# Intelligent Energy Management Techniques Quick Guide

<table>
<thead>
<tr>
<th>Intelligent Energy Management Technique</th>
<th>Reasons to Use</th>
<th>Quick Steps</th>
</tr>
</thead>
</table>
| Heart Focused Breathing™-essential component of all other techniques | • Saves Energy  
• Reduces intensity or “turns down the volume” of depleting emotions  
• Establishes a calm but alert state  
• Maintains Composure  
• Shifts and sustains balance | 1. Focus your attention in the area of the heart  
2. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual |
| Inner-Ease™ | • Sustains coherence  
• Slows down mental and emotional rhythms  
• Generates Active Calm or “inner stillness on the move”  
• Creates an Inner pause  
• Increases ability to make better decisions | 1. Heart Focused Breathing  
2. Draw in the feeling of inner ease  
3. Anchor and maintain the feeling |
| Quick Coherence® | • Builds coherence and composure  
• Regulates energy expenditure  
• Increases resiliency capacity | 1. Heart Focused Breathing  
2. Activate Renewing Feeling |
| Freeze Frame® | • Reduces energy drains  
• Increases ability to quickly develop solutions and problem solve  
• Increases clarity and access to intuitive intelligence  
• Improves mental functions  
• Increases access to creativity and “out of the box” solutions | 1. Acknowledge  
2. Heart-Focused Breathing  
3. Activate a positive or renewing feeling  
4. Ask  
5. Observe and act |
| Coherent Communication™ | • Fosters mutual respect  
• Creates more harmonious interactions  
• Reduces stress, drama and energy drains  
• Shortens meeting times in the workplace | 1. Shift into heart coherence  
2. Listen for the essence; speak with a genuine tone  
3. Confirm mutual understanding |
| Heart Lock-in® | • Accumulates and sustains resilience  
• Builds a new resilience and coherence baseline  
• Improves and builds a coherent field environment | 1. Heart-Focused Breathing  
2. Activate and sustain  
3. Radiate |

HeartMath, Freeze Frame and Heart Lock-In are registered trademarks of the Institute of HeartMath. Heart-Focused Breathing, Inner-Ease and Coherent Communication are trademarks of Doc Childre.