

# 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

# 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](http://www.peacedayphilly.org).**