

Heart Mastery

with HeartMath



mindvalley academy

Masterclass Workbook

Heart Mastery

Masterclass
with *HeartMath*

4 Simple Tips To Get The Most Out of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. During the event, write down ALL the interesting and new ideas and inspirations you get while listening — that way you won't lose the information most relevant to you.
4. Think of how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deep slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualisations that will happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

Heart Mastery

Masterclass
with HeartMath

The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. At workplaces we cannot change pay scales, we cannot change managers, but we can change perceptions of these people and how they with things.
2. technique can be used immediately and also shared with friends and family.
3. Where would you be in 3 years if you mastered this skill?
.....
.....
4. The heart is not only a blood pump, it's also a processing of the body.
5. Heart is sending information in a level.
6. **Coherence state** is
7. Quick Coherence Technique
 - a. Step: Heart Focus
 - b. Step: Heart-focused breathing
 - c. Step: Heart Feeling
8. This exercise helps to
9. This technique is designed to bring you to state quickly.

Heart Mastery

Masterclass
with *HeartMath*

10. The **Inner Ease Technique** puts you in a state that allows you to move and flow through any challenges
11. It's not squishy, its a high- technique.
12. The U.S. Army is using HeartMath's technique.
13. The **Freeze-Frame Technique** is for listening to your heart's intelligence.
14. What would you like to have more clarity on?

What feelings have you had about that issue?

15. Summarize your feelings after this exercise:

Heart Mastery

Masterclass
with *HeartMath*

Use this space for your own notes: