

# SHIFT AND SHINE TECHNIQUE®



## Heart Focus

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

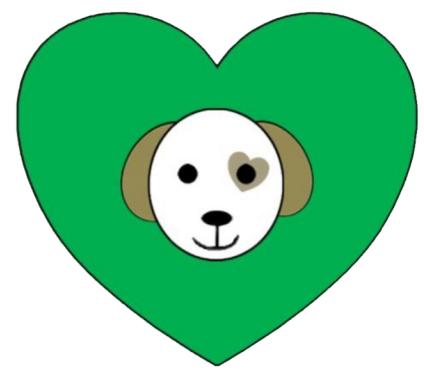
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## Heart Breathing

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

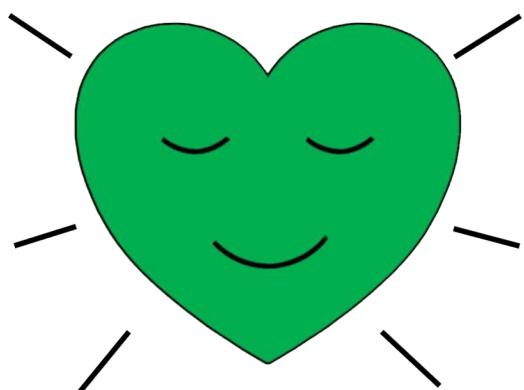
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## Heart Feeling

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.

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Special thanks to Doc and the Institute for allowing us to use this technique. [www.heartmath.org](http://www.heartmath.org).

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For use with *Corey's Peaceful Heart* written by Judy Henry and illustrated by Robin Baird Lewis. [www.coreyspeacefulheart.com](http://www.coreyspeacefulheart.com)