



Anchoring Heart Technique

Re-Train your Brain:

Learn how to let Emotional Pain & Peace sit side-by-side.

The effectiveness of the Anchoring Heart Technique starts with a **DECISION** to change your relationship with uncomfortable feelings. It requires courage to decide to connect with all the parts of self: good, bad, ugly, beautiful. Making the decision to **ABIDE** and **RECKON** with feelings separating you from “you” will decrease fear of emotions you deny and increase your tolerance of discomfort so you can grow into who you are meant to be.



ANCHOR THE HEART

1. Anchor your hand(s) firmly & tenderly on your heart & breathe deeply.
2. Feel what you are not wanting to feel (even if only for a few seconds).
3. Be curious about the place inside you that is strong enough to hold your pain *without* fear.

(See reverse for more information)

*To learn more about Soul Injury
and Opus Peace tools
visit the website: www.OpusPeace.org*





Access Innate Body Wisdom

Re-Wire your Brain:

Learn how to let Emotional Pain & Peace sit side-by-side.



- ◇ Helps you re-train your brain and the synapses in your nervous system to allow emotional pain and hurt to sit side by side with peace (instead of fear)
- ◇ Exerts self-compassion when you feel anxious, stressed, or helpless
- ◇ Can be used when you need strength, courage, or patience

WHEN YOU ARE CENTERED: Calm energy usually resides low and deep within yourself. You might report feeling “open” and “relaxed.”

WHEN YOU ARE “Beside Yourself”: Anxious energy usually rises; it’s no longer deep in your belly but climbs up in your chest. Your voice often rises in pitch. You might report feeling “uptight” and “flighty.”

BAD NEWS? Maybe you gasped and grabbed your chest with an open palm, UNCONSCIOUSLY anchoring yourself. The “Anchoring Heart Technique” simply applies the same gesture CONSCIOUSLY.

The hard part?
Remembering to do it
when you are feeling
upset, helpless, impatient, or overwhelmed.

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