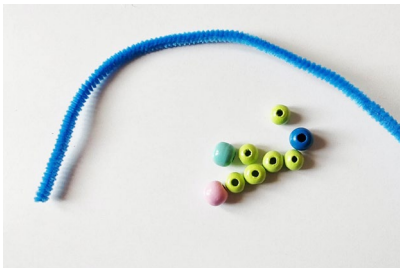
THE BREATHING STICK

We are breathing all the time! Each inhale and exhale connects us to the flow of life. Breathing fills us with energy and triggers all kinds of physical and mental responses. When we are worried or excited, angry or upset, our breathing changes. It can become so fast that it makes us ill! So it is important to learn how to breathe!

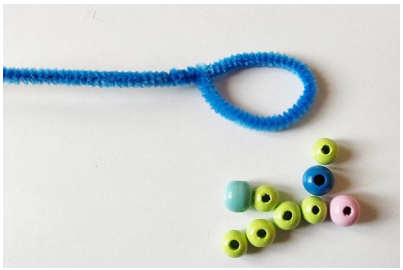
When we breathe calmly we tune into the ryhthm of PEACE!

Here is a tool to always have with you! It is called the **"Breathing Stick".** It will help you breathe properly. That means in a steady and regular way. When your breathing is calm and serene, your thoughts and emotions will slow down, too, and fill you with harmony and inner peace.

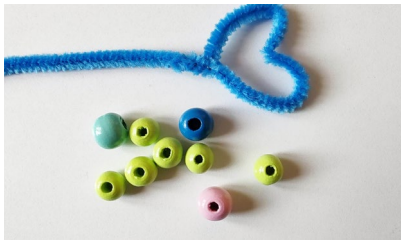
You need: coloured pipe cleaners and beads.



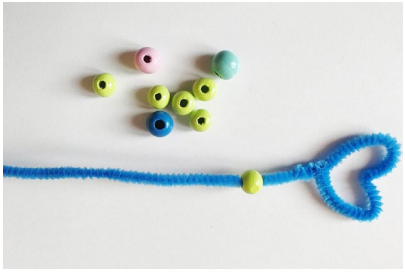
Each "breathing stick" needs 1 pipe cleaner and 9 beads.



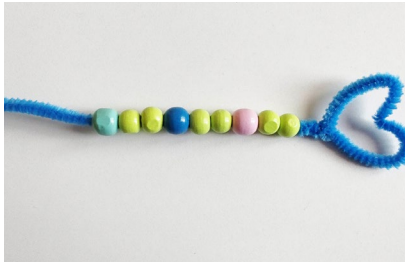
Make a loop by twisting one end of the pipe cleaner to the upper part of the same.



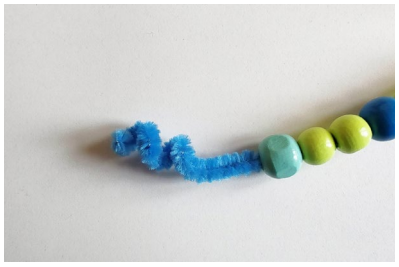
Make a heart shape out of your loop. When you breathe in and out love energy will nourish you!



String the beads onto the pipe cleaner, one by one.



How nice the 9 beads look on your breathing stick!



Twist the end of your stick so the beads don't slip off!

How to use your breathing stick.

Hold the heart side of the breathing stick with one hand, and the other side with the other hand. Focus your attention on your breathing. Slide the first bead as you inhale and repeat "BREATHE IN - BREATHE OUT". Do this with the 9 beads and repeat it as many times as you wish. and feel the warmth and calm of harmony!

We are very grateful to Elena, an educator from Spain, who shared this inspiring idea with us. She has made these breathing sticks for her students to improve calmness and inner harmony.

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