

The State of Ease

from
Doc Childre
Founder of HeartMath®



If you would like to receive additional tools and future writings to help you navigate through these changing times, go to

<http://www.heartmath.org/signup>

If you choose, please help us distribute this booklet to others:

- Downloading the online version of *The State of Ease* at <http://www.heartmath.org/state-of-ease> and forwarding it to other people and posting it on your Web site
- Forwarding *The State of Ease* to other Web sites and blogs to post
- Printing copies for friends, family, associates and organizations

For additional resources, go to

<http://www.heartmath.org/ease-resources>

Institute of HeartMath is a 501(c)(3) nonprofit corporation.
Your gift is fully tax-deductable.

To donate online, go to www.heartmath.org/donations

To donate by mail:

Institute of HeartMath
14700 West Park Ave.
Boulder Creek, California 95006



by Doc Childre, 2010. Download and share with others as long as you attribute the work to Doc Childre without changing in any way or using it commercially.

HeartMath is a registered trademark of the Institute of HeartMath, 14700 West Park Ave., Boulder Creek, CA 95006; www.heartmath.org

The State of Ease

from Doc Childre, founder of HeartMath®

One of the first things most of us do when children (or adults) are overwhelmed with inner turbulence is: we instinctively try to calm them down into a state of ease before starting to sort out solutions. Why do we do this? Because we intuitively sense that the *state of ease* helps us to get back in our heart which helps to re-stabilize the mind and emotions—this re-connects us with our reasoning capacity and clear view. As we grow into adults we occasionally remember the wisdom of such practices, but it's often after the fact and after much personal energy drain. This article suggests a few advantages of accessing our state of *inner-ease*, not just for bailing out of emotional turbulence, but to use throughout the day for maintaining connection and coherent alignment between the heart, mind and emotions.

More and more people share that they are feeling an intuitive nudge to add more heart warmth and deeper connection within themselves and with others. At the speed of life today, operating with low heart energy is often compared to a vehicle that's operating low on oil, which increases the vulnerability to stress and malfunction. Learning to address life from the *state of ease* can help increase the heart/care connection in

our interactions and can especially help reduce and prevent much stress.

Our personal space of “inner-ease” can be accessed with minimum practice and a little time spent. When operating in the ease-mode, it’s easier to choose less stressful perceptions and attitudes and re-create “flow” in our daily routines. Practicing inner-ease creates “flow” by helping to regulate the *balance* and cooperation between our heart, mind and emotions—*coherence*. Increased coherence promotes more intuitive connection with our higher potential for effective reasoning, discernment and people interactions. The lack of coherent alignment between the heart, mind and emotions generates resistance to “flow,” resulting in stress from anxiety, indecision, frustration, impatience, anger, self-judgment and much more—the familiar list. One reason the “flow” is often hard to access is because increased time pressures and overload exaggerate the mental and emotional angst we can often experience—this jams the connection with our heart’s intuitive input. When our heart connection fades, the mind and emotions often become chaotic and drive us at a faster pace than our heart’s intuitive guidance can assist us. Most all of us are aware of how being stuck in this loop increases self-perpetuating stress and what that brings with it. Shifting to our inner-ease space *at the onset of stressful feelings* helps to prevent many stress-typical scenarios and creates a much easier transit through challenges and resistances. (Dread and anxiety are examples of what I mean by *resistances*.)

Practicing inner-ease is not intended to instantly dissolve all of our challenges on the spot. Yet it creates an extra time-window, allowing deeper discernment for competent choices—conscious choices that can help prevent and resolve many unnecessary challenges and unwanted predicaments. The state of inner-ease helps us attune our mental and emotional nature to the most reasonable and effective way for responding to each situation that life brings us—challenging, normal or creative.

Operating in the ease-mode does not suggest that we move through the day at the speed of a snail nor is it a sleepy-time relaxation state: It's about slowing down our inner body language—the mechanical mental and emotional reactions that we often regret at the end of the day; the ones that cause avoidable mistakes, compromise friendships, create “under-grumble” and excessive internal drama. These examples and others can drain much more of our energy than a hard day's work and then follow us to sleep to compromise our rest. Such experiences don't happen because we are bad or inept; they're just highly predictable outcomes when our mind and emotions rush through a day without the connection to the heart's guidance and the practical facilitation it brings. Practicing inner-ease increases our *conscious memory* to include our heart, as our mind and emotions navigate through daily choices and feelings that decide the quality and direction of our life. Inner-ease is like a quiet doorway into our Presence, while also being a simple reflection of our instinctive common sense.

The following steps for accessing the *ease-state* can be used when you are experiencing stress or for the general maintenance of balance and resilience in your mental and emotional system. The ease-state is especially helpful and effective when used to “prep” *before* engaging in potentially stressful situations, projects, communications, complex decisions, etc. You can use it in the morning to prep for the day—and remember to reboot the process occasionally.

Basic steps for accessing the State of Ease:

Inner-Ease™ Technique

- (1) If you are stressed, acknowledge your feelings as soon as you sense that you are out of sync or engaged in common stressors— feelings such as frustration, impatience, anxiety, overload, anger, being judgmental, mentally gridlocked, etc.
- (2) Take a short time out and do heart-focused breathing: breathe a little slower than usual; pretend you are breathing through your heart or chest area.

(This is proven to help create coherent wave patterns in your heart rhythm—which helps restore balance and calm in your mental and emotional nature while activating the affirming power of your heart.)

- (3) During the heart-focused breathing, imagine with each breath that you are drawing in a feeling of *inner-ease* and infusing your mental and emotional nature with balance and self-care from your heart.

It's scientifically proven that radiating love and self-care through your system activates beneficial hormones and boosts your immunity.

Practicing will increase your awareness of when the stressful emotion has calmed into a state of ease. The mind and emotions operate on a vibrational level. Slowing down the stressful vibration helps re-establish the cooperation and balance between heart, mind and emotions. (Like an old electric fan that rattles until you turn it to a slower speed, which often quiets and restores the unbalanced vibration.)

- (4)** When the stressful feelings have calmed, affirm with a heartfelt commitment that you want to anchor and maintain the *state of ease* as you re-engage in your projects, challenges or daily interactions.

It's okay if a disruption takes you out of the ease-state through the day; just reset your intention with a genuine heartfelt commitment and move on. You'll have to reset your commitment periodically; yet soon you can remain longer in the *ease-state* and with lower maintenance. In a short time you won't need to labor through all the steps; you will be able to skillfully and consciously just "breathe" yourself into the ease-state. But first, practice the steps for awhile to increase the awareness of when you have effectively shifted to the state of ease, which is often a little deeper than your first few attempts achieve. Some emotions take longer for

the vibrational rate to slow down; just relax with it, no force. Remember, you're not trying to fix the emotion; the ease-state helps to quieten the significance within the emotion so you can reason and discern with objectivity. This reduces stress and inspires creative and practical solutions for handling or adjusting to situations.

This article regarding inner-ease is not intended to re-invent a concept that most all of us are already familiar with, from childhood on. Its intention is to illuminate the stress reducing potentials and energy balancing benefits of practicing *ease*.

I would like to recall six of the principal benefits of the state of ease:

- (1) Practicing inner-ease creates “flow” by helping to regulate the *balance* and cooperation between our heart, mind and emotions. It allows us an extra time-window to discern effective choices, reactions, decisions, and how we respond to life and to others. Clear choices prevent much energy drain from mistakes and “re-do”.
- (2) The state of ease helps us to attune our mental and emotional nature to the most reasonable and effective way for responding to each situation that life brings us—challenging, normal or creative. *Ease* helps to maintain the cooperative alignment of the mind and emotions with the balancing energies of our heart.

- (3) Practicing *ease* will help to prevent and eliminate much personal stress and facilitate quicker recoup from unexpected stressful occurrences that we all encounter. This benefits our health, well-being and quality of life.
- (4) The ease-state is especially helpful and effective when used to “prep” *before* engaging in potentially stressful situations, projects, communications, complex decisions, etc.
- (5) Shifting to our inner-ease space *at the onset of stressful feelings* helps to prevent many stressful scenarios and creates a much easier transit through challenges and resistances.
- (6) When in the ease-mode, it’s easier to include the heart’s intelligence in all interactions. When the heart is open, it allows for a warmer, more genuine connection with our authenticity and with others.

If you are not already practicing techniques that include the values of *ease*, then hopefully this content may inspire experimentation.

With Deep Care,

A handwritten signature in cursive script that reads "Doc Childre". The signature is written in black ink and is positioned below the phrase "With Deep Care,".

Doc Childre

If you would like to receive additional tools and future writings to help you navigate through these changing times, go to

<http://www.heartmath.org/signup>

If you choose, please help us distribute this booklet to others:

- Downloading the online version of *The State of Ease* at <http://www.heartmath.org/state-of-ease> and forwarding it to other people and posting it on your Web site
- Forwarding *The State of Ease* to other Web sites and blogs to post
- Printing copies for friends, family, associates and organizations

For additional resources, go to

<http://www.heartmath.org/ease-resources>

Institute of HeartMath is a 501(c)(3) nonprofit corporation.
Your gift is fully tax-deductable.

To donate online, go to www.heartmath.org/donations

To donate by mail:

Institute of HeartMath

14700 West Park Ave.

Boulder Creek, Calif. 95006



Non-English Versions of *The State of Ease*

To download *The State of Ease* in other languages go to:

<http://www.heartmath.org/ease-nonenglish>

About Doc Childre

Doc Childre is the founder of the Institute of HeartMath, a nonprofit 501(c)(3) research and education organization. For many years, the Institute of HeartMath has been dedicated to mapping and validating the importance of the heart-mind connection in intuitive development and personal growth.

The Institute's research on stress, intuition and emotional physiology has been published in peer-reviewed scientific journals and presented at numerous scientific conferences worldwide. HeartMath tools for stress relief and emotional management are being used by companies, government, the military, hospitals, clinics and schools.

Doc Childre is the co-author of the following books:
The HeartMath Solution, From Chaos to Coherence, Transforming Stress, Transforming Anxiety, Transforming Anger, Transforming Depression and The HeartMath Approach to Managing Hypertension.



by Doc Childre, 2010. Download and share with others as long as you attribute the work to Doc Childre without changing in any way or using it commercially.

HeartMath is a registered trademark of the Institute of HeartMath, 14700 West Park Ave., Boulder Creek, CA 95006; www.heartmath.org



INSTITUTE OF HEARTMATH®

Empowering Heart-Based Living

www.heartmath.org

14700 West Park Avenue, Boulder Creek, California 95006

Institute of HeartMath is a 501(c)(3) nonprofit research and education organization.