

Heartfulness 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

