

PEACE BREATHING

Peace breathing gives us the simple yet powerful ability to calm ourselves, improve interactions with others and generate clear thinking.



Breathing In, I know that I am Breathing In

Breathing Out, I know that I am Breathing Out



Anyone can do Peace Breathing. Give it a try. Share it with others.

1. Sit up and begin to notice your breathing. For less distraction, you can close your eyes.
2. Place one hand on your stomach and inhale slowly and quietly through your nose, feeling your stomach move out (this is not a big motion). Pause for a moment.
3. Exhale slowly and quietly through your nose, feeling your stomach move in (this is not a big motion). Repeat for 3 breaths.
4. Rest both hands on your lap. Inhale slowly and quietly the same way, Saying to yourself "Breathing in, I know that I am breathing in." Pause for a moment.
5. Exhale slowly and quietly, saying to yourself "Breathing out, I know that I am breathing out." Repeat for six or seven breaths.
6. Once you are accustomed to Peace Breathing, start from step 4. Make a goal to do at least seven breaths a day.

Practice Peace Breathing regularly to: Calm yourself in a difficult or conflictual situation - Reduce arguments and negative reactivity - Act from a calm, peaceful and centered place. For more peace breathing information, and many more ways to engage in Peace Day, September 21, go to www.peacedayphilly.org.