



THE  
**TREATY OF ONE HEART**

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**Synopsis**

In a near future where conflicts are inevitable, the Treaty of One Heart asks leaders and citizens at risk of conflict to commit to using controlled breathing rituals, combined with ubiquitous smart phone technology, to 1) generate mass mindfulness to minimise tension throughout the conflict cycle, and 2) form a symbolic ongoing connection between the hearts and minds of those on all sides of the conflict.

**Scenario**

It's 2022. Europe remains crippled, America's role in the world is still uncertain, and measures for conflict-prevention and human rights are increasingly impaired. Nations and states prepare for inevitable conflict.

Accepting the world's only hope for surviving the unavoidable conflict ahead is to commit to minimising the tension the UN asks leaders—focusing on

those with a high risk of conflict with each other—to sign the Treaty of One Heart.

## One Heart

While the boots of troops fall into rhythm as they march toward conflict, leaders and citizens of conflicting states can now contribute to tension minimisation by syncing their hearts through controlled breathing.

The Treaty combines ritual, controlled breathing, and mindfulness, with the ubiquitousness of smart phone technology, to connect the hearts of citizens with their leaders'—and with the citizens and leaders of the states they are in conflict with—by syncing with **one breathing rhythm** at regular intervals.

Leader initiation view



Citizen syncing view



## **Breathing, mindfulness and minimising tension**

Protracted conflicts rush leaders into making significant decisions, while spot-fires of internal conflict spark emotionally charged reactions that might further prolong the conflict.

Controlled breathing can strengthen leader's and citizen's capacity to make calm and grounded decisions by filtering out the emotional distraction of rising tensions. Controlled breathing **clears the bloodstream of the stress hormone cortisol while increasing the vitality hormone DHEA; reduces anxiety and blood pressure; allows us to control our emotional state; and fosters strong cognitive performance.** [1][2]

Although heart and breathing rates are not directly correlated, breathing affects heart rate. The One Heart ritual uses this connection to symbolise syncing hearts on both sides of one conflict, through aligned breathing.

## **Purpose**

The controlled breathing of the Treaty of One Heart is designed to:

- **Generate mass mindfulness that infuses each day, thought and action with a focus on resolution**
- **Imbue leaders and citizens in conflict with a sense of connection, reducing emotionally charged reactions**
- **Buy the world time for its self-strangling political system to right itself**

## **A speculative design**

While it might be naive to think the Treaty of One Heart could be applied to many non-state actors, or to states already deep in internal conflict and poverty, this speculative concept is meant to generate discussion about how we might use **natural phenomena that connects us with ubiquitous technology to innovate tension minimisation.**

1. Williams, M. The Science Behind BreathSync.

2. Zaccaro, A., & Piarulli, A. How Breath-Control Can Change Your Life.