

# The Shift and Lift™ Technique



**THE RESILIENT HEART**  
Trauma-Sensitive HeartMath Certification

The Shift and Lift Technique was influenced by the finding that when we are in a coherent state it helps to lift others into a coherent state.

## **Applications for the Shift and Lift Technique:**

- ▶ During a conversation with one or more people
- ▶ During a meeting
- ▶ During group processing

## **Steps to the Shift and Lift™ Technique**

### **Step 1: Heart-Focused Breathing™**

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.

Find a rhythm that's comfortable.

### **Step 2: Activate**

Activate feelings of kindness, appreciation, genuine connection or an attitude of deep listening.

*If you can't connect with a heart feeling, try to recall a time when you felt a kind, deeper connection with someone. If that is challenging, just breathe appreciation for something for awhile to help raise your vibration and to help settle your energies.*

### **Step 3: Radiate**

Radiate these heart qualities to raise your vibration and help lift the energy field environment that surrounds you.

### **Quick Steps**

1. Heart-Focused Breathing
2. Activate
3. Radiate