

Freeze-frame technique

Also known as, Buddhist Living Kindness Meditation

From Howard Martin @ HeartMath Institute

When you are using your normal approach to solve a problem i.e. you are relying purely on your logic, along with what you learnt and know, that means you aren't able to find the answers for all of your problems.

Why? - Because there is so much more to you than our logical mind.

The world, the Universe is changing very rapidly in many different ways. There is something called collective consciousness, which is accessible for everyone. We are subconsciously all connecting to it, drawing from it to navigate life and create reality. When we do that we use our intuition.

Intuition is a field of information, which is always there. Sometimes you are able to get into that field, sometimes you are not.

However with practise, intuition can become easy and accessible.

What does the Freeze-frame technique help you with?

It is about connecting your inner guidance and the collective consciousness. Consciousness is constantly changing, and there is more information available to us than ever before. Practice this technique, so you become more sensitive to what the process can offer to you. And let it guide you.

When you need solutions, answers, creativity you are your most reliable guide. It takes you to a healthy, aware state of being. It helps you to find the emotional resilience to meet challenges.

Why is it called freeze-frame?

Freezing the frame on the movie of life to be able to have a deeper look at it.

What are the benefits?

- Stops energy drain, which is blocking your intuition, therefore provides greater clarity
- Helps you to think out of the box / Enhanced creativity and better problem solving
- Helps you to make quick decisions
- Creates higher level of coherence

The Doorway to your Intuition

How to do it?

1. Decide what you want clarity on! – Please answer the below questions in writing.

- a. Acknowledge the problem, issue and any attitudes or feelings you have about it.
- b. What have you been thinking about the issue?
- c. What does it feel like to you?

This is an observational process, so ***you start slowing down!***

2. Heart-focused breathing

Now focus your attention on your heart. Put one or both hands on your chest/heart and breathe slower and deeper than usual. As a result your nervous system is synchronising, your heart sends signals to your brain...

you are opening up to access the intuitive field of information.

3. Activate a positive emotion in your heart – feel the feeling of kindness, love, appreciation, care

for someone or something in your life.

Appreciate that life is ok, think about the good things you have in your life.

This helps you opening up to an intuitive download.

4. Ask a specific question.

Like what would be a more efficient, more effective attitude, action or solution?

5. Listen out for the answers, which can come not only as thoughts, but also as memories, feelings, pictures, knowing...

Observe any subtle changes in your perception, attitudes, feelings...

6. Act on it - Write down the changes that happened during the process.

Maybe you don't have total clarity, but might have a different feeling.

Did it work? Brilliant! Did it not? That's fine too. – You have to step out of your own way! i.e. bypass your mind, which is blocking the access to your intuition, out of fear...

Keep doing this exercise, practise it, until you can do the process automatically, as and when you need it. You can do it as often as you want, even more times a day.

Enjoy it. You are activating a powerful system within you that is the key to everything you want in life.

