



Before Eating Heart Coherence



As always I like to do some type of centering process before eating. Do this right before you eat somewhat like saying grace to yourself. When you take the time to do a quick breathing exercise before you eat you will release stress and boost your metabolism. The studies have shown when you are stressed your digestion is off because your body is in fight or flight mode. When you are relaxed you breathe in more oxygen and burn food more fully, your digestion is awake.

- **Place your hand on your heart**
- **Imagine breathing in from your heart as if there was a big nose there**
- **On the first in breath, breathe in LOVE, breath out normally**
- **On the second in breath, breathe in COMPASSION, breath out normally**
- **On the third in breath, breathe in EASE, breath out normally.**

Repeat this process for 3-5 minutes before eating or anytime you want to feel more at ease in your body.