

emwave
personal stress reliever®
practice plan



Disclaimer

The emWave® Personal Stress Reliever® and the exercises contained in this manual are intended as tools for stress reduction, individual balance, optimal performance and personal growth. This is not considered a medical device. It has been found to be very safe and helpful when used as intended for educational and entertainment purposes.

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emWave PSR Practice Plan

Introduction

The emWave® Personal Stress Reliever® (emWave PSR) is a sophisticated yet simple technology to help you increase personal balance, energy, and overall well-being. This Practice Plan will guide you in building a regular practice with your emWave PSR so you can achieve your personal goals.

The emWave technology is based on “the coherence breakthrough”. Coherence is a state of synchronization between your heart, brain and autonomic nervous system which has been proven to have numerous mental, emotional, physical and even spiritual benefits. Coherence is not just relaxation. Coherence is a state of relaxation and revitalization at the same time.

Your emWave PSR tracks three levels of coherence: low (red), medium (blue), and high (green). The small LED light at the top of your unit will change color as you move through the different levels of coherence. If you have the audio turned on,

you will hear a tone when you are in medium coherence and a lower tone when you are in high coherence.

Your emWave also tracks your coherence ratio, the percent of time you are in high vs. medium vs. low coherence. Using this simple Practice Plan, you will learn to spend the majority of your time in medium and high coherence while using your emWave, and enjoy the benefits.

Typical benefits that people notice within two weeks of using the emWave Practice Plan include: more calm, less reactive, more alert, better focus, less anxiety, more peace, more positive attitudes and feelings, and better sleep.



You can attend a short e-training program at http://www.emwave.com/emwave_online_e-training.html or a 1 hour free telephone Orientation Class. Go to http://www.emwave.com/emwave_psr_orientation_class.html for the schedule of upcoming sessions.

Step One: Building Coherence Each Day

First, we recommend that you build coherence with the emWave by being in the blue (medium coherence) and increasingly the green (high coherence) for **five minutes or so each day, as well as ten minutes once a week**. You can do your five or ten minute sessions, using the Quick Coherence technique (on page 5 and on the CD that accompanies your emWave PSR), at any time of the day.

Recommended times are:

- first thing in the morning before you start your day
- before meetings or sensitive communications
- right after lunch
- mid-afternoon to refresh from an afternoon “slump”
- after work to enjoy your evening more
- right before bed to reset your body’s rhythms for more restful sleep

Quick Coherence® Technique

Heart Focus: Focus your attention in the area of the heart and then breathe deeply, as though your breath is entering and leaving the heart area.

Heart Breathing: Synchronize your breathing with the moving blue lights, inhaling as the lights rise and exhaling as they fall.

Heart Feeling: Once you've found a smooth easy breathing rhythm, try to feel a positive emotion, like appreciation for the good things in your life, or the love and care you feel for someone (child, spouse, pet) or something (a beautiful sunset, a fun vacation, a hobby, etc.).

Note: If you miss one of your practice sessions, just do more at another time or keep moving forward and don't feel pressured, as this would diminish the quality of your intention. You don't want to add any stress to your practice. Of course some people will want to practice longer, or more frequently, as they realize the extra effectiveness the emWave brings to their life.

Step Two: Completing Reward Cycles

- When you are in medium (blue) or high (green) coherence during your emWave PSR session, a sequence of blue lights will turn on in the Heart Action strip and stay on. Once you have turned on all the blue lights, you have completed one Reward Cycle and you will hear three reward tones. This can take as little as 3 minutes if you are in high coherence the entire time. **Set a goal to complete one or more Reward Cycles each time you use your emWave PSR.** (See pages 19-22 of the emWave PSR manual for more information on this process).



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- **For the highest benefit we recommend you complete three Reward Cycles per day (in multiple sessions if needed) and 21 Reward cycles per week.** Practice increasing your coherence ratio, the percent of time in green vs. blue vs. red. (See pages 19-22 of the emWave PSR manual to learn how to calculate your coherence ratio.)

Note: Many people have personal practices such as meditation, prayer, centering, mindfulness, breathing techniques, practicing *presence* and so forth. It is easy for the mind to wander while doing any type of personal practice. The emWave can help you increase coherence with your personal practices, enhancing focus and effectiveness and providing measurable feedback for you to improve. To add the emWave PSR to your personal practices, use the device for 5 minutes or so and complete 1 Reward Cycle, either at the start of your personal practice or at another convenient time. You'll find that building coherence and the feedback the emWave PSR provides is particularly valuable for quieting the mind.

Step Three: Increasing Challenge Levels

The emWave PSR was designed with four challenge levels to enable people with different skill levels and goals to continue to gain significant benefits. Level 1 is the easiest while Level 4 is the hardest. Regardless of your skill level, we recommend you begin on Challenge Level 1. (The device is always at Challenge Level 1 unless you change the Level after you turn on the device. See page 13 of your manual.)



Even if you are a long term meditator or practitioner of personal growth processes, start the Practice Plan in Challenge Level 1. You don't need to push yourself by increasing challenge levels too quickly. Building continuity with your practice is more important than rushing into a higher challenge level. It's also easier to practice affirmations, intentions and creative visualizations while staying in coherence when in Challenge Level 1. You will gain cumulative coherence benefits from using this emWave PSR Practice Plan at Challenge Level 1. As explained earlier, the greatest value comes from completing one or more Reward

Cycles each time you practice, and increasing your coherence ratio over time. This builds your power to develop coherence on-demand so you have more resilience in the face of life's stressors and unexpected changes.

Stay in Challenge Level 1 until you are able to maintain high coherence (green) 80 percent of the time or more each session. As you gain skill staying in high coherence at Challenge Level 1, you can move to Challenge Level 2 and use the same Practice Plan. You move to Challenge Level 2 by clicking the top of the sensor button once during Set-up Mode. (Set up Mode is the initial 5-10 second period after you turn on your emWave PSR.)

Each Challenge Level on the emWave PSR requires a deeper level of stillness, focus and self-management. When you want to find a deeper stillness or prepare for a project or meeting that requires a deeper focus, you may want to use Challenge Level 2.

Over time, some people seek to build even deeper levels of stillness and coherence, and move to Challenge Level 3. (A few brave souls even work their way to Challenge Level 4.)

As you use this emWave PSR Practice Plan regularly, you will gain new understanding about your rhythms and patterns of focus. There will be times when achieving medium or high coherence can be harder because you may be more distracted or preoccupied or not feel well. At these times, it's helpful to go back to Challenge Level 1 for more ease of focus or to help you recoup faster after a stressful situation. Remember that it's your coherence ratio that counts much more than what Challenge Level you use.

Step Four: Increasing Your Coherence Baseline

As you follow this Practice Plan, your *coherence baseline* will increase. Your *coherence baseline* is the amount of coherence that occurs naturally in your heart rhythms as you move through the day. As your coherence baseline increases, it lifts up your energies to give you more cushioning through stressors or resistances that come up during the day. Your attitudes, emotions and perspectives become more positive and resilient. You stay more connected with your heart. Because people have free will and personal choice, you can still elect to spin out of coherence and drain personal



energy; nothing can make you stay in the heart. However, with consistent practice with your emWave PSR it becomes obvious that staying in the heart *is* the more energy-efficient and effective choice.

You can start to observe the cumulative effects of the coherence you are building by noticing an increase in your day-to-day energy levels and awareness. This can be subtle at times, such as not feeling so tired at the end of a long day, or not needing a nap in the middle of the afternoon, or not being so quick to anger or react to unexpected demands.

Pitch

You can increase your coherence baseline more quickly by using your emWave several times during the day. Think of the emWave as a “pitch” facilitator, helping you increase your moment-to-moment awareness or consciousness pitch throughout the day. Just as a singer can be off “pitch” and sing out of tune, so can your emotional “pitch” be off and your attitudes and actions out of tune with your heart. This especially can occur when you are feeling drained or preoccupied by a stressful issue. When your pitch drops, this affects the overall quality of your awareness, including your focus, clarity and balance.

Using your emWave first thing in the morning helps set the tone and pitch for your day, facilitating your higher discernment, your intuition, your capacity to transform stress and your ability to move in balance through life’s interactions. Using the emWave between challenging activities realigns your heart, mind and emotions to reset your consciousness pitch during the day.

Here are some times that using your emWave can be very effective:

- Preparing for a meeting—use the emWave to activate deeper clarity, mentally and emotionally, and increase your capacity for intuitive listening and speaking from the heart. This will give more substance and effectiveness to your communications.
- When unexpected issues challenge your centeredness and emotional equilibrium—use the emWave during or after the situation to bring your “pitch” back up and restore balance.
- When you feel time constrained, anxious, mentally scattered or overloaded—stop for five minutes and use your emWave to create energetic renewal.

The human system accumulates or drains energy depending on how you respond emotionally to the events of your life. When you have gone through a rough time and feel emotionally drained, there is little energy left in your emotional

“accumulators”. Once your emotions get drained, you start to operate on raw nerve energy, which can lead to more serious energetic decline and often translates into physical symptoms and ailments.

As you use your emWave to better manage your emotional energies and generate more positive emotions such as care, appreciation or compassion throughout the day, you will accumulate energy instead of draining it. This is why it's important to revisit your coherent state with the emWave, especially when you feel stressed, time constrained or overloaded, to regain a state of centeredness, *presence* and renewal. Using your emWave at these times renews your personal energy, providing you with more creative energy to bring into your next activity.

Step Five: The Importance of Regular Practice

As you keep practicing with the emWave and increasing your coherence baseline, it will get easier to change habits and behaviors you have wanted to change, perhaps for a long time.



Regular practice, as outlined in this Practice Plan, keeps fine-tuning your capacity to shift emotional, mental and physiological states. It helps you develop internal references of what coherence feels like, so that you can re-calibrate back to coherence during the day even when you don't have your emWave. Remember—*you* are the one doing it. You are empowering yourself each time you re-calibrate to coherence. At today's pace, it helps to have a reference builder; that's what any helpful practice program and feedback is for.

Regular practice with your emWave is important, in order to get feedback on your coherence level and not just assume you're in high coherence. The emWave keeps even the most experienced practitioner fine-tuned. Look at the importance of regular emWave practice the way an all-star pitcher or professional golfer continues to practice with an observant coach, or an accomplished musician still practices chords, scales and techniques with recording equipment.

Summary:

- **Use your emWave PSR for at least 5 minutes a day 6 days a week and for 10 minutes 1 day a week.**
- **Have a goal to complete at least 1 Reward Cycle each time you use your emWave PSR For optimal results complete 3 Reward Cycles per day (21 each week).**
- **Start on Challenge Level 1 and only increase challenge levels as it gets easy to maintain a high coherence ratio.**
- **Practice regularly to increase your coherence baseline. Use your emWave PSR before important activities to reset your consciousness pitch or to recover from stressful, draining events.**



Your emWave Personal Stress Reliever is a valuable tool in the process of personal growth, stress reduction, and health enhancement. The more you use it the better you feel. Regular practice following the guidelines provided in this Practice Plan can bring you new peace, vitality, wisdom, joy and hope. Enjoy!

Additional Tips

Ongoing practice with the emWave was designed to facilitate another important benefit: centering. Many people who practice centering techniques have found that centering is very helpful for accumulating positive energy which helps to maintain mature attitudes, perspectives and balance. This is one of the reasons why meditation and practicing *presence* have been increasing in popularity in recent years. Many people practice meditation every day for the positive benefits they can accumulate and apply from their practice.

It is true that different forms of meditation practice involve more than centering, yet centering releases major benefits. You can view centering as the coherent alignment between your heart, mind, emotions and spirit, which benefits your entire physical system as well. Coherent alignment prevents energy loss from diffusion and disruption, which is the biggest challenge in meditating or practicing *presence*. Recurring practice with the emWave facilitates this process, yet it is *you* who is changing your emotional and physiological state; the emWave is only a tool to help you.

Increasingly, people are realizing the importance of the cumulative value from the practice of centering themselves in the *now*. The nature of the emWave helps this process by letting you know when you're in coherence and present within, then gently reminds you to get back when you find yourself adrift. Each moment spent in the *now* saves and accumulates energy and awakens you more to your authentic self.

You can track your coherence-building progress using the Personal Tracker on the next page or the Personal Tracker and emWave PSR Tracker at www.heartmath.com.

Notes

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