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As You Pause Here In The Ecce Moment With Empty Lungs, The Soldier's Lance Thrusts Through Jesus' Side And Into His Heart, Causing Blood And Water To Flow Out And Down Like A Waterfall, Down Into Your Heart And Soul. As The First Drops Of This Blood An Jan 10th, 2024
Breathing Meditation (5:31) - UCLA Health
Just Breathe Soften And Now Begin To Tune Into Your Breath In Your Body Feeling The Natural Flow Of Breath Don't Need To Do Anything To Your Breath Not Long Not Short Just Natural And Notice Where You Feel Your Breath In Your Body It Might Be In Your Abdo Feb 11th, 2024.

Meditation Poem (On Breathing)
Shallow, We Just Breathe Naturally And Shine The Light Of Mindfulness On It. When We Do This We Notice That, In Fact, Our Breathing Does Become Slower And Deeper Naturally. "Breathing In, My In-breath Has Become Deep. Breathing Out, My Out-b Mar 3th, 2024
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Thich Nhat Hanh (Nhat Hanh, 1993; Nhat Hanh & Gheung, 2010). Niemiec (2012a)
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