



The Power of the Heart for Healing

Using your Heart for Healing

- Practice coherence for yourself
- Teach others to go into coherence
- Join the Heart Coherence Collective®

HeartMath® Quick Coherence® Technique

- Focus on the area of your heart
- Breathe deeply in/out of your heart
- Activate a feeling of love, appreciation or compassion

Illustrated by Ben Lavitt
www.benlavitt.com



Tips from Tori

- Wag your tail when you see your loved ones
- Be a true friend
- Listen deeply, even if you don't understand
- Rejoice in life's small pleasures
- Bring joy with you wherever you go
- Keep learning new tricks
- Don't sweat the small stuff
- Go with the flow
- Turn work into play
- Be in tune with your body
- Show happiness with your whole body
- Don't pass up a walk with a loved one
- Celebrate, celebrate, celebrate!

Adapted From: *Dogs Don't Bite When A Growl Will Do.* (M. Weinstein, L. Barber)



Cancer
Treatment
Centers
of America®

Comprehensive Cancer Care Network