



## ***Transforming Anger* Group Reading Guide**

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### ***Transforming Anger: The HeartMath Solution for Letting Go of Rage, Frustration, and Irritation***

Authors: Doc Childre and Deborah Rozman

#### **Chapter 11: It's All About Heart**

1. The heart is the mechanism we can use to create personal peace and serenity. What does peace and serenity look like for me?
2. What is *The Care Shift* ? (pp. 120-121)
3. What is the human “negativity bias”? (pp. 121-122)
4. What is “spiritual hope”? (p. 122)
5. How can I change my mental habits? (pp.122-123)
6. The HeartMath research group discovered (post publication of this book) that the heart has brain-like cells called neurons that register, respond and remember emotional events. How can I improve my emotional health? (p. 124)
7. Emotional transformation and spiritual enlightenment, connecting to our inner selves, will help deal with the anger and chaos around us. Learning to bring coherence and calm to our hearts (and our minds) will help us lead more peaceful, meaningful, healthy lives and positively influence those in close proximity, whether at home, at work, or at the supermarket. How do these HeartMath methods connect to my spiritual beliefs?

## Neuro Emotional Literacy Program

### Setting up your day:

- 1) Start by *attitude breathing*. Breathe love, care, appreciation or compassion through your heart and solar plexus. Keep this attitude through your morning rituals. This will help you feel centered as you start your day.
  
- 2) Modulation: emotional energies change during the day. This is normal. Don't judge or blame yourself if your heart starts going into incoherence. When you feel your heart going out of sync, become aware of your heart and shift back into coherence.
  
- 3) Being earnest: your heart will shift out of homeostasis. Being earnest about heart regulation means realizing that you are setting boundaries about *how far* your heart shifts out of homeostasis and *how long* it shifts out of homeostasis. Be compassionate with yourself. Forgive yourself and then you are more likely to forgive others. Send positive heart energy to others. Kindly assert that you are not a victim of the negative energy or words of others. When you are in homeostasis and your heart has a coherent rhythm, you will be more able to listen intuitively to others and resolve situations.
  
- 4) Making peace with what is: you cannot change some things. Sometimes you have to make peace with the things you cannot change. Stop to think about what is making you lose your peace. Be compassionate and forgiving to yourself about the events, people, and things that are creating the fear, anxiety or loss that is making you angry, resentful, or frustrated. Forgive yourself for harbouring these negative feelings. Realize that these negative feelings are based on a primitive response to protect you from present or future danger, whether the danger is perceived or imagined. Imagine building new neural pathways and erasing the old roads to resentment, frustration, hurt, and anger. Go to neutral about these things that are negative and release them. Accept your emotional history and plan your emotional future.

**What is a personal motto/mantra that you can use to guide you to heart coherence?**