

# Welcome!

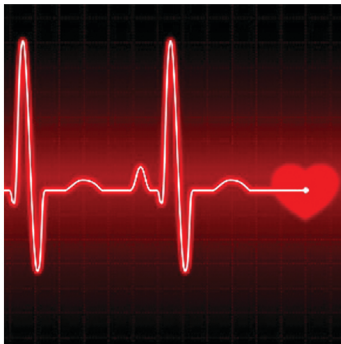
## Welcome to your new life!

Thank you for your courage and perseverance as you have chosen to follow a path to a more peaceful life and to be, as a result, a peace ambassador for the world. As a United Nations Peace Messenger organization representing people from all religions, ethnicities and nationalities from all over the world, we at **Pathways To Peace** simply want you to know that your plight on the global stage matters to us. YOU matter to us. We are aware of your situation and millions of us are praying for your peace, your wellbeing, and your bright future.

We know your journey has been difficult already, and that many more obstacles may await you in the coming days and months.

To assist you on the way, we wanted you to have this stress management technique from one of our alliance partners, a science based research initiative called **HeartMath Institute**.

This research center has discovered that even in the most stressful conditions, human beings can both feel peace within themselves, and be sources of peace for others, by shifting their heart rhythms. With that shift, a change happens that ripples out to have great impact, and you become led by an inner lantern on your journey that can open doorways that had been previously closed.



# The Technique:

## STEP 1: Heart Focus

Focus your attention on the area around the heart. If it helps, you can put your hand there. You may do this eyes closed, or eyes open. You may do it in stillness, or even while you are walking or engaged in activities.

## STEP 2: Heart Focused Breathing

While you maintain your attention in the heart area, breathe a little slower and deeper than you might usually. Make sure your inhale and your exhale are the same length of time. If it helps you, you can count to five as you breathe in, and five as you breathe out.

## STEP 3: Heart Feeling

If you are able to feel gratitude or appreciation for something in the moment, focus on breathing that attitude of gratitude in through the heart and out through the heart. If you cannot access a feeling of gratitude or appreciation, then try to breathe compassion to yourself and others. Do this for at least 30 seconds, or as long as you wish.

## STEP 4: Listen to Your Intuition

The concept “follow your heart” turns out to have a scientific basis. After you focus on your heart and activate a heart feeling, you may find that you get a new idea or insight about how to approach a difficult situation. Or you may notice new possibilities are drawn to you that were not there before.



We know you have left behind so much to start this new life. But we also know you still have the most important thing of all with you- your own heart.

We hope this technique brings you some comfort through your challenges, as your choices to seek a better life are something we admire and support.

*We thank you for being a pathway to peace, and we embrace you as a citizen of the world and a cherished member of our human family.*

 HeartMath®

