**Practices to increase Empathy and Sensitivity to Others**

**5** count **Square** Breath

Inhale: **I love you. I'm sorry.**

Hold 10 beats

Exhale: **Please forgive me. Thank you**

From Wikipedia: It is based on  Ihaleakala Hew Len's idea of 100% responsibility,[[41]](http://en.wikipedia.org/wiki/Ho%CA%BBoponopono#cite_note-41) taking responsibility for everyone's actions, not only for one's own. If one would take complete responsibility for one's life, then everything one sees, hears, tastes, touches, or in any way experiences would be one's responsibility because it is in one's life.[[42]](http://en.wikipedia.org/wiki/Ho%CA%BBoponopono#cite_note-42) The problem would not be with our external reality, it would be with ourselves. To change our reality, we would have to change ourselves.

(This is a useful perspective, but not meant to be the ONLY perspective. Breathing practices are meant to help you get good at having several perspectives available for every moment of life.)

**6** count **Square** Breath

Inhale: **Welcome, Welcome, Welcome into my heart**

Hold 12 beats

Exhale: **Here, Here, Take everything, Take All**

**8** count **Swinging** Breath

Inhale: **I accept all that is given to me**

No Hold

Exhale: **I give all that my Heart doth contain**