

Inhale, *world*

Exhale, *peace*

PEACE BREATHING

We are always breathing!
But is your breathing shallow, or deep?
We can create good breathing habits by breathing deeply every day.

Instructions for Peace Breathing Exercise

1. Sit up, with your back against your seat, arms resting on your lap.
2. Place your right hand on your stomach, just below your navel (belly button).
3. Inhale slowly and quietly through your nose, feeling your stomach move out (this is not a big motion).
4. Pause for a moment.
5. Exhale slowly and quietly through your nose, feeling your stomach move in (this is not a big motion).
6. Repeat steps 3 through 5, three times.
7. Rest both hands on your lap. Eyes may be open or closed.
8. Inhale slowly and quietly the same way as before, thinking “world”.
9. Pause for a moment.
10. Exhale slowly and quietly the same as before, thinking “peace”.
11. Repeat steps 8 through 10, seven times.

Practice Peace Breathing regularly to:

Improve your ability to concentrate and think clearly

Calm yourself before a test or presentation

Reduce arguments and negative reactions

Gain a larger perspective by thinking of peace for the world

the peace  school