

Heart-Brain Insight Script

Now I'm going to share the steps of receiving a Heart-Brain Insight.

First, I will lead you into Quick Coherence, which you have already learned: heart focus, heart breathing and heart feeling of appreciation.

What will you use for the focus of your appreciation?

Ok, good. So, I will lead you into Quick Coherence

After the third step, heart feeling of appreciation, I won't say anything more.

When you feel you are coherent, silently ask yourself, "What do I need to know?" Listen quietly inside, embrace whatever comes.

Then open your eyes, so I know you are complete.

Remember, please open your eyes when your insight comes. If you have your eyes closed for more than 4 minutes, I will ask you to open them.

Now I will lead you into a Heart-Brain Insight.

I invite you to bring your hand to your heart and close your eyes if you are comfortable with that.

Now bring your attention down to your heart, dropping all your energy down; heart focus.

(Pause as you do it with your client)

And now, breathe deeply and rhythmically as if breathing through your heart; heart breathing.

(Pause as you do it with your client)

Now, feeling appreciation for whatever is easy for you, like a big smile in the heart; heart feeling of appreciation.