

## **WORLD BREATHING DAY, APRIL 11, 2023 – BREATHE PEACE**

The world is in a state of transformation and growth on so many levels at the same time and to meet the needs of such transformation throughout humanity, we need powerful tools that bring about ease and harmony in times of upheaval and seeming uncertainty. So many people all over the world are seeking a path to peace and we are glad to announce that the [World Breathing Day](#) offers a very specific and available one.

### **BREATHE PEACE**

In a world still taking part in war, how can humans create peace and resolve conflict from where they stand and breathe?

On April 11<sup>th</sup>, take part in a global celebration of the practice of conscious breathing and the power of breathing together. Take this moment as you receive this news to ponder that conscious breathing is a very local medicine and unifying power that is available to everyone no matter what their race, religion, social status or how many followers they have on social media.

The International Breathwork Foundation and its global community of breathworkers and beacons of light in the peace and wellness communities all over the globe would like to remind humans of all ages once per year, on World Breathing Day, of the powerful medicine that is conscious breathing and the power of us breathing together to unite.

For a quarter of a century, the International Breathwork Foundation (IBF) has been representing and working with breathing experts and gathering expertise and knowledge on the arts, science, history, and practices of conscious breathing. IBF programs and activities improve the lives and well-being of people of all ages and backgrounds.

One of the global projects from within the IBF that is seeking to breathe peace into classrooms all over the world is [Conscious Breathing in the Classroom \(CBC\)](#). IBF professional member and breathworker of many years, Joann Lowell, and her team of highly esteemed breathworkers, have been training teachers with a particular curriculum around the world. She will be presenting how teachers can get involved and learn the CBC curriculum and affect children for many years to come, on our official Zoom on World Breathing Day.

What do we mean by BREATHE PEACE?

At first glance, you might think it as an abstract concept, but is it? We are simply inviting you to celebrate your ability to breathe consciously to bring about peace and to cultivate it from within. Once we cultivate peace from within for ourselves, we can choose to share that peace in all the ways we humans do. We can also care for the peace of our fellow humans in the act of breathing together consciously and in the act of wanting them to know how to find it. In all of these ways we breathe peace.

World Breathing Day is a day when we come together in one global collective breath to teach, learn, share, celebrate, meditate, dance, be creative, inspire, and be inspired by the community of breath around the world.

Consciously breathing together has a power to unite us beyond all of the separating lines that have been drawn in our society. We have seen the race, religious and culture wars going on and the ways that our differences have created fear and separation. World Breathing Day is a reminder that our breathing doesn't have a color or a religion itself and it doesn't exclude anyone. It is all inclusive in that it is available to everyone all the time.

Visionary of *DoAsOne.org* and World Breathing Day co-creator Rabie Hayek shares,

*“Amidst the war in Russia/Ukraine and the various warring societies such as Israel/Palestine and the zones of hunger and strife in our world, humans must have a way and a place to create peace and to become peace so that we may breathe peace. When we breathe peace, we become the place where peace exists.”*

Therefore, the perfect place to meet to create peace isn't peace talks which we have often seen play out in struggles between warring countries and governments. It is using this silent power of breathing peacefully together by choice as participants of one world and caring that our neighbors are breathing peacefully.

As a global family, we are returning to life after an attack on our respiratory/breathing systems with the pandemic and all that came with it. Many people have finally returned to creating fantastic, robust health regimens and leaders in personal development have recently taken notice of one thing, more than seemingly any other in the realm of human development:

### **Conscious Breathing**

The rise in popularity of Wim Hof and cold-water exposure coupled with a specific approach to breathing has yielded much attention on the world stage. Humans are finding that the effects not only feel great, but studies continue to show beneficial results in the lab and in peoples' lives.

Those in the field of Psychology are paying attention to Heart Rate Variability (HRV) and how breathing affects so many of our biological parameters and does so immediately reducing stress levels dramatically.

Many people are finding profound peace after experiencing breathwork in one of its many forms and styles. This peaceful after effect is often a release of previously held back emotions and latent unresolved traumas. Sometimes, it expresses as bountiful joy and a person's whole being is flooded with the positive effects of such upliftment.

Often people leave a breathwork session with a newfound love for conscious breathing and the ways that it cultivates and breathes peace into us.

As if this wasn't enough, more magic is added with the power of breathing together in a conscious, decided flow or cadence, in a room with a group of people or even across an online platform like the World Breathing Room (on DoAsOne.org) or over Zoom.

You might find it interesting that early Christians breathed together to celebrate the reality of the same spirit being in each of them as they breathed. Some early European theologians and historians have theorized that this created an early unity and connectivity among Christians in Europe in as early as 400 AD. They took part in a ritual they called 'conspiratio' that entailed breathing together by often blowing into each other's mouths. Because it looked like a kiss, it was often called the kiss of peace.

When the missionaries first arrived in Hawaii, the native islanders did not understand why when they prayed, they didn't breathe together. Their reverence for breathing and breathing together can be found in the most popular word and gesture in Hawaii. When someone says, 'aloha'. The literal meaning of 'aloha' is:

***In the face of or the presence of the divine breath.***

You can see monks of certain spiritual backgrounds and also the Maori people in New Zealand practicing the art of uniting by two people connecting foreheads as one and breathing. Seeing these practices of humans that came before us and breathed, can inspire us to bring traditions and practices of conscious breathing from the past with us into the future and allow it to change our present.

Our 2023 theme BREATHE PEACE is mirroring practices that we can find in the historical and sociological accounts of humans that came before us from long ago. We invite the humans on Earth now, to join us in continuing the use of this great power and making others aware of its availability.

In prior World Breathing Day celebrations we have focused on themes like *immunity* and *inspiring solutions* utilizing conscious and optimal breathing practices. This year we shine a vibrant spotlight onto the ability for us to use our breathing to create peace and we invite you and your community to create an event and celebrate!

Join us for the annual World Breathing Day celebration and let's inspire a positive future for ourselves, our children and our entire planet.

**Share! Participate in the Fun and BREATHE with us:**

- World Breathing Day 2023 offers an **interactive and experiential, FREE online global [Zoom event](#) in two different time zones for your convenience (USA & Europe)** and to celebrate with friends around the world throughout the day. During this event, you will be hearing from qualified, prominent and experienced breathwork practitioners using evidence-based breathing techniques to BREATHE PEACE!

**[Register for the Zoom Event Here](#)**

- Connect with the world in the **World Breathing Room** on DoAsOne.org, a beautiful online space that enables you to breathe synchronously with people from around the globe.

- If you have the possibility, go outside into nature or a favorite meditation spot and breathe. Breathe peace with others around you by breathing together in a simple flow and feel what you add to the collective celebration on April 11<sup>th</sup> this year and each year on April 11.

Celebrate the reverberation of peace that we create when we all choose unity over separation and love over fear.

**On April 11th, from wherever you are, let's celebrate and BREATHE PEACE together.**

#### **Some of the benefits of conscious breathing:**

- Creates an increased vibrancy and feeling of health & an empowered well-being
- It is a Stress management and nervous system regulation Master tool
- Assists in regenerating breathing abilities after health challenges/recoveries (such as Covid)
- Supports Increased immunity
- Releases and prevents trauma
- Teaches better overall self-regulation and management of hyper-activity
- Creates improved focus immediately
- Fosters a positive impact on physical, mental, emotional and spiritual well-being
- Breathing together in one cadence creates unity and this creates peace and harmony
- It teaches us a path to cultivating peace and sharing it in our communities

**Please share and hold events in your part of the world, raising consciousness around this great and FREE power! The more of us who consciously breathe together, the more we contribute to a better, healthier world.**

**REGISTER HERE** to participate in the online World Breathing Day Zoom event:

Follow us on Facebook: <https://www.facebook.com/groups/worldbreathingday/>

More information go to: [WorldBreathingDay.earth](http://WorldBreathingDay.earth)

Contact us at: [WorldBreathingDay@ibfbreathwork.org](mailto:WorldBreathingDay@ibfbreathwork.org)

Post photos and videos of yourself, your friends and/or your event on Instagram and Twitter using the hashtags: **#WorldBreathingDay #BreatheWBD**

**A Fun WBD Activity to join in:** Post the word “**BREATHE**” by itself on any and all social media platforms all day on World Breathing Day and help us make a roar that reminds humanity to breathe! The simple one word post becomes a call to action and your friends will appreciate the reminder!