

## Take A Moment and Breathe

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Last year I made a meditation video. It was quite an experience putting something together that I'd never done before. It was both fun and a little frustrating. However, when I was done with my little project, I was proud of myself for learning a new program as well as making my idea into reality. I really like it, mainly because I created it. :) I posted it on [YouTube.com](https://www.youtube.com) and my old blog back then and I was just thinking about it again and thought I'd re-post it remind everyone to take a moment and breathe. Let me know what you think? Enjoy!!

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