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Heart-Brain Coherence

AUDIO VISUALIZATION

Heart-Brain Coherence

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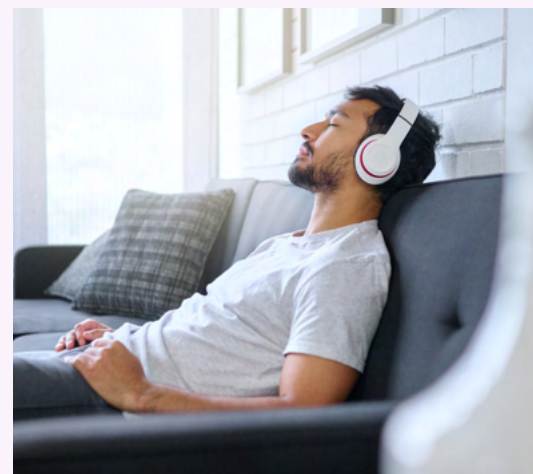
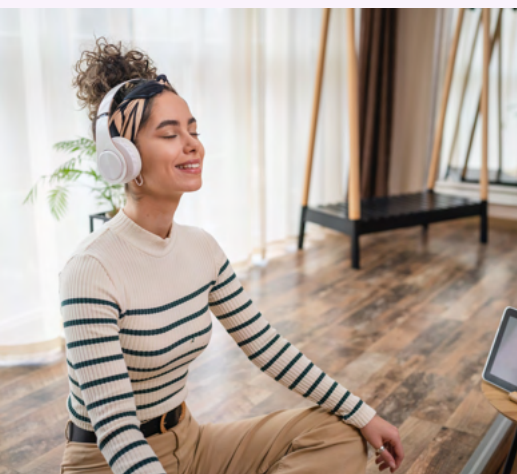
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Hello!

Welcome to your Heart-Brain Coherence Exercise. This audio exercise guides you through a calming practice of heart-focused breathing and gratitude, designed to help regulate the dual nervous system activation of Functional Freeze.

What is this exercise?

This guided practice is a meditative experience that uses focused breathing and gratitude to help your body and mind find balance. It's designed to gently calm the internal tug-of-war caused by Functional Freeze, allowing you to reconnect with a sense of ease and presence.





How to use this exercise

- Find a quiet, comfortable space where you won't be disturbed for about 10-15 minutes.
- Close your eyes, take deep breaths, and allow yourself to fully engage with the imagery and prompts provided.
- Use headphones for the best experience.
- Have a journal or note-taking app ready to record your observations after each session.

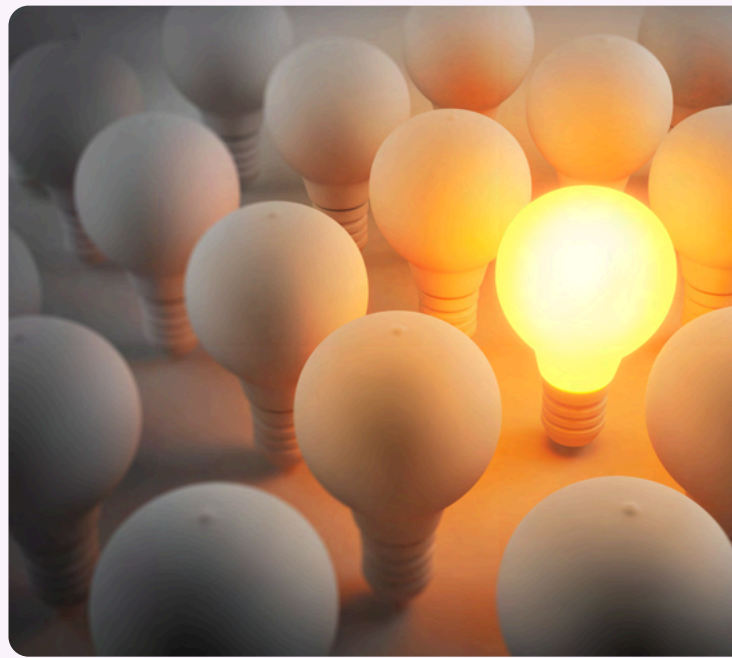
Getting the most out of your experience

- Approach each session with an open mind.
- There are no right or wrong experiences.
- Pay attention to any physical sensations, emotions, or thoughts that arise during the exercise.
- After completing the visualization, take some time to reflect on your experience and jot down any insights or observations.



What this exercise can help you with

- Create moments of balance within the dual activation of Functional Freeze
- Strengthen your ability to stay present during stress
- Shift focus away from overwhelm and toward feelings of gratitude and presence
- Cultivate a greater sense of connection to your body and mind



Remember, this audio track and journaling exercise are tools for self-discovery. Your experience is entirely your own and is a valuable part of your journey toward regulating your nervous system and coming out of Functional Freeze.

If you find that this exercise brings up difficult emotions or realizations, please reach out to a loved one or friend for support.

Heart-Brain Coherence Journaling Prompts



Take a moment after completing the audio exercise to reflect on what you noticed during the practice. The exercise and the journaling prompts are designed to help you regulate and balance your nervous system.

As you reflect, these prompts will help you observe patterns in how Functional Freeze affects your thoughts, emotions, and body. This awareness can reveal small, supportive changes that bring more balance into your daily life.

How did your body feel during the breathing exercise?
Were there any noticeable changes as you focused on gratitude?

What emotions or thoughts came up for you during the practice?

How might you use this breathing and gratitude technique during moments of stress or overwhelm?

What's one small takeaway from this exercise that you'd like to carry into the rest of your day?

Thank You

FOR EXPLORING THE HEART-BRAIN COHERENCE AUDIO VISUALIZATION

This guided audio practice is just the beginning, a powerful way to support balance and calm through heart-focused breathing and gratitude, helping ease the internal tug-of-war of Functional Freeze. If you've found these tools helpful, we invite you to continue exploring this transformative journey with us.

Discover the full **Functional Freeze Formula** in the book, where you'll gain a deeper understanding of Functional Freeze and the tools to support your healing journey.

If you wish to continue working with these tools in a more profound way, we offer free practice circles as well as guided programs that bring together live sessions, community, and advanced practices to help you grow beyond survival mode and create lasting change.

For the most up-to-date information on upcoming events and programs, please [visit our website and sign up for our newsletter.](#)

Wherever you are on your journey, give yourself permission to take things one step at a time. Progress happens in the small moments, and every step matters.

We're so glad you're here!