

HeartMath Institute

Global Coherence
Initiative

Special Care Focus: Coronavirus *(Technique for Reducing and Overcoming Fear)*

Welcome to a Special Care Focus regarding the Coronavirus (COVID-19) – a technique for reducing and overcoming fear.

In order for everyone around the world to participate in a synchronized Care Focus, beginning Wednesday, March 18th we have chosen three convenient times: 4 a.m., 12 p.m. (noon), and 8 p.m. Pacific Time (GMT/UTC minus 7 hours)*. Please join with others on the [Global Coherence App](#) or the [Global Care Room](#). *We will do this every Wednesday until the Coronavirus pandemic subsides.* Thank you for being with us.

At times we send a special Care Focus to help lift the energetic field when a global event creates disruption and fear throughout the planet. As the Coronavirus (COVID-19) pandemic expands its footprint in over 100 countries, it's obvious that fear and anxiety from uncertainty is robustly on the increase.

The Care Focus below is to compassionately help transform the intensity of personal fear into a more grounded attitude and feeling of *managed concern* which, unlike fear, connects us more deeply with our heart's intuitive discernment. This provides clearer thinking, effective discernment, and much better choices through times of uncertainty and rapid changes.

Many people have benefited from this practice because they are simply tired of fear repressing the power and strength of who they really are. We know that fear can serve a purpose to help us take precautionary measures, yet sustained, high amped fear can deteriorate two most important purposes — maintaining health and clarity in our reasoning.

Research has shown that balancing the energetic nature of our mind and emotions while practicing compassionate care for ourselves and others *enhances* the immune system. However, excessive worry, anxiety or fear *compromises* the immune system, and much more, making us increasingly susceptible to viruses and disease. Fear disempowers us, whereas the attitude of managed concern leaves us more in charge of our mental and emotional nature — and creates easier access to our intuitive guidance and highest choices. Fear disrupts this connection, especially when we need it the most for grounded direction.

As we watch the news reports, it's effective to practice listening from the attitude of *managed concern* to reduce the fear effect. Be patient with yourself; any progress when dealing with fear is a lot of progress. *Managed concern* is a mental and emotional state that can leave us informed but not infected and debilitated by the emotional virus of fear momentums. The Care Focus practice below can help us progressively become more empowered and confident when challenged by fear and intense anxiety. Don't give up. In the beginning it can seem more challenging. Put your heart into it and you will see results. Self-compassion and patience quicken our progress in fear maintenance.

Radiating compassionate care to yourself and others helps to calm the ramped up mental and emotional energy which drives fear momentums beyond what seems manageable. We can change these behavior imprints. We can use this virus as a practice opportunity to finally gain our power back by reducing our fear to *managed concern* which connects us with intelligent choices and actions.

Managed concern is a health-conscious replacement for fear.

Care Focus: Replacing Fear with Managed Concern

The tool is intentionally simple but effective.

1. While breathing in a relaxed pace, pretend you are breathing through your heart or chest area and imagine calming your mind and emotions with each breath. (Calm emotions help to create a space that enables intuitive access for clearer discernment and choices when evaluating situations.)
2. As you breathe, visualize mental and emotional calm and poise streaming into your mind and into all your cells. Hold a conscious intention in your heart to change feelings of anxiety or fear into feelings of *managed concern*. Practice will increase your capacity for maintaining care and compassion for humanity's challenges without creating burnout in your own system. Remember, any progress is a lot of progress when reducing fear. Be patient.
3. Let's close by radiating compassionate care and calm into the global energetic field to help reduce the fear and see people making smarter, less stressful choices from a perception and attitude of managed concern. This leaves people more in charge rather than a pawn of fear and mental scatter. The Coronavirus is a perfect situation for this effective practice for transforming the fears and anxiety which suppress much of our life force and power to create a better life.

You can continue to do this Special Care Focus, if convenient, for 5 minutes each day and help lift the energy field environment that surrounds you, your family and our planet.

Thank you for your participation in this Special Care Focus.

Doc Childre

P.S. **Note:** If you would like more heart-based practices and information regarding fear reduction, read the excerpt below from the book *Heart Intelligence: Connecting with the Intuitive Guidance of the Heart*, which this Care Focus was adapted from. [Click here.](#)

*(The following website – www.timeanddate.com/s/33sd – is a time conversion site for determining the exact time the Care Focus will take place in your Local Time Zone. Select time: 8 p.m. (date optional). Convert from: Location: U.S.A. – California – San Francisco. Convert to: Location: Select your Country/City.)

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