Breathing with awareness and purpose

Breathing with Awareness and Purpose is a technique intended to relax the body, and stimulate the positive attributes of the heart.

Breathe in: that which is good, needed, and positive for your self-improvement
Breathe out: that which is good for others, and for the betterment of the global community

Breathe in all that is good for me
Breathe out all that is good for everyone

Breathe in positivity
Breathe out optimism
Breathe in appreciation
Breathe out joy
Breathe in compassion
Breathe out love