



WORKBOOK

ASKING YOUR HEART A QUESTION

Module 9
Heart Approach

INTRODUCTION

ASKING YOUR HEART A QUESTION

TO BE USED ONLINE & OFFLINE

We can access our heart's wisdom through a process that can be summarised in five simple steps: focus, breathe, feel, ask, and listen.

The technique to create heart-brain coherence is discovered through Gregg Braden, the author of many scientific books.

Independently, each step sends a signal to the body that a specific shift is put into motion. Combined, the steps create an experience that takes us back to a natural harmony that existed in our bodies earlier in life, before we began to disconnect our heart-brain network through our conditioning.

Best wishes,

Maryia Oayda

ASKING YOUR HEART A QUESTION STEP BY STEP GUIDE

Step 1: Create Heart Focus

Action: Allow your awareness to move from your mind to the area of your heart.

Result: This sends a signal to your heart that a shift has taken place: You are no longer engaged in the world around you and are now becoming aware of the world within you.

Step 2: Slow Your Breathing

Action: Begin to breathe a little more slowly than usual. Take approximately five to six seconds to inhale, and use the same pace as you exhale. Remember we discussed that in the previous module, that when we slow our breathing, we move from a state fight-or-flight automatically relax.

Result: This simple step sends a second signal to your body that you are safe and in a place that supports your process. Deep, slow breathing has long been known to stimulate the relaxation response of the nervous system.

Step 3: Feel a Rejuvenating Feeling

Action: To the best of your ability, feel a genuine sense of care, appreciation, gratitude, or compassion for anything or anyone. The key to success here is that your feeling be as sincere and heartfelt as possible.

Result: The quality of this feeling fine-tunes and optimizes the coherence between your heart and your brain. While everyone is capable of evoking a feeling for this step, it's one of those processes that you may need to experiment with to find what works best for you.

ASKING YOUR HEART A QUESTION STEP BY STEP GUIDE

With the successful completion of Step 3, the connection linking the heart and brain—and resulting in heart-brain coherence—has been established.

At this point, the heart and brain are in communication through the neural network that connects them.

Step 4: Ask Your Heart a Question

Action: The previous three steps create the harmony between your brain and your heart that enables you to tap into your heart's intelligence. As you continue to breathe and hold the focus in your heart, it is time to ask your question.

Heart intelligence generally works best when the questions are brief and to the point. Remember, your heart doesn't need a preface or the history of a situation before the question. Ask your question silently, as a single concise sentence, and then allow your heart to respond in a way that works for you.

Result: your intuition opens up and you begin a dialogue.

Step 5: Listen for an Answer

Action: Become aware of how your body feels immediately as you are asking your question in Step 4.

Make a note of any sensations—such as warmth, tingling, or ringing of the ears—and emotions that may arise. For people who are already attuned to their bodies and their hearts' intelligence, this step is the easiest part of the process. For those who may have had less experience in listening to their bodies, this is an exercise in awareness.

ASKING YOUR HEART A QUESTION STEP BY STEP GUIDE

Result: Everyone learns and experiences uniquely. There is no correct or incorrect way of receiving your heart's wisdom. The key here is to know what works best for you.

I tend to receive my heart's wisdom as words, while at the same time feeling sensations of warmth in my body. Other people never hear words but experience nonverbal forms of communication only, such as warmth radiating from their hearts or in their guts. Sometimes people feel a wave of peace wash over them as they receive the answer to their question. Remember, you and your body are unique partners in the world. What's important here is to listen to your own body to learn how it communicates with you and give it the opportunity to be heard.