Heartfulnessness
Breathing
With Awareness
and Purpose

A technique to relax the body, and stimulate the positive attributes of the heart.

Breath in that which is good, needed, and positive for your self-improvement
Breath out that which is good for others, and for the betterment of the global community
Breath in all that is good for me
Breath out all that is good for everyone
Breath in positivity
Breath out optimism
Breath in appreciation
Breath out joy
Breath in compassion
Breath out love

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