

Shift and Shine Technique®



Heart Attention

Put your hand on your heart. Take your attention down to the area of your heart.

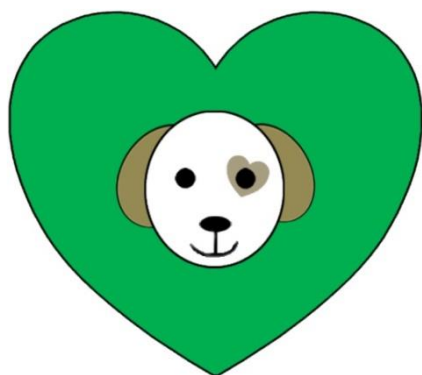
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Heart Breathing

Imagine breathing in and out of your heart. Take three slow, deep breaths. Feel yourself relax.

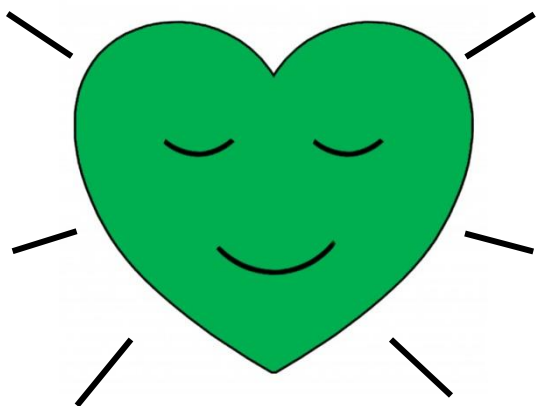
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Heart Feeling

Fill your heart with that special feeling that makes your heart smile – like sitting in the warm sunshine or playing with your puppy.

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Peaceful Heart

Feel that happy feeling in your heart. Shine your happy feeling to someone or something special.