



# Energy Healing Tools



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## COHERENCE TECHNIQUE – RESILIENCE STRATEGY

Min. 5 min.

1. Sit comfortably and close your eyes. Slow down your breath. Inhale for the count of 6, exhale for the count of 6. (It helps trick your brain into relaxation mode.) Do it for a few minutes to get into the rhythm of it.

**Now you are triggering a cascade of biochemical reactions in your body, which turns down the volume of stress i.e. it interrupts your body's stress response for making room for a different response i.e. creating coherence.**



Benefits

2. Focus your attention in your heart centre, by touching your chest in a way it feels comfortable to you. (For example hands are in prayer position, gentle pressure at heart on chest)

**awareness goes to the sensation.**

3. Experience appreciation by focusing on LOVE (Compassion, Gratitude, Kindness can work too). Or imagine how it feels to love someone, who is dear to you, or how it feels to hold a rabbit or a dog, how much you love your pet.)
4. It may help to visualise this feeling as a ball of light that grows in intensity and size. It grows out of your chest, taking your body in, than your entire being. Stay in here, breathing slowly and deeply, as long as you wish.
5. When you are ready to finish the exercise, wiggle your toes and fingers and slowly come back to the room and open your eyes.
6. Additional grounding.  
Stay in a seated position and feel your feet touching the ground. Move the weight from side to side, and front to back, really feeling the connection with the Earth. You can even visualise roots growing from the bottom of your feet, as if you were a tree. Let the roots go deep and wide and imagine they hit some large rocks, so you can anchor yourself by tying some of your roots to them. Now feel your roots and just breathe.

You can do this exercise any time during the day, when you feel stressed, emotionally overwhelmed or just do it anyway, as a precaution. Because this exercise has an accumulative effect, so the more you do it, the more effective it gets. Enjoy!