it to become good at it. It will significantly improve your health and balance your emotional state, and it is from the state of coherence that you will do the healing work taught earlier in this paper.

Researchers found you need to be in coherence a total of only 10 minutes each day to receive very substantial benefits. I recommend doing your first heart coherence practice for five minutes in the morning either before you get out of bed or before you start your day, and the other five minutes at bedtime just before you fall asleep. Practicing coherence is a wonderful way to transition into a deep, healing sleep. In addition, if you wake up during the night, return to your coherence practice until you fall asleep again.

It is natural for your mind to wander during this practice. When it happens, bring yourself gently back to your heart breathing and feeling. As you get more accustomed to heart coherence, you will no longer need to put your hand on your chest or close your eyes. I often do my practice when I am driving. Coherence makes me a smarter, better driver, and I reach my destination feeling refreshed and relaxed.

The more you practice heart coherence, the better you will get at it and the deeper the level of coherence you will be able to reach. Your ability to do self-healing work, or healing work on others, is directly related to the depth and quality of coherence you access.

Self Healing Guide

Entrainment

The last element of coherence we will discuss is entrainment. When any person or animal is in a state of coherence, and their EMF field connects to another person or animal near them, that person or animal is “entrained” into coherence too. Although the underlying mechanism is not clearly understood, hearts respond to other hearts in coherence. This happens below the level of consciousness and is not obvious to those being entrained except they feel peaceful and at ease.

The state of entrained coherence causes all the same physiological responses we have discussed, and in addition, a sense of heart connection that can often be felt consciously.

We have all heard the news about how the health of nursing home residents has improved when pets are brought into their living areas. The reason this occurs is that when pets are given attention and love, they go into coherence. In this state of coherence, they entrain the residents into coherence, and the residents get the health benefits of coherence. Horses are also commonly used in improving health and reducing stress in therapy. The EMF field of a horse’s heart is about three times stronger than that of a human, giving them a powerful ability to entrain others around them.

Another very important aspect of entrainment is the multiplying effects it has on individual coherence levels. For example, if three people in close proximity to each other enter coherence by intention, they each are entraining the other two as well. Each person can reach some level and depth of coherence on their own, but their overall level of coherence is increased substantially by the entrainment effect that they receive from the other two people. This becomes a very powerful amplifier as the size of a group grows, and this is why group meditation practices can often be more effective than individual practices alone.

Self Healing Guide

Self Help

Doing heart coherence as a self-practice can be very helpful in restoring balance and health for those suffering from the effects of trauma. In addition, you can use the state of heart coherence to more directly help yourself.

Trauma Quieting

If you are feeling the effects of trauma, and the patterns of thinking, feeling and doing that can arise this simple practice can help.

- Go into heart coherence
- Imagine breathing a cold blue energy into your heart instead of air
- Breathe that energy out of your heart into your lower abdominal area
- First focus on your right side, and then finish with the left

This will significantly quiet down the level of the trauma activation, and the symptoms will subside.

Trauma Clearing

It is possible to also gently clear the body-held trauma through a similar technique.

- Go into heart coherence
- Breathe a warm yellow energy into your heart
- Set the intention that this energy will gently wash away and release any body-held trauma
- First focus this energy on the area around your heart
- Next focus and send this energy into your lower abdominal area – right then left

You may find yourself getting quite warm as you do this. If it begins to feel uncomfortable in any way, switch to the cold blue energy until you feel peaceful and calm again.

Mind Clearing

You can employ another technique to connect to and subconscious mind patterns with more healthy ones. Your subconscious holds many, many patterns for behaving, thinking and feeling. An example is the subconscious mind pattern that “drives the car”. You invoke this pattern when you start the car to drive somewhere. Your

Self Healing Guide

subconscious mind does most of the required driving, freeing your conscious mind for other things like thinking, talking, listening to music, etc.

These patterns can be very helpful in our day to day living. However, when they arise from trauma they are usually not at all helpful. Trauma patterns are almost always associated with strong negative emotions. They affect how you are feeling, acting or thinking. This simple practice can help a great deal to release them and replace them.

- Set an intention to just witness yourself as you go through the day
- When you feel a negative emotion, ask yourself “What is this about?”
- Without any judgment, just allow yourself to pay attention to both how you feel and what is going on
- If you feel that this pattern no longer serves you, decide to replace it
- Imagine breathing whatever is going on into your heart and releasing it on your out-breath
- Then ask your heart what would serve me best instead? This could be a different way of acting, talking, feeling thinking
- Breathe that new pattern into your heart, smile a little and immediately switch to the new way/pattern of thinking, feeling, talking or acting
- Continue to be in the new pattern, and continue to do heart coherence

This will very rapidly reprogram your subconscious into a new way of being. It might be a bit disconcerting if you are in an interaction or conversation with someone else, but it’s an essential process to let go of the mental effects of trauma.

This same process can be used proactively as well. If you know you have trauma patterns that are not best for you, you can use this process in a meditation.

- Simply choose the pattern you would like to replace
- Imagine as clearly as you can that you are in that pattern
- Allow yourself to deeply feel every aspect of it. Then repeat the process above as though you were enacting the pattern