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5 Minute Meditation Breath Awareness Video

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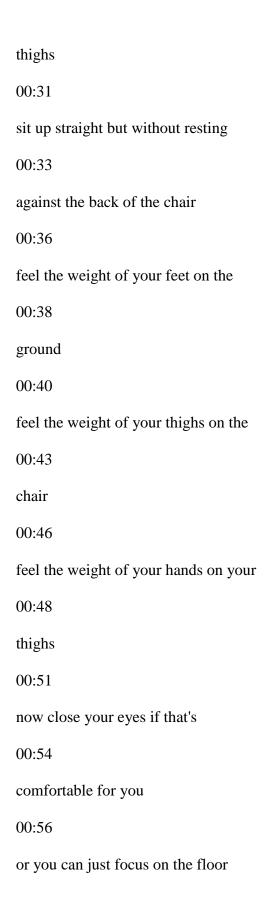
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5 Minute Meditation Breath Awareness Video

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



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

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