

Heart Coherence: Heart Alignment

Week 5 · Yoga Wise Meditation Course

Introduction

Heart coherence is a heart-focused meditation practice that supports emotional regulation and nervous system balance. This approach draws on modern research into the connection between the heart, brain, and nervous system and is closely associated with HeartMath teachings.

In this course, the heart alignment practice is inspired by the work of Kimberly Snyder, who presents heart coherence in a simple, accessible, and embodied way.

Heart coherence is not about analysing emotions or trying to change how we feel. Instead, it helps create a steady, harmonious rhythm between the heart and the nervous system.

The Heart and the Nervous System

The heart sends more signals to the brain than the brain sends to the heart. When we are stressed or emotionally overwhelmed, the heart's rhythm becomes erratic, which can influence our mental and emotional state.

Heart coherence supports a smoother, more regulated heart rhythm. This, in turn, can help calm the mind, reduce stress, and increase feelings of clarity and emotional balance.

This practice is particularly supportive after working with thought observation practices such as Antar Mouna.

How to Practise Heart Coherence

Begin in a comfortable seated position.

Bring your awareness gently to the area of the heart, in the centre of the chest.

Allow your breath to slow slightly, without forcing it. Imagine the breath flowing in and out through the heart space.

You may choose to bring to mind a feeling of appreciation, gratitude, or warmth. This is not about forcing positivity, but about gently inviting a supportive emotional tone.

Allow attention to rest with the rhythm of the breath and the sensation of the heart area.

The Quality of the Practice

Heart coherence is soft, grounding, and regulating. If emotions arise, simply allow them to be present without judgement.

The intention is not to “fix” emotions, but to create a steady internal environment in which emotions can settle naturally.

Integrating Heart Coherence

This practice can be especially helpful during stressful moments in daily life. Even a few conscious breaths with awareness at the heart can help restore balance.

Heart coherence supports resilience, emotional clarity, and a sense of inner steadiness.

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