

Heart Coherence / Conscious Breathing

As you prepare to drop into stillness, the breath becomes your sacred bridge inward.

Just as we practiced during your session, we use the breath to gently signal to the body, mind, heart, and cells that it is safe to soften, quiet, and become still. With each conscious breath, your entire being begins to settle into a calmer, more cohesive state of relaxation, awareness, and inner peace.

Your breath is a powerful tool for relaxation, healing, and inner balance. As you slow and deepen your breathing, you signal to your body, mind, and nervous system that it is safe to relax, helping you move into a calmer, more peaceful state.

During your session, we practiced Heart Coherence, a simple breathing technique that involves imagining your breath flowing gently in and out through your heart center. This heart-focused breathing helps shift awareness away from busy thoughts and into a space of greater presence, peace, and connection.

Heart Coherence occurs when the body's systems—including the heart, brain, breath, nervous system, and emotions—begin working together in harmony. This state of alignment supports emotional balance, mental clarity, relaxation, and overall well-being.

Practicing Heart Coherence before a Reiki session helps calm and center your energy field, allowing you to become more open and receptive to healing energy and creating a deeper space for transformation and healing.

HeartMath Institute — www.heartmath.com

After Session Breath Practices

Box-Breath / 4-4-4-4

The 4-4-4-4 Breath, also known as box breathing, is a simple and powerful practice that helps calm the nervous system, quiet the mind, and bring the body back into balance.

To begin, gently inhale through your nose for a count of four, hold the breath for a count of four, slowly exhale for a count of four, and then pause again for a count of four before beginning the next breath.

As you repeat this rhythm, your body begins to soften, your thoughts slow down, and your energy becomes more centered. This breathwork practice can be used anytime you feel anxious, overwhelmed, scattered, or disconnected, helping you return to a place of inner peace, presence, and calm awareness.

