



Follow your heart

This technique accompanies the book '[Intention Matters](#)'. It may be of assistance when refining or distilling your intentions -Step 2 of the IDEA framework.

Within the human body, the [vagus nerve](#) connects the brain to the body. It transmits information to or from the brain to tissues and organs elsewhere in the body, including the heart. It contributes to the functioning of the [autonomic nervous system](#), which consists of the [parasympathetic](#) (rest and repair) and [sympathetic](#) (fight or flight) parts. The vagus nerve can lower the heart rate.

In Intention Matters, I define an intention as 'a deep sincere desire underpinned by a belief that it is possible. Intentions should always be genuinely desired at a heartfelt level.

[Mindfulness training](#) and or [Compassion training](#) can help you to tune into your heart. If you practice mindfulness, you may well be able to tune into your heart, but if like many people you struggle to do so this exercise may help you to influence the signals carried between the vagus nerve and the brain.

1. Stand in front of a mirror
2. Close your eyes or hold them in soft focus so you slow down the flow of incoming information into the brain, allowing you to focus.
3. Bring to mind your intention
4. See your intention in your mind's eye as vividly as possible
5. Slowly and gently, open your eyes and see what your face is doing.
 - a) Is your face relaxed or tense?
 - b) Are you grimacing or smiling?
6. Your facial response to a stimulus (in this case your intention) mirrors the signals between your brain and your vagus nerve. It is a short cut that helps you to connect with your emotional response and mood.

Key words:

Vagus nerve, mindfulness, heart, heart centred, compassion, Intention, Create the life you want, Manifest, Manifestation, change your life, achieve your goals, power of intention, Wish, Goal, Dreams, dream, Brain, Mind, Happy, purpose and values, purpose, Intention Matters, Science of intention, Neuroscience of Intention