Module 5 – March 26

1. Click on the following link and play: <http://www.youtube.com/watch?v=YW-TDOgstSE>
2. Close your eyes, put your feet flat on the floor, and hands on your knees. It’s okay if your body naturally moves around.
3. Write for ten minutes in which you describe what went through your mind as you meditated.

**Homework:** Listen to one of the tracks for approximately ten to fifteen minutes before you sit down to write your dissertation. After working on your dissertation for a period of time, write a reflection afterwards on whether meditating before writing made the process easier or not. Be honest.