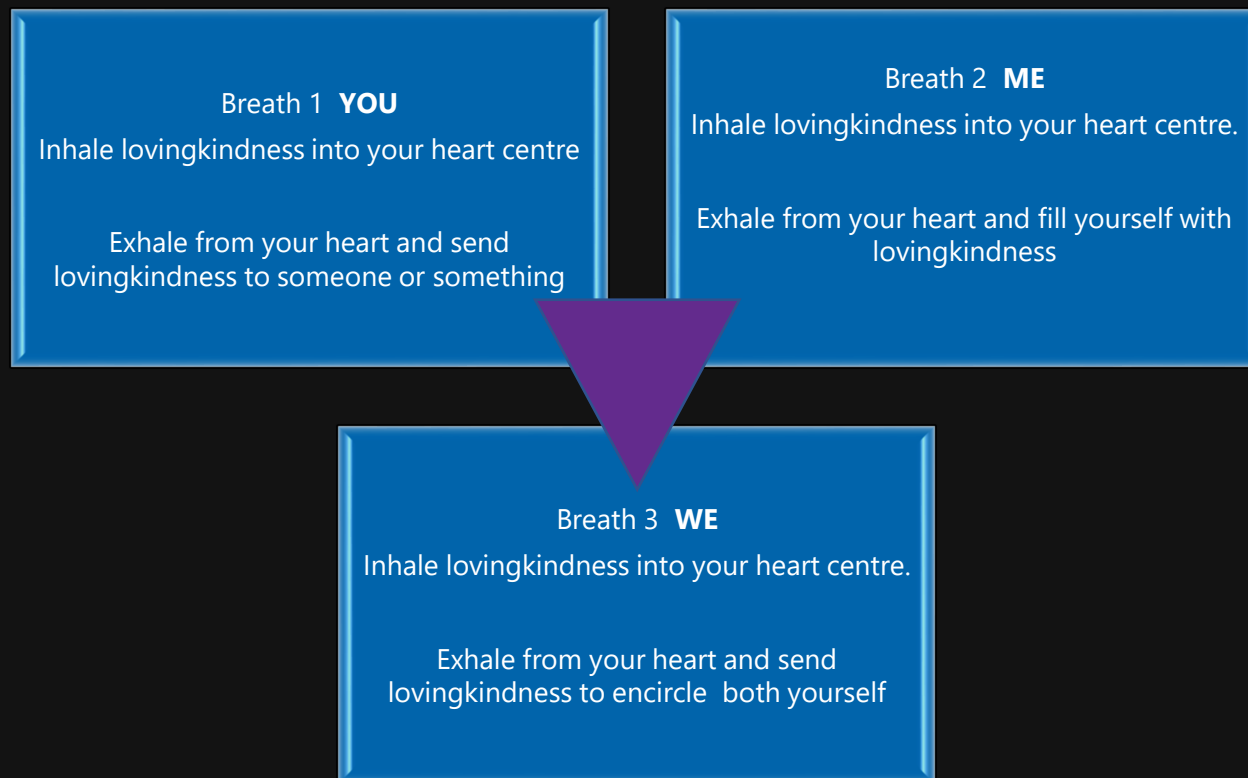


You Me **We** Breathing

The Practice

You Me WE: Connect in 3 breaths in 10 seconds



How You Me WE in 3 breaths makes a difference?

Recent research on using intentional heart breathing shows that the hearts of two beings can come into coherence in very little time. Heart coherence causes the body to release neurochemicals that promote bonding and connection, the effect of which lasts for hours. Trust, creativity, openness are all elevated as a result. People become more calm, more settled, better able to make sound choices from a place of trust instead of from fear. AND every time you do it, you derive all the benefits too, even if you do it all by yourself.

What is heart centre breathing?

Place your hand on the centre of your chest, and inhale then exhale. Did you feel your chest rise and fall? Could you feel your heart beating? Now imagine that your inhale is filling your heart with lovingkindness. Then imagine that, as you exhale you can send that lovingkindness from your heart out to someone else. That is you breathing from your heart centre.

When to do it?

Anytime. Before meetings, seeing colleagues, family, friends when you wake in the morning, before you go to sleep.

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YouMeWe practice co-created by: Deborah Eastlick, Liz Graham & Anne Wicking: Certified Conversational Intelligence® Coaches

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