



HEARTMATH® WORKBOOK

CHRISTINAMARZ.COM



Find your Coherence Theme

Yellow box: Write down two things you deeply want, with your whole heart. We want to find out why these dreams are paramount for you and what feeling they create within you.



Blue boxes:

Then ask yourself: WHY do I want this? Ask yourself three times and go deeper each time.



















It's about the Feeling

Read the list on the previous page.

What is the pre-dominant feeling you want?

When do you feel that way?



The feeling is:

Find a situation in your life that generates your feeling.
Describe the situations in a sensory way.



HeartMath Foundation



Quick Coherence Technique

Step 1: Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Step 2: Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.

Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.

Recommendation:

Radiate your regenerative feeling to yourself and others.

Task: Use this Technique for 5 to 15 minutes several times a week to sustain and build your coherence baseline. It helps to accumulate energy and recharge your emotional system



Expand your Capacity to Love



Use the Quick Coherence Technique to warm up. Then pick one of the following practices in any order.

Sit in relaxed stillness and imagine breathing love into every cell of your body. This helps to regenerate and refresh your system and spin-off accumulated stress. Remember that it is scientifically proven that love energy has positive effects on our physiology.

Radiate love into your interactions and day-to-day activities. Practice feeling love and compassion (not pity!) for people suffering hardships in your environment and throughout the world.

Send love into future meetings or interactions you are planning. Imagine the best outcome of these interactions. This will significantly change the positive outcome and helps you to activate deeper hearing and compassionate listening.

Actively forgive yourself for feeling stressed or overwhelmed as often as needed. This practice will step up the quality of love you are able to give and increases your healing and manifestation capacity.





Attitude Breathing



Most people have some old attitudes and perceptions they want to change for the better. These attitudes may include being judgmental or self-critical. The following technique can help you to replace undesirable attitudes and hereby prevent stress accumulation.

Step 1: Recognize the feeling or attitude you want to change and identify a replacement attitude.

Guidance: If your attitude is being over-reactive and frustrated with people, the replacement might be increased patience and kindness.

Step 2: Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).

Step 3: Make a sincere attempt to experience your replacement attitude, or breathe a feeling of calm connectedness. This often magnetizes feelings that lift our attitudes and perceptions.

Step 4: Make a sincere attempt to anchor the new feeling as you move through your day-to-day interactions.

Recommendation:

Use this technique every time you observe an unwanted attitude in your behavior. You will increase your empathy and resilience in all interactions.



HeartMath® Recommendations

1. **Prep** to set the tone for the day and to be more composed before upcoming stressful situations. Prep before regular routines such as going to work or before a meeting or an important phone call.
2. **Shift and Reset** to a more coherent state to minimize energy drains as soon as possible after a stress reaction or challenging situation. Shift and Reset on your way home from work and again before resting or going to bed to get the maximum benefits from rest or sleep.
3. **Sustain** your resilience throughout the day by establishing regular practices to use the techniques between activities. Choose an appropriate technique, in the moment, when challenging events occur. Use a technique even when you feel you don't need one. It all adds up

MORE HEARTMATH® FOR YOUR LIFE

Join my next
Live Virtual Training in MARCH
delivered in zoom on
Sunday, 12th & 19th of March,
UAE 6pm - 9pm
All information about the
Resilience Advantage Program
HeartMath® with Christina
Scan the Code or visit
Christinamarz.com/HeartMath-Training



MEET CHRISTINA

"Hello there, nice to meet you!

I heal with horses and teach emotional healing through the wisdom of herds, worldwide.

Born and raised in Germany, I moved to the Andes of Ecuador, South America, over 20 years ago. I am an independent entrepreneur and mother of 3 teenage boys. I am driven by curiosity and passion, and I am inspired by calm connectedness. My name is Christina Marz, founder of MarzMethod, Horse Guided Empowerment®, and the Sin Miedo© Foundation."



"MarzMethod stands for holistic interventions based on science and inspired by nature. It is the result of my path in life:

I grew up in a dysfunctional home. My parents divorced when I was 3 years old. My baby sister and I were left in the sole care of my mother who suffered from clinical depression and severe social anxiety. I had to mature very quickly and neglected my own needs.

The horses saved me. Instead of choosing detachment or rebellion, I found connection and empathy within a herd of horses. They made me overcome my own anxiety and empowered me to build my international school that now serves 500+ students in 26 countries.

Horses are my passion and over the years it also became my passion to study healing from all angles to help others as well as teaching strategies that worked for me.

Although today I fully enjoy it, I have to say that this path was not easy. I walked away from Germany and my family's negativity at the age of 23. Many doors opened for me, however, I often felt alone and criticized for wanting to do things differently. I had to be assertive to stay on my own path and become creative in its pursuit.

I did not give up. I sought out mentors, worked double duty, and adapted countless times in order to provide for my children and finance my herd.

Until I stepped up and embraced my nature as an idea producer and innovator which enabled me to create my soul community with my students!

I met experts, spread all over the planet, with whom I shared all the fields of my interest. They were my students, then became my colleagues, and now I call many my best friends."

Has it happened to you that you talk to someone, the conversation flows, you enjoy it, and it seems like you've known each other for years? That happens to me with my students.

We are a tangible soul-connection tribe.

But not only do I love the connection with my students. By supporting my clients and students, I found the formula that has allowed me to create a 6-figure business and non-profit foundation.

Giving back is important to me and now I can even contribute to those most in need: Over the past years, the foundation has developed a Social Therapy Center where low-income families in crisis receive subsidized or free services. I also collaborate with an Institute that accredits my training. Together we give partial scholarships to students in developing countries.

This year I built my dream house on my own land, which is now the home for my family and my rescued herd. I built it from scratch. A year ago there was neither water nor electricity nor a road. Today I am proud that my team of therapists is attending to clients every day and that I am back to running retreats.

I am living my dream and it will be my pleasure to support you to achieve yours. Together we change the world to a better place.

By reading and applying this HeartMath Workbook, you will find out if my philosophy of life resonates with you. From there, you can reach for the Stars: whether you want to heal yourself or bring your service offer to the next level, it will be my pleasure to guide you.

Please share your experiences either on Facebook/ Instagram @MarzMethod or send me an email to Christina@ChristinaMarz.com

I am looking forward to hearing from you soon!

With love, Christina



Find my books and courses on my website ChristinaMarz.com



DISCOVER YOUR POTENTIAL

MASTERCLASS

Christina Marz

The Art of Convincing
with Body Language

HGE

CERTIFICATION

**Coaching & Therapy
with the herd of horses**

Horse Guided Empowerment® Facilitator Training
160 academic hours