

THE FORGIVENESS BREATH

When I have strong feelings, a Forgiveness Breath can help me feel safe and calm. Breathing like this and thinking about Forgiveness helps me let go of powerful feelings and Choose Love.



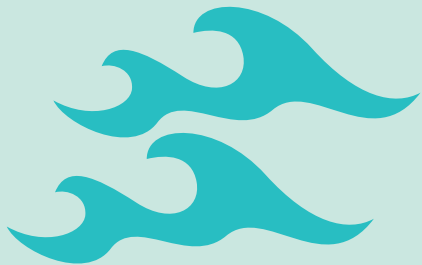
1. I put one hand on my heart.
2. I put my other hand on my belly.



3. I take a slow, full breath in through my nose like I'm smelling something yummy. I let my belly get bigger as it fills with air.



4. Then I slowly breathe out through my mouth like I'm blowing out candles, letting my belly shrink as I let out the air.



5. When I breathe in, I imagine a gentle ocean wave coming toward me.



6. When I breathe out, I imagine the gentle ocean wave slowly fading away.



7. I imagine the wave bringing me peace and love as it moves toward me. As the wave moves away, it takes away my hurt and angry feelings.



8. I continue to breathe like this until I feel safe and calm.