

WHY PEACE BREATHING?

Our breath is a powerful tool to calm the mind and body. Scientific research shows that breathing practices can have a powerful positive impact. Peace breathing can decrease depression and anxiety, strengthen our ability to regulate emotions, calm and relax the body and reduce trauma symptoms. It also helps us make actions less reactive and more positive and intentional.

By practicing Peace Breathing regularly, you will increase your ability to access and use it in the midst of a high stress/conflict situation.

Here are a few suggestions to say to yourself while breathing in and out:

*Breathing In, I know that I am breathing in
Breathing out, I know that I am breathing out*

*Breathing in, I see myself as a mountain
Breathing out, I feel solid*

*Breathing in, I see myself as still water
Breathing out, I feel calm.*

*Breathing in, I calm my body and my mind
Breathing out, I smile.*

For more on the benefits of this kind of breathing, go to:

<http://bit.ly/2ptKgc5>

<http://ti.me/2nPWLi8>

<http://n.pr/2IGsbjh>

“Peace is present right here and now, in ourselves and in everything we do and see. Every breath we take, every step we take, can be filled with peace, joy, and serenity. The question is whether or not we are in touch with it.

We need only to be awake, alive in the present moment.”

- Thich Nhat Hanh