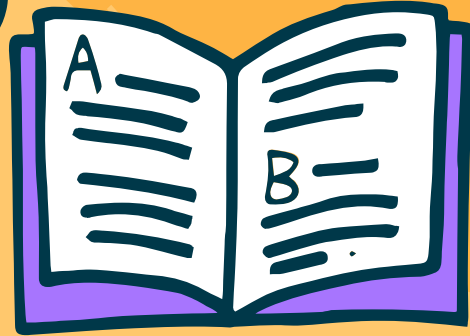


สนุกกับภาษา

Learning Through Mindfulness Songs
(3)



Breathing in, breathing out



Breathing in, breathing out.

Breathing in, breathing out.

I am blooming as a flower.

I am fresh as the dew.

I am solid as a mountain.

I am firm as the earth. I am free.



A-Z

Breathing in, breathing out



Breathing in, breathing out.
Breathing in, breathing out.
I am water reflecting,
what is real, what is true.



A-Z

Breathing in, breathing out



And I feel there is space,
deep inside of me.
I am free, I am free, I am free.



A-Z

Breathing in, breathing out



Meditation through mindfulness
of the breath

breath (n.) **breathe** (v.)

breathe in = inhale (v.)

breathe out = exhale (v.)

Take a deep **breath**.

Breathe in a lot of air.



A-Z

Breathing in, breathing out



Meditation through mindfulness
of the breath

breath (n.) **breathe** (v.)

breathe in = inhale (v.)

breathe out = exhale (v.)



A-Z

Breathing in, breathing out



Meditation through mindfulness
of the breath

Breathe in deeply and then **breathe out** slowly.

Jane **inhaled** the fresh air deeply.



A-Z

Breathing in, breathing out



Meditation through mindfulness
of the breath

breath (n.) **breathe** (v.)

breathe in = inhale (v.)

breathe out = exhale (v.)



A-Z

Breathing in, breathing out



Meditation through mindfulness
of the breath

Take a deep breath in, then exhale
slowly.

How long can you hold your breath
under water ?



A-Z

Breathing in, breathing out



Take a deep breath, pay attention to your surroundings, and do the best you can to respond rationally to the emergency.



A-Z

Breathing in, breathing out



Start with deep breathing, which helps to decrease the heart rate and blood pressure, so you can get a handle on the situation.



A-Z

Breathing in, breathing out



I'm blooming as a flower.

These flowers will boom all through the land.

The roses are in full bloom.

bloom = blossom



A-Z

Breathing in, breathing out



I'm blooming as a flower.

bloom = blossom

The tree along the road are heavy
with yellow **blossoms**.

What kind of flowers are you ?



A-Z





Breathing in, breathing out



I'm **fresh** as the dew.

dew (n.) drops of water that form on the ground and other surfaces outside during the night.

I'm **solid** as a mountain.

solid = hard or firm



A-Z





Breathing in, breathing out



I am firm as the earth.

firm (adj.) strong

I am free, I am free, I am free.

“ขุนเขาไม่สะเทือนเพราะแรงลมฉับใด บัณฑิตย่อมน
ไม่หวั่นไหวเพราะนิินทาหรือสรรเสริญฉับนั้น”



A-Z

Breathing in, breathing out



I am water reflecting, what is real,
what is true.

reflect (v.) return / show

I saw myself **reflected** in the water /
mirror.



A-Z

Breathing in, breathing out



reflection (n.) image

Jane is looking at her reflection in the mirror.



A-Z

Breathing in, breathing out



reflect (v.) return/show

reflection (n.) image

In Greek mythology, Narcissus fell in love with his own **reflection** in a pool of water.

I am water reflecting, what is real, what is true.



A-Z



Breathing in, breathing out



reflect (v.) think reflection (n.)
thinking reflective (adj.) careful
thoughts

My reflections on life are recorded in
my journal.

*"The strength of wise men lies in
reflective contemplation."*



A-Z

Breathing in, breathing out



And I feel there is space,
deep inside of me.

space (n.) empty place

There is so much open space in
this town.



A-Z

Breathing in, breathing out

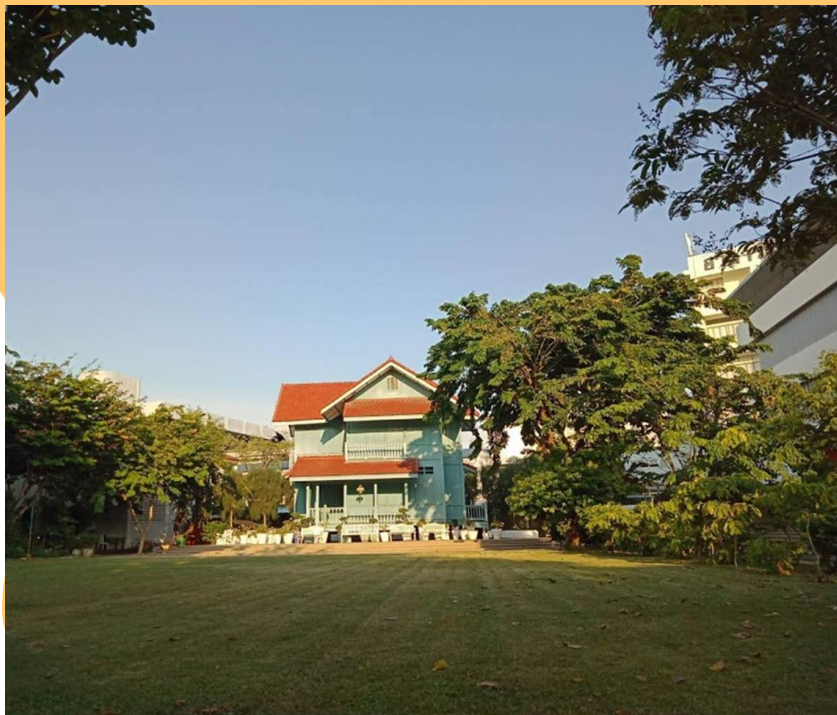


There is space deep inside of me.
I have no worries.
I am free, I am free, I am free.



A-Z

ลมหายใจแห่งความสุข





ลมหายใจแห่งความสุข







Breathing in, breathing out



Breathing in, breathing out

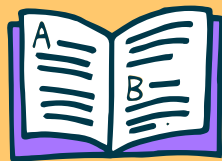




Meditation through mindfulness of the breath

Make time (even if it's just five minutes a day) to meditate.

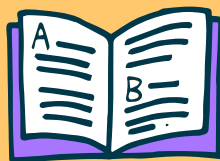
Find a quiet place and focus on your breathing – and nothing else – for at least five minutes each day.





Meditation through mindfulness of the breath

If you do it successfully, and consistently make it a habit, you'll sleep better, feel less stressed, and have more energy.





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