***Freeze-Frame: One-Minute Stress Management***By Doc Childre of The Institute of HeartMath

Freeze-Frame is a technique developed by Childre. It utilizes the transforming power of the love that flows through the human heart. Since the heart manages the distribution of energy throughout all centers in our body, when energy is centered in the heart, we are able to consciously work with that energy. The five-step process of Freeze-Frame includes the following:

1. Recognizing a stressful feeling and freeze-framing it by taking time out.

2. Shifting your focus of thinking away from the disturbed emotion and into the heart area.

3. Recalling a fun time or a positive feeling you’ve had in the past and giving your heart energy to it for at least ten seconds.

4. Asking your heart what would be a more efficient response to the stressful situation you’ve put in freeze-frame.

5. Letting your heart give you the answer and following what it says.

Painful emotional memories can be healed by using Freeze- Frame. To bring complete release, the feeling of love must be as strong as the feeling of hurt.

Freeze frame only takes a few minutes and can be done at anytime, in any place. It is at the spiritual level of our hearts that truth is known.

By using Freeze-Frame, respiratory heart rate variability and blood pressure can be brought into entrainment through feelings of love. The deeper our heart feelings, the higher level of intelligence we are able to access. When entrainment occurs, the body operates more efficiently and harmoniously.