

Module 4:

Intuitive Heart:

Your Inner GPS for Navigating Life's Challenges and Unfolding Creative Solutions

Within all people, there is an intelligence that can lift us beyond our problems and into a new experience of creativity and performance, even in the midst of chaos. It's an intelligence that embraces and fosters both cognitive and emotional intelligence – a high-speed, intuitive source of wisdom and clear perception. At the HeartMath Institute we call it “Heart Intelligence.”

“Picture heart intelligence as the flow of awareness, understanding and intuitive guidance we experience when the mind and emotions are brought into coherent alignment with the heart. This intelligence steps down the power of love from universal source into our life's interactions in practical, approachable ways which inform us of a straighter path to our fulfillment.”
–*Doc Childre*

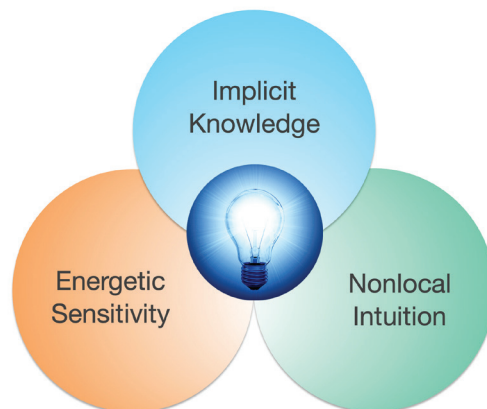
A Hidden Source of Stress – An inner dialog when your heart's intuition says one thing, but your mind says something else.

Intuition: A Higher Plane of Knowledge

“...The mind can proceed only so far upon what it knows and can prove. There comes a point where the mind takes a leap—call it intuition or what you will—and comes out upon a higher plane of knowledge but can never prove how it got there. All great discoveries have involved such a leap.

Indeed, it is not intellect, but intuition which advances humanity.”
–*Albert Einstein*

Types of Intuition



Nonlocal Intuition Research Findings

Sometimes, if a future event is emotionally relevant, the heart produces a neural signal that pre-alerts you before the event takes place.

This intuitive intelligence reacts faster than the mind can perceive and bypasses normal thought processes.



These results suggest that the heart has access to a field of information that is not limited by the boundaries of time and space – the energetic or spiritual heart. It's the source of our deeper intuitive guidance – *Heart Intelligence*.

Personal Coherence

An optimal state in which the mind and emotions are brought into alignment and in sync with the energetic heart's intuitive guidance.

Freeze Frame® Technique

Practicing the Freeze Frame Technique helps you access your intuitive intelligence and create more objectivity which can help you find more effective solutions, resolve problems and enhance your creativity.

Step 1

Acknowledge the problem or issue and any attitudes or feelings about it.

Step 2

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. Find an easy rhythm that's comfortable.

Step 3

As you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Step 4

From this more objective place, ask yourself what would be a more efficient or effective attitude, action or solution.

Step 5

Quietly observe any subtle changes in perceptions, attitudes or feelings. Commit to sustaining beneficial attitude shifts and acting on new insights.

Quick Steps

1. Acknowledge
2. Heart-Focused Breathing
3. Activate a positive or renewing feeling
4. Ask
5. Observe and Act

Freeze Frame® Exercise

The Freeze Frame Technique is designed to use regardless of whether or not stress is present. By bringing heart qualities to the forefront, it can help with mental clarity, decision-making and creativity.

Step 1 Acknowledge the problem or issue and any attitudes or feelings about it.

The problem or issue is: _____

My attitude or feelings about the situation or issue **before** practicing the Freeze Frame Technique are: _____

Step 2 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. Find an easy rhythm that's comfortable.

Step 3 As you continue heart-focused breathing, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Step 4 From this more objective place, ask yourself what would be a more efficient or effective attitude, action or solution.

Step 5 Quietly observe any subtle changes in perceptions, attitudes or feelings. Commit to sustaining beneficial attitude shifts and acting on new insights.

Write down the first thing that comes to you.

My attitude or feelings about it **after** practicing the Freeze Frame Technique are:

What actions will you take to sustain beneficial attitude shifts and act on new insights?

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About Freeze Frame®

Freeze Frame is a multipurpose technique that can be used in the moment for gaining clarity and stopping energy drains. It also helps balance your mind and emotions so you can think more creatively and make better choices. This technique helps you gain a clear and balanced perspective by accessing your intuitive intelligence.

The Freeze Frame Technique is helpful to use when you have to make quick decisions or when out-of-the-box solutions are needed.

The term “Freeze Frame” is used because this process is similar to pressing the pause button to stop a video. The technique helps you stop your “stress movie” in-the-moment so you can edit the frame and create a different outcome.

First, taking a time-out to acknowledge how you feel about an issue can help you see judgments or depleting emotions that are lurking beneath the surface. Next, creating more coherence by shifting your emotions and attitudes can help you see the situation more objectively rather than from emotions that may color your perceptions and add to your stress.

Being more coherent can help you see a bigger picture and also expand your awareness for new insights and options.

Clarity or insight might not come right away. This could have a lot to do with the complexity of the issue, past history and the intensity of any emotions that may or may not be related to the issue or situation. That’s OK. Be patient with yourself. Repeat the process later or the next day. It will begin to feel more natural with practice. Often, solutions are inspired through communication or input from others.

Be sure also to notice any subtle shift in the way you feel. Shifting from feeling anxious about an issue to feeling calm is significant! You not only plugged an energy leak, but you also shifted your feeling experience and opened the door for a solution to emerge at another time.

On-the-Go Freeze Frame

Take a quick inner pause and ask your heart’s intuition what would be the most appropriate attitude or response in any situation or interaction.

- If you could access more of your heart's intuitive guidance, how would it be beneficial to you?

- What are your main takeaways?

Practice Opportunities

- Pay attention throughout each day and notice where you are on the Grid.
- Walk yourself through the Freeze Frame® Technique using the handout around current problems or issues.
- Practice using Freeze Frame on-the-go.
