

RILEY'S RAINFOREST



WHEN I PRAY AND MEDITATE, MY BODY, MIND, AND SOUL FEEL TERRIFIC!

“Send down... from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

Explore & Soar: Get Inspired

Breathing can be inspiring! To “inspire” means to inhale or to fill with positive motivation. Try these practices to do both.



☐ Sit upright with eyes closed. Breathe in, pulling love into your heart and body. Breathe out, sending that love to a friend.

☐ Lie flat with one hand on your belly and one on your chest. Imagine a balloon in a calm color and feel your stomach rise, filling the balloon as you inhale for four seconds. Then let the air out, exhaling for four seconds.



☐ Stand with feet about hip-width apart, hands clasped in front of you. Breathe in, raising hands above your head. Then breathe out and quickly drop hands down between your legs, like chopping wood for a campfire.

Peaceful Practices

Prayer and meditation can uplift your soul. These spiritual practices can also help your mind and body.

Prayer is a time to talk to God, while meditation is reflection with our spirit. For example, in prayer, we may ask for guidance or offer thanks. During meditation, we quiet our thoughts and listen.

Both practices can boost health by releasing stress and anxiety. Some studies find that when we see God as a source of comfort, peaceful feelings from prayer may improve our mood and help ease sadness or worry. Meditation may increase self-control, boost creativity, and improve sleep. Even two minutes of silence can help refresh the brain and body.

The benefits are so strong that some schools offer meditation in class. When students have quiet

moments in their day, they tend to be less anxious, concentrate longer, and get into fewer arguments. A few deep breaths before answering a tough question or taking a test can help calm you. Or, if you're feeling upset, close your eyes and imagine a peaceful place.

Some practices combine meditation and breathing with movement. Yoga has roots in Hinduism and Buddhism. Tai chi, karate, and other martial arts harmonize the mind and body. These practices may improve strength, flexibility, balance, and inner peace.

If you want to soothe your mind, body, *and* spirit, try one of these tools and see what it does for you.

Curiosity Canopy



Some meditation can actually help you be kinder! Metta, or meditation on loving-kindness, is often used by Buddhists. It increases positive feelings and can help people be more compassionate and forgiving with themselves and others. The more they practice, the more loving they feel.