



School of Law
UNIVERSITY OF GEORGIA

Prepare.
Connect.
Lead.

Digital Commons @ University of
Georgia School of Law

COVID-19 Pandemic Archive

Digital Archives

10-6-2020

5 Minute Meditation Breath Awareness Video

Heather Simmons

University of Georgia School of Law Library, heather.simmons@uga.edu

Rachel S. Evans

University of Georgia School of Law, rsevans@uga.edu

Recommended Citation

Simmons, Heather and Evans, Rachel S., "5 Minute Meditation Breath Awareness Video" (2020). *COVID-19 Pandemic Archive*. 20.

<https://digitalcommons.law.uga.edu/covid/20>

This Article is brought to you for free and open access by the Digital Archives at Digital Commons @ University of Georgia School of Law. It has been accepted for inclusion in COVID-19 Pandemic Archive by an authorized administrator of Digital Commons @ University of Georgia School of Law. [Please share how you have benefited from this access](#) For more information, please contact tstriepe@uga.edu.

5 Minute Meditation Breath Awareness Video

Transcript October 6, 2020

00:01

welcome to a five-minute

00:03

guided meditation

00:07

provided by the law library to the

00:09

students of uga school of law

00:13

for this short meditation we are going

00:16

to focus on breath

00:17

awareness to begin

00:21

sit in a chair with your feet flat on

00:24

the floor

00:26

rest your hands palms down on your

00:29

thighs

00:31

sit up straight but without resting

00:33

against the back of the chair

00:36

feel the weight of your feet on the

00:38

ground

00:40

feel the weight of your thighs on the

00:43

chair

00:46

feel the weight of your hands on your

00:48

thighs

00:51

now close your eyes if that's

00:54

comfortable for you

00:56

or you can just focus on the floor

01:00

looking about six feet in front of you

01:03

to soften your gaze now listen to the

01:07

sounds around you

01:10

what can you hear

01:17

do you hear pets children

01:21

other people outside

01:24

the sound of traffic or other vehicles

01:28

or perhaps the sound of birds

01:33

maybe even an air conditioner

01:39

once you're aware of the sounds around

01:41

you

01:42

begin to notice your breath

01:47

pay attention to the complete breathing

01:52

process

01:54

the first full in-breath

02:01

and the first full out breath

02:10

notice where you most feel the rise and

02:14

fall of your breath

02:18

what part of the body do you feel this

02:21

in

02:23

it could be your throat your chest

02:28

or somewhere else

02:33

is it the feeling of air flowing

02:36

into your nostrils or to the back of the

02:40

throat

02:40

or do you feel it in your belly

02:49

it doesn't matter where it is you are

02:52

just trying to discover

02:54

where you personally most easily sense

02:58

the flow of your breath

03:10

now let the physical sensation of your

03:12

breathing be an anchor

03:14

for your focus

03:17

observing with curiosity as the breath

03:21

flows in

03:25

and out

03:32

when you notice that your mind has

03:34

wandered without judging yourself

03:37

let go of the thought and come back

03:41

to the breath

03:52

you are not trying to stop having

03:54

thoughts

03:56

but rather you are learning to notice

03:59

that they have pulled you away from the

04:02

present moment

04:06

getting an awareness for these thoughts

04:11

then be patient with yourself and allow

04:15

yourself to again

04:16

return to the breath

04:29

now come back to the environment around

04:32

you

04:34

notice the sounds around you again

04:37

what sounds can you hear now when you

04:42

are ready

04:43

if you have had your eyes closed gently

04:46

open them

05:00

you