

Additional Practices to Transform Fear to Courage

Heart-Brain Coherence:

- Place your hand on your heart and focus your attention there while breathing deeply from the diaphragm for 1-2 minutes

Breathing in through the nose from the diaphragm, expanding the belly, and out through the mouth, expelling all the air

- Alpha Brain Wave State: Practicing heart-mind coherence and deep breathing activates alpha brain waves (8-13 Hz), which represent a relaxed yet alert mental state. This is the optimal state for learning, creative thinking, and accessing intuitive insights.
 - Cardiac Coherence: Placing your hand on your heart while deep breathing activates the vagus nerve, increases heart rate variability, and releases oxytocin, creating a calming effect and physiological coherence between heart and brain.
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- Visualization: Spend 5 minutes daily imagining yourself successfully navigating that fear-triggering situation.

This visualization practice creates neural pathways that mirror actual experience, essentially "pre-wiring" your brain for courageous action while activating your reticular activating system to notice opportunities that align with your visualized success.

The reticular activating system (RAS) is a neural network in your brain that filters information, determining what you notice and what you ignore, essentially directing your focus toward things that align with your goals and beliefs.