

Anchoring and HeartMath's Quick Coherence Technique®

If you have ever observed a professional tennis player you may have seen them perform certain rituals before they start serving; perhaps they bounce the ball a set number of times, swap the racket from hand to hand or change their grip on the tennis racket. What they are doing is what NLP calls 'firing an anchor'. They have performed the ritual so many times that it has linked in their unconscious in such a way that it precipitates a certain state or feeling.

Consider for a moment the anchors that you have already set up for yourself, probably unconsciously; how you feel when you hear a certain piece of music, smell a particular perfume or aftershave or see a picture of a family member. You have in effect made links with these things and stored them as feelings or, as NLP calls them, states.

It is possible to do this deliberately to link one of your senses with a particular way you want to feel. There are various techniques to do this and if you are curious to find out more about the NLP Techniques that can help you do this, please do contact me.

HeartMath's Quick Coherence Technique®

Some people talk about being in the 'zone' or in the right frame of mind. Many situations can prevent us from being present, such as stress, a difficult conversation we have just had or are planning to have, concerns over production schedules, customer demands, a new launch etc.

Before any interpersonal interaction, and particularly when we are leading and coaching, we want to be at our best, in a state of peak performance. HeartMath calls this state 'Coherence'. An optimal state in which the heart, mind and emotions are operating in-sync and balanced. Physiologically, the immune, hormonal and nervous systems function in a state of energetic coordination. When you are coherent you are energetically centered, increasing mental and emotional flexibility and your capacity to be in charge of yourself. For more information go to <https://www.heartmath.co.uk/>.

The Process!

Step 1 – Heart Focus

- Focus your attention in the area of your heart, in the centre of your chest
- It may help to close your eyes (if you want too)

Step 2 – Heart Breathing

- Maintain your heart focus while breathing, imagine that your breath is flowing in and out through your heart area
- Breathe casually, just a little deeper and slower than normal
- Adopt a balanced breathing pattern – breathing in for the same count as you breath out

Step 3 – Heart Feeling

- Feel a positive feeling - this could be a feeling of care you have for someone or something, a feeling of appreciation for the good things in your life
- Allow this feeling of appreciation to spread through your body as you continue to breath like this for 2 to 3 minutes
- When you're ready, open your eyes (if closed) and bring your attention back to your surroundings.

Practice this as often as you can – you might be surprised at how your resilience increases!