

PEACE BREATHING

The ability to calm yourself, improve concentration and think clearly. It all starts with breathing.

inhale... WORLD



exhale... PEACE

We are always breathing!

But is your breathing shallow, or deep? Create good breathing habits by breathing deeply every day.

**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 as before, thinking "world." Pause for a moment.
5. Exhale slowly and quietly the same as before, thinking "peace." Repeat "World Peace" Breathing for seven breaths or more.
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:

- Improve your ability to concentrate and think clearly
- Calm yourself before a test or presentation
- Reduce arguments and negative reactions
- Develop good breathing habits for increased energy and better health
- Gain a larger perspective by thinking of peace for the world

Next Step...

Peace Breathe on the move! With your eyes open, try World Peace Breathing when you're at home, on the street, in the halls, waiting in line, riding the bus, playing sports, etc. With Peace Breathing On the Move you can defuse stressful situations before they escalate.

the peace  school

www.peaceschool.org www.peacebreathing.com

WHY PEACE BREATHING?

Our breath is a powerful tool to calm the mind.

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 make our actions less reactive and more intentional.



By practicing Peace Breathing on your own, you will increase your ability to access 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