

WEBVTT

NOTE duration:"00:19:19.8080000"

NOTE language:en-us

NOTE Confidence: 0.917494064027613

00:00:00.000 --> 00:00:03.130 So welcome. Welcome everybody and

NOTE Confidence: 0.917494064027613

00:00:03.130 --> 00:00:07.290 thank you so much for joining.

NOTE Confidence: 0.917494064027613

00:00:07.290 --> 00:00:09.154 Today we're honoring cancer

NOTE Confidence: 0.917494064027613

00:00:09.154 --> 00:00:11.484 survivors week with a virtual

NOTE Confidence: 0.917494064027613

00:00:11.484 --> 00:00:13.960 program for smilow cancer hospital,

NOTE Confidence: 0.917494064027613

00:00:13.960 --> 00:00:17.369 so it's wonderful to be able to

NOTE Confidence: 0.917494064027613

00:00:17.369 --> 00:00:19.670 participate with everybody who's on.

NOTE Confidence: 0.917494064027613

00:00:19.670 --> 00:00:22.376 I'll be offering a guided meditation

NOTE Confidence: 0.917494064027613

00:00:22.376 --> 00:00:24.910 today and some self massage,

NOTE Confidence: 0.917494064027613

00:00:24.910 --> 00:00:27.752 and my name is Michelle Grand an

NOTE Confidence: 0.917494064027613

00:00:27.752 --> 00:00:30.619 I'm a licensed massage therapist.

NOTE Confidence: 0.917494064027613

00:00:30.620 --> 00:00:32.700 It's Milo Cancer Hospital.

NOTE Confidence: 0.917494064027613

00:00:32.700 --> 00:00:35.534 You know, we help others so often are

NOTE Confidence: 0.917494064027613

00:00:35.534 --> 00:00:37.609 friends or neighbors or family people.

NOTE Confidence: 0.917494064027613  
00:00:37.610 --> 00:00:38.862 We don't even know,  
NOTE Confidence: 0.917494064027613  
00:00:38.862 --> 00:00:41.135 but it's so important to always remember  
NOTE Confidence: 0.917494064027613  
00:00:41.135 --> 00:00:44.069 that we need to also take care of ourselves.  
NOTE Confidence: 0.917494064027613  
00:00:44.070 --> 00:00:46.331 And even if it's just for 1520  
NOTE Confidence: 0.917494064027613  
00:00:46.331 --> 00:00:48.032 minutes each day, it's nice.  
NOTE Confidence: 0.917494064027613  
00:00:48.032 --> 00:00:50.594 Just take a moment and ground and  
NOTE Confidence: 0.917494064027613  
00:00:50.594 --> 00:00:53.495 just feel comfortable in our own skin.  
NOTE Confidence: 0.917494064027613  
00:00:53.500 --> 00:00:54.295 So to begin,  
NOTE Confidence: 0.917494064027613  
00:00:54.295 --> 00:00:56.681 I'm just going to ask you to bring  
NOTE Confidence: 0.917494064027613  
00:00:56.681 --> 00:00:58.996 yourself into a comfortable position,  
NOTE Confidence: 0.917494064027613  
00:00:59.000 --> 00:01:00.720 whatever that is for you,  
NOTE Confidence: 0.917494064027613  
00:01:00.720 --> 00:01:03.317 whether it's on line down or just  
NOTE Confidence: 0.917494064027613  
00:01:03.317 --> 00:01:06.319 sitting down with your feet flat on the  
NOTE Confidence: 0.917494064027613  
00:01:06.319 --> 00:01:09.380 ground or sitting down cross legged position.  
NOTE Confidence: 0.917494064027613  
00:01:09.380 --> 00:01:11.228 Just relax your hands on your  
NOTE Confidence: 0.917494064027613

00:01:11.228 --> 00:01:13.814 lap or at your side and whatever  
NOTE Confidence: 0.917494064027613

00:01:13.814 --> 00:01:15.954 feels most comfortable for you.  
NOTE Confidence: 0.917494064027613

00:01:15.960 --> 00:01:17.277 Close your eyes.  
NOTE Confidence: 0.917494064027613

00:01:17.277 --> 00:01:21.270 And just know that this is your time now.  
NOTE Confidence: 0.917494064027613

00:01:21.270 --> 00:01:24.222 So just leave all your worries at the door.  
NOTE Confidence: 0.917494064027613

00:01:24.230 --> 00:01:27.975 Notice any sounds outside of the room  
NOTE Confidence: 0.917494064027613

00:01:27.975 --> 00:01:30.758 acknowledged them and let them go.  
NOTE Confidence: 0.917494064027613

00:01:30.760 --> 00:01:33.854 Notice any sounds inside of the room?  
NOTE Confidence: 0.917494064027613

00:01:33.860 --> 00:01:38.108 Acknowledge them and let them go.  
NOTE Confidence: 0.917494064027613

00:01:38.110 --> 00:01:40.960 Just allow your feet and legs  
NOTE Confidence: 0.917494064027613

00:01:40.960 --> 00:01:42.860 to soften into position.  
NOTE Confidence: 0.917494064027613

00:01:42.860 --> 00:01:47.655 Drop your shoulders and relax your hands.  
NOTE Confidence: 0.917494064027613

00:01:47.660 --> 00:01:52.142 Allow your face and jaw to relax your full  
NOTE Confidence: 0.917494064027613

00:01:52.142 --> 00:01:56.347 body to soften into a natural position.  
NOTE Confidence: 0.917494064027613

00:01:56.350 --> 00:01:58.260 Take a cleansing breath in.  
NOTE Confidence: 0.93149995803833

00:02:01.130 --> 00:02:04.523 And breathe out all the tension in your body.

NOTE Confidence: 0.935096859931946  
00:02:06.850 --> 00:02:08.835 Allow your breathing to fall  
NOTE Confidence: 0.935096859931946  
00:02:08.835 --> 00:02:10.820 into its own natural rhythm,  
NOTE Confidence: 0.935096859931946  
00:02:10.820 --> 00:02:14.556 not trying to control it in any way.  
NOTE Confidence: 0.935096859931946  
00:02:14.560 --> 00:02:17.508 Just observing as you  
NOTE Confidence: 0.935096859931946  
00:02:17.508 --> 00:02:19.719 breathe in relaxation.  
NOTE Confidence: 0.935096859931946  
00:02:19.720 --> 00:02:23.440 And breathe out tension.  
NOTE Confidence: 0.935096859931946  
00:02:23.440 --> 00:02:26.390 Breathing relaxation.  
NOTE Confidence: 0.935096859931946  
00:02:26.390 --> 00:02:28.486 And breathe out tension.  
NOTE Confidence: 0.935096859931946  
00:02:28.486 --> 00:02:31.106 If your eyes are open,  
NOTE Confidence: 0.935096859931946  
00:02:31.110 --> 00:02:33.312 you may just wanna close your  
NOTE Confidence: 0.935096859931946  
00:02:33.312 --> 00:02:35.865 eyes or bring them into a  
NOTE Confidence: 0.935096859931946  
00:02:35.865 --> 00:02:37.377 downward looking position.  
NOTE Confidence: 0.899353861808777  
00:02:39.560 --> 00:02:42.248 The past has already gone in  
NOTE Confidence: 0.899353861808777  
00:02:42.248 --> 00:02:44.920 the future is yet to come.  
NOTE Confidence: 0.899353861808777  
00:02:44.920 --> 00:02:46.309 You're concentrating now  
NOTE Confidence: 0.899353861808777

00:02:46.309 --> 00:02:48.252 on being peaceful, happy,  
NOTE Confidence: 0.899353861808777

00:02:48.252 --> 00:02:51.564 and free in the present moment.  
NOTE Confidence: 0.899353861808777

00:02:51.570 --> 00:02:55.900 Being aware of each breath.  
NOTE Confidence: 0.899353861808777

00:02:55.900 --> 00:02:58.576 Knowing that your breath is continuous,  
NOTE Confidence: 0.899353861808777

00:02:58.580 --> 00:03:02.899 you follow it as you breathe in.  
NOTE Confidence: 0.899353861808777

00:03:02.900 --> 00:03:07.528 And your abdomen expands.  
NOTE Confidence: 0.899353861808777

00:03:07.530 --> 00:03:10.632 Continue to pay attention as your  
NOTE Confidence: 0.899353861808777

00:03:10.632 --> 00:03:12.700 abdomen rises and falls.  
NOTE Confidence: 0.899353861808777

00:03:12.700 --> 00:03:14.167 With each breath.  
NOTE Confidence: 0.899353861808777

00:03:14.167 --> 00:03:18.790 Like a child going high and low on a swing.  
NOTE Confidence: 0.897140741348267

00:03:20.950 --> 00:03:24.580 You concentrate on your breath.  
NOTE Confidence: 0.897140741348267

00:03:24.580 --> 00:03:27.780 And pay attention anywhere you  
NOTE Confidence: 0.897140741348267

00:03:27.780 --> 00:03:32.219 feel in the body and the mind.  
NOTE Confidence: 0.897140741348267

00:03:32.220 --> 00:03:35.044 With each breath you arrive in the here  
NOTE Confidence: 0.897140741348267

00:03:35.044 --> 00:03:38.079 and now sitting breathing comfortably.  
NOTE Confidence: 0.897140741348267

00:03:38.080 --> 00:03:40.735 Your mind is peaceful and

NOTE Confidence: 0.897140741348267  
00:03:40.735 --> 00:03:43.390 your body is free attention.  
NOTE Confidence: 0.897140741348267  
00:03:43.390 --> 00:03:48.772 You are calm and rested and you feel free.  
NOTE Confidence: 0.897140741348267  
00:03:48.780 --> 00:03:53.043 An at home. Pekin now by visualizing  
NOTE Confidence: 0.897140741348267  
00:03:53.043 --> 00:03:58.039 yourself on a beautiful pristine beach.  
NOTE Confidence: 0.897140741348267  
00:03:58.040 --> 00:04:00.610 It's a pleasant sunny day.  
NOTE Confidence: 0.897140741348267  
00:04:00.610 --> 00:04:06.320 Not too hot. With a light breeze.  
NOTE Confidence: 0.897140741348267  
00:04:06.320 --> 00:04:09.544 You feel the warm sun and energizing your  
NOTE Confidence: 0.897140741348267  
00:04:09.544 --> 00:04:13.150 body in your skin and you hear the waves,  
NOTE Confidence: 0.897140741348267  
00:04:13.150 --> 00:04:16.450 gently lapping on the sand.  
NOTE Confidence: 0.897140741348267  
00:04:16.450 --> 00:04:21.247 You allow yourself to be at one with nature.  
NOTE Confidence: 0.897140741348267  
00:04:21.250 --> 00:04:23.310 You're completely alone on  
NOTE Confidence: 0.897140741348267  
00:04:23.310 --> 00:04:25.885 the beach and feel safe.  
NOTE Confidence: 0.897140741348267  
00:04:25.890 --> 00:04:29.832 You reach down and take off your shoes and  
NOTE Confidence: 0.897140741348267  
00:04:29.832 --> 00:04:33.827 socks and place them on a towel on the sand.  
NOTE Confidence: 0.897140741348267  
00:04:33.830 --> 00:04:36.488 The grains of sand filled warm  
NOTE Confidence: 0.897140741348267

00:04:36.488 --> 00:04:38.770 and energizing on your feet.  
NOTE Confidence: 0.897140741348267

00:04:38.770 --> 00:04:42.658 As you walk along the sand.  
NOTE Confidence: 0.897140741348267

00:04:42.660 --> 00:04:44.560 You hear the faint sounds  
NOTE Confidence: 0.897140741348267

00:04:44.560 --> 00:04:46.460 of Seagulls in the air,  
NOTE Confidence: 0.897140741348267

00:04:46.460 --> 00:04:50.080 which adds to the tranquility.  
NOTE Confidence: 0.897140741348267

00:04:50.080 --> 00:04:52.380 You begin walking towards the  
NOTE Confidence: 0.897140741348267

00:04:52.380 --> 00:04:55.224 water and walk along the shore  
NOTE Confidence: 0.897140741348267

00:04:55.224 --> 00:04:57.930 where the water meets the sand.  
NOTE Confidence: 0.897140741348267

00:04:57.930 --> 00:05:00.849 This and feels soft and cool from  
NOTE Confidence: 0.897140741348267

00:05:00.849 --> 00:05:03.828 the water as you walk along it.  
NOTE Confidence: 0.897140741348267

00:05:03.830 --> 00:05:08.936 The air is fresh and clean.  
NOTE Confidence: 0.897140741348267

00:05:08.940 --> 00:05:12.316 You will have any tension in your body  
NOTE Confidence: 0.897140741348267

00:05:12.316 --> 00:05:16.199 to melt away as you walk along the sand.  
NOTE Confidence: 0.897140741348267

00:05:16.200 --> 00:05:20.435 All cares and worries are melting away.  
NOTE Confidence: 0.897140741348267

00:05:20.440 --> 00:05:24.766 You take a slow deep breath in.  
NOTE Confidence: 0.897140741348267

00:05:24.770 --> 00:05:29.189 And Exhale gently.

NOTE Confidence: 0.897140741348267  
00:05:29.190 --> 00:05:32.130 Again, taking another deep breath in.  
NOTE Confidence: 0.901319801807404  
00:05:34.410 --> 00:05:37.788 And Exhale gently.  
NOTE Confidence: 0.901319801807404  
00:05:37.790 --> 00:05:40.989 Do you feel the elements in life  
NOTE Confidence: 0.901319801807404  
00:05:40.989 --> 00:05:43.479 force from nature were storing  
NOTE Confidence: 0.901319801807404  
00:05:43.479 --> 00:05:46.029 your enerji levels an com?  
NOTE Confidence: 0.901319801807404  
00:05:46.030 --> 00:05:49.110 Now visualize in your mind any place that  
NOTE Confidence: 0.901319801807404  
00:05:49.110 --> 00:05:52.288 may be holding tension in your body.  
NOTE Confidence: 0.901319801807404  
00:05:52.290 --> 00:05:55.098 Any aches or pains.  
NOTE Confidence: 0.901319801807404  
00:05:55.100 --> 00:05:59.110 Gradually softening and releasing them.  
NOTE Confidence: 0.901319801807404  
00:05:59.110 --> 00:06:02.746 As the water ebbs and flows on the shore  
NOTE Confidence: 0.901319801807404  
00:06:02.746 --> 00:06:06.449 so do all your worries and tiredness.  
NOTE Confidence: 0.901319801807404  
00:06:06.450 --> 00:06:08.290 Ebb and flow away.  
NOTE Confidence: 0.914068818092346  
00:06:10.620 --> 00:06:12.716 You're feeling completely serene,  
NOTE Confidence: 0.914068818092346  
00:06:12.716 --> 00:06:15.336 Anna piece at the beach.  
NOTE Confidence: 0.863960385322571  
00:06:19.300 --> 00:06:21.448 As a wave comes to shore,  
NOTE Confidence: 0.863960385322571



00:06:21.450 --> 00:06:26.280 you look down and see it bottle by your feet.  
NOTE Confidence: 0.863960385322571

00:06:26.280 --> 00:06:30.760 You reach down and pick up the bottle.  
NOTE Confidence: 0.863960385322571

00:06:30.760 --> 00:06:33.336 As you hold the bottle in your hand,  
NOTE Confidence: 0.863960385322571

00:06:33.340 --> 00:06:34.955 you notice the bottle has  
NOTE Confidence: 0.863960385322571

00:06:34.955 --> 00:06:36.570 been sealed with A Cork,  
NOTE Confidence: 0.863960385322571

00:06:36.570 --> 00:06:39.226 and there's a note inside the bottle you  
NOTE Confidence: 0.863960385322571

00:06:39.226 --> 00:06:42.198 loose in the core can reach in with your  
NOTE Confidence: 0.863960385322571

00:06:42.198 --> 00:06:44.649 fingers to pull out a piece of paper.  
NOTE Confidence: 0.863960385322571

00:06:44.650 --> 00:06:46.510 You unfold the paper.  
NOTE Confidence: 0.863960385322571

00:06:46.510 --> 00:06:48.370 And read the words.  
NOTE Confidence: 0.863960385322571

00:06:48.370 --> 00:06:50.866 If you are reading these words,  
NOTE Confidence: 0.863960385322571

00:06:50.870 --> 00:06:53.852 no that you are receiving this  
NOTE Confidence: 0.863960385322571

00:06:53.852 --> 00:06:57.399 message at the right time and place.  
NOTE Confidence: 0.863960385322571

00:06:57.400 --> 00:07:00.725 Know that you are special  
NOTE Confidence: 0.863960385322571

00:07:00.725 --> 00:07:02.720 and loved eternally.  
NOTE Confidence: 0.863960385322571

00:07:02.720 --> 00:07:07.080 You have been chosen to be here at this time

NOTE Confidence: 0.863960385322571

00:07:07.188 --> 00:07:11.156 and place to help people and the planet.

NOTE Confidence: 0.863960385322571

00:07:11.160 --> 00:07:14.165 He'll never doubt or forget

NOTE Confidence: 0.863960385322571

00:07:14.165 --> 00:07:16.569 how special you are.

NOTE Confidence: 0.863960385322571

00:07:16.570 --> 00:07:20.029 Overjoyed with emotion.

NOTE Confidence: 0.863960385322571

00:07:20.030 --> 00:07:22.135 You feel somebody else should

NOTE Confidence: 0.863960385322571

00:07:22.135 --> 00:07:23.819 also discovery this bottle,

NOTE Confidence: 0.863960385322571

00:07:23.820 --> 00:07:27.460 so go ahead and fold the note.

NOTE Confidence: 0.863960385322571

00:07:27.460 --> 00:07:30.688 Place it back in the bottle.

NOTE Confidence: 0.863960385322571

00:07:30.690 --> 00:07:33.504 Re seal the bottle with the court

NOTE Confidence: 0.863960385322571

00:07:33.504 --> 00:07:36.638 now and with your best logo ahead.

NOTE Confidence: 0.863960385322571

00:07:36.640 --> 00:07:38.950 And throw that bottle as far as

NOTE Confidence: 0.863960385322571

00:07:38.950 --> 00:07:41.148 you can back into the water.

NOTE Confidence: 0.850304305553436

00:07:45.950 --> 00:07:51.814 In these times that we're living in now,

NOTE Confidence: 0.850304305553436

00:07:51.820 --> 00:07:58.288 it's good to remember that our earth.

NOTE Confidence: 0.850304305553436

00:07:58.290 --> 00:08:01.461 Has land and it has water an

NOTE Confidence: 0.850304305553436

00:08:01.461 --> 00:08:04.657 all the water on Earth is one.  
NOTE Confidence: 0.850304305553436

00:08:04.660 --> 00:08:08.404 Whether it's a inlet or or the Long  
NOTE Confidence: 0.850304305553436

00:08:08.404 --> 00:08:11.486 Island Sound or one of the oceans.  
NOTE Confidence: 0.850304305553436

00:08:11.490 --> 00:08:12.855 Eventually these waters  
NOTE Confidence: 0.850304305553436

00:08:12.855 --> 00:08:15.102 blendon connect there. All one,  
NOTE Confidence: 0.850304305553436

00:08:15.102 --> 00:08:19.190 whether it's here on this side of the earth  
NOTE Confidence: 0.850304305553436

00:08:19.190 --> 00:08:22.854 or on the opposite side of the earth,  
NOTE Confidence: 0.850304305553436

00:08:22.860 --> 00:08:25.670 are any of our oceans.  
NOTE Confidence: 0.850304305553436

00:08:25.670 --> 00:08:29.770 The water is all one.  
NOTE Confidence: 0.850304305553436

00:08:29.770 --> 00:08:32.560 Depending on the environment that the  
NOTE Confidence: 0.850304305553436

00:08:32.560 --> 00:08:35.788 water is in, the water may change.  
NOTE Confidence: 0.850304305553436

00:08:35.788 --> 00:08:39.630 It may be a bit brackish saltwater.  
NOTE Confidence: 0.850304305553436

00:08:39.630 --> 00:08:42.493 The water may be a little fresher  
NOTE Confidence: 0.850304305553436

00:08:42.493 --> 00:08:44.979 and little cleaner here and there.  
NOTE Confidence: 0.850304305553436

00:08:44.980 --> 00:08:46.975 It's based on the environment  
NOTE Confidence: 0.850304305553436

00:08:46.975 --> 00:08:49.250 that the water is surrounded by,

NOTE Confidence: 0.850304305553436  
00:08:49.250 --> 00:08:52.850 but the water is one and the same no  
NOTE Confidence: 0.850304305553436  
00:08:52.850 --> 00:08:56.049 matter where it is across our earth.  
NOTE Confidence: 0.850304305553436  
00:08:56.050 --> 00:08:59.434 This applies to people to our  
NOTE Confidence: 0.850304305553436  
00:08:59.434 --> 00:09:01.690 environment may change us.  
NOTE Confidence: 0.850304305553436  
00:09:01.690 --> 00:09:03.820 But we are all the same.  
NOTE Confidence: 0.92809396982193  
00:09:05.970 --> 00:09:09.000 So hopefully somebody else will receive  
NOTE Confidence: 0.92809396982193  
00:09:09.000 --> 00:09:11.982 that bottle that you threw wherever  
NOTE Confidence: 0.92809396982193  
00:09:11.982 --> 00:09:15.055 they are and they will know too.  
NOTE Confidence: 0.92809396982193  
00:09:15.060 --> 00:09:17.580 That they are meant to be here  
NOTE Confidence: 0.92809396982193  
00:09:17.580 --> 00:09:20.160 now helping and guiding all of us.  
NOTE Confidence: 0.92809396982193  
00:09:20.160 --> 00:09:21.810 So take a deep breath in.  
NOTE Confidence: 0.801995933055878  
00:09:24.670 --> 00:09:26.100 And hold.  
NOTE Confidence: 0.81048059463501  
00:09:28.690 --> 00:09:30.690 And let it go.  
NOTE Confidence: 0.933857023715973  
00:09:33.160 --> 00:09:35.180 And when you're ready,  
NOTE Confidence: 0.933857023715973  
00:09:35.180 --> 00:09:37.705 you can open your eyes.  
NOTE Confidence: 0.933857023715973

00:09:37.710 --> 00:09:40.206 And just take a moment to  
NOTE Confidence: 0.933857023715973

00:09:40.206 --> 00:09:42.449 thank yourself for this time  
NOTE Confidence: 0.933857023715973

00:09:42.449 --> 00:09:44.874 that you've given to remember  
NOTE Confidence: 0.933857023715973

00:09:44.874 --> 00:09:47.240 how important that you are.  
NOTE Confidence: 0.933857023715973

00:09:47.240 --> 00:09:50.664 Stretch your arms out.  
NOTE Confidence: 0.933857023715973

00:09:50.664 --> 00:09:54.088 And over your head.  
NOTE Confidence: 0.933857023715973

00:09:54.090 --> 00:09:56.370 Breath in.  
NOTE Confidence: 0.933857023715973

00:09:56.370 --> 00:09:58.550 An released to principles.  
NOTE Confidence: 0.938238263130188

00:10:00.560 --> 00:10:02.304 OK, so that's wonderful.  
NOTE Confidence: 0.938238263130188

00:10:02.304 --> 00:10:05.356 Again, thank you so much for joining.  
NOTE Confidence: 0.938238263130188

00:10:05.360 --> 00:10:06.804 I'm at guided meditation.  
NOTE Confidence: 0.938238263130188

00:10:06.804 --> 00:10:09.988 Now we're going to do as we do a  
NOTE Confidence: 0.938238263130188

00:10:09.988 --> 00:10:11.866 little bit of our self massage.  
NOTE Confidence: 0.938238263130188

00:10:11.870 --> 00:10:12.726 I'm as personal services.  
NOTE Confidence: 0.938238263130188

00:10:12.726 --> 00:10:14.479 I know at least here in Connecticut  
NOTE Confidence: 0.938238263130188

00:10:14.479 --> 00:10:15.727 it's different everywhere.

NOTE Confidence: 0.938238263130188  
00:10:15.730 --> 00:10:16.612 But in Connecticut,  
NOTE Confidence: 0.938238263130188  
00:10:16.612 --> 00:10:18.082 personal services are going to  
NOTE Confidence: 0.938238263130188  
00:10:18.082 --> 00:10:19.579 start to open towards the end  
NOTE Confidence: 0.938238263130188  
00:10:19.579 --> 00:10:21.535 of June and we can get back to  
NOTE Confidence: 0.938238263130188  
00:10:21.535 --> 00:10:23.080 the massage therapist into the  
NOTE Confidence: 0.938238263130188  
00:10:23.080 --> 00:10:24.554 aestheticians into that nail salons.  
NOTE Confidence: 0.938238263130188  
00:10:24.554 --> 00:10:26.458 But one thing we're not going to  
NOTE Confidence: 0.938238263130188  
00:10:26.458 --> 00:10:28.361 be able to do just right away  
NOTE Confidence: 0.938238263130188  
00:10:28.361 --> 00:10:30.034 at most places have worked on  
NOTE Confidence: 0.938238263130188  
00:10:30.034 --> 00:10:31.738 anywhere on our face just yet,  
NOTE Confidence: 0.938238263130188  
00:10:31.740 --> 00:10:33.616 so I know often we work on  
NOTE Confidence: 0.938238263130188  
00:10:33.616 --> 00:10:35.050 our shoulders in our neck,  
NOTE Confidence: 0.938238263130188  
00:10:35.050 --> 00:10:35.833 in our head,  
NOTE Confidence: 0.938238263130188  
00:10:35.833 --> 00:10:37.138 but it's because that's where  
NOTE Confidence: 0.938238263130188  
00:10:37.138 --> 00:10:38.738 we often feel like attention.  
NOTE Confidence: 0.938238263130188

00:10:38.740 --> 00:10:40.402 Knowing that we still can continue  
NOTE Confidence: 0.938238263130188

00:10:40.402 --> 00:10:41.233 to self massage,  
NOTE Confidence: 0.938238263130188

00:10:41.240 --> 00:10:43.388 those areas were gonna do a  
NOTE Confidence: 0.938238263130188

00:10:43.388 --> 00:10:45.840 little bit of that again today.  
NOTE Confidence: 0.938238263130188

00:10:45.840 --> 00:10:48.336 So the first thing we're gonna do is  
NOTE Confidence: 0.938238263130188

00:10:48.336 --> 00:10:51.107 we're going to take the tips of our fingers.  
NOTE Confidence: 0.938238263130188

00:10:51.110 --> 00:10:53.132 Usually the index finger on the  
NOTE Confidence: 0.938238263130188

00:10:53.132 --> 00:10:55.376 middle finger and white at the base  
NOTE Confidence: 0.938238263130188

00:10:55.376 --> 00:10:57.308 of the skull on the neck muscles,  
NOTE Confidence: 0.938238263130188

00:10:57.310 --> 00:10:59.480 not directly on the cervical neck bones,  
NOTE Confidence: 0.938238263130188

00:10:59.480 --> 00:11:01.960 but to the left and to the right,  
NOTE Confidence: 0.938238263130188

00:11:01.960 --> 00:11:04.704 which is going to press an holes.  
NOTE Confidence: 0.938238263130188

00:11:04.710 --> 00:11:07.620 And we're going to give some  
NOTE Confidence: 0.938238263130188

00:11:07.620 --> 00:11:09.075 good firm pressure.  
NOTE Confidence: 0.938238263130188

00:11:09.080 --> 00:11:13.370 We're going to press and hold.  
NOTE Confidence: 0.938238263130188

00:11:13.370 --> 00:11:15.242 And you could start to make

NOTE Confidence: 0.938238263130188  
00:11:15.242 --> 00:11:16.490 little circles as well.  
NOTE Confidence: 0.938238263130188  
00:11:16.490 --> 00:11:18.071 When you're ready,  
NOTE Confidence: 0.938238263130188  
00:11:18.071 --> 00:11:21.233 just really pressed into that muscle.  
NOTE Confidence: 0.938238263130188  
00:11:21.240 --> 00:11:24.810 And of course, continue your breath.  
NOTE Confidence: 0.938238263130188  
00:11:24.810 --> 00:11:26.925 In And out.  
NOTE Confidence: 0.938238263130188  
00:11:26.925 --> 00:11:33.590 And now gently work your way down your neck.  
NOTE Confidence: 0.938238263130188  
00:11:33.590 --> 00:11:37.388 Using good pressure.  
NOTE Confidence: 0.938238263130188  
00:11:37.390 --> 00:11:40.099 Work your way down the cervical neck.  
NOTE Confidence: 0.795675039291382  
00:11:44.000 --> 00:11:49.832 And breathe in and out as you do so.  
NOTE Confidence: 0.795675039291382  
00:11:49.840 --> 00:11:54.208 Good. Now when you get to the top.  
NOTE Confidence: 0.795675039291382  
00:11:54.210 --> 00:11:55.539 Love your shoulders.  
NOTE Confidence: 0.795675039291382  
00:11:55.539 --> 00:11:57.808 Take the pump, their fingers,  
NOTE Confidence: 0.795675039291382  
00:11:57.808 --> 00:12:01.091 all your fingertips and as best as  
NOTE Confidence: 0.795675039291382  
00:12:01.091 --> 00:12:04.398 you can press is deeply as you can,  
NOTE Confidence: 0.795675039291382  
00:12:04.400 --> 00:12:06.440 reaching back.  
NOTE Confidence: 0.795675039291382



00:12:06.440 --> 00:12:09.296 And pulling forward across  
NOTE Confidence: 0.795675039291382

00:12:09.296 --> 00:12:12.866 the top of your shoulders.  
NOTE Confidence: 0.795675039291382

00:12:12.870 --> 00:12:15.858 Which back and pull forward do  
NOTE Confidence: 0.795675039291382

00:12:15.858 --> 00:12:19.069 that about three or four times  
NOTE Confidence: 0.795675039291382

00:12:19.069 --> 00:12:21.844 as you continue your breath.  
NOTE Confidence: 0.795675039291382

00:12:21.850 --> 00:12:25.048 Good an when you've completed that,  
NOTE Confidence: 0.795675039291382

00:12:25.050 --> 00:12:28.104 just take the tips of your  
NOTE Confidence: 0.795675039291382

00:12:28.104 --> 00:12:31.287 fingers and just press and hold  
NOTE Confidence: 0.795675039291382

00:12:31.287 --> 00:12:34.401 the top of your shoulders as  
NOTE Confidence: 0.795675039291382

00:12:34.401 --> 00:12:36.800 you continue your breath.  
NOTE Confidence: 0.923915863037109

00:12:41.740 --> 00:12:43.330 Excellent, very good.  
NOTE Confidence: 0.923915863037109

00:12:43.330 --> 00:12:47.560 So now we're going to work our way.  
NOTE Confidence: 0.923915863037109

00:12:47.560 --> 00:12:50.647 Up by the back of her neck.  
NOTE Confidence: 0.923915863037109

00:12:50.650 --> 00:12:52.890 Again to the base of our skull  
NOTE Confidence: 0.923915863037109

00:12:52.890 --> 00:12:54.620 and we're gonna start now.  
NOTE Confidence: 0.923915863037109

00:12:54.620 --> 00:12:56.606 Really getting into those scalp muscles.

NOTE Confidence: 0.923915863037109

00:12:56.610 --> 00:12:59.920 We do hold a lot of tension in our scout.

NOTE Confidence: 0.923915863037109

00:12:59.920 --> 00:13:01.690 Sometimes we get trigger points

NOTE Confidence: 0.923915863037109

00:13:01.690 --> 00:13:04.137 from the base of the neck that

NOTE Confidence: 0.923915863037109

00:13:04.137 --> 00:13:06.537 radiate up to the top of our head,

NOTE Confidence: 0.923915863037109

00:13:06.540 --> 00:13:09.188 and those can be painful and cause headaches.

NOTE Confidence: 0.923915863037109

00:13:09.190 --> 00:13:12.160 So we're going to take the tips of all

NOTE Confidence: 0.923915863037109

00:13:12.160 --> 00:13:15.129 of our fingers as if you're almost

NOTE Confidence: 0.923915863037109

00:13:15.129 --> 00:13:17.969 getting like a really good shampoo.

NOTE Confidence: 0.923915863037109

00:13:17.970 --> 00:13:19.173 At the salon,

NOTE Confidence: 0.923915863037109

00:13:19.173 --> 00:13:21.980 and we're going to press and give

NOTE Confidence: 0.923915863037109

00:13:22.065 --> 00:13:24.723 ourselves a good good scalp massage

NOTE Confidence: 0.923915863037109

00:13:24.723 --> 00:13:27.610 with the tips of our fingers.

NOTE Confidence: 0.907717347145081

00:13:29.710 --> 00:13:32.400 Press in with little circles

NOTE Confidence: 0.907717347145081

00:13:32.400 --> 00:13:35.960 and work your way all around.

NOTE Confidence: 0.907717347145081

00:13:35.960 --> 00:13:39.830 Back of the skull. The sides.

NOTE Confidence: 0.899227380752563

00:13:42.470 --> 00:13:45.026 Really get in there to the  
NOTE Confidence: 0.899227380752563

00:13:45.026 --> 00:13:47.570 temporal muscles here on the size.  
NOTE Confidence: 0.918903648853302

00:13:51.520 --> 00:13:54.418 Work your way up to the Crown  
NOTE Confidence: 0.918903648853302

00:13:54.418 --> 00:13:57.119 at the top of your head.  
NOTE Confidence: 0.918903648853302

00:13:57.120 --> 00:13:59.820 Sometimes at the very back of  
NOTE Confidence: 0.918903648853302

00:13:59.820 --> 00:14:02.864 your head, at the very top,  
NOTE Confidence: 0.918903648853302

00:14:02.864 --> 00:14:05.008 you'll feel some sensitivity.  
NOTE Confidence: 0.918903648853302

00:14:05.010 --> 00:14:07.817 So you want to take a minute  
NOTE Confidence: 0.918903648853302

00:14:07.817 --> 00:14:11.240 or so and really get in there.  
NOTE Confidence: 0.918903648853302

00:14:11.240 --> 00:14:12.535 You may feel little trigger  
NOTE Confidence: 0.918903648853302

00:14:12.535 --> 00:14:14.429 points at the top of the Crown.  
NOTE Confidence: 0.917858600616455

00:14:16.540 --> 00:14:18.548 Just make little circles.  
NOTE Confidence: 0.934125542640686

00:14:21.520 --> 00:14:23.788 Tomorrow at 11:00 o'clock on Tuesday,  
NOTE Confidence: 0.934125542640686

00:14:23.790 --> 00:14:26.064 tomorrow will do in a very  
NOTE Confidence: 0.934125542640686

00:14:26.064 --> 00:14:27.580 special program on Ricky,  
NOTE Confidence: 0.934125542640686

00:14:27.580 --> 00:14:29.990 and we're gonna be talking

NOTE Confidence: 0.934125542640686  
00:14:29.990 --> 00:14:32.400 about all of the Chacras.  
NOTE Confidence: 0.934125542640686  
00:14:32.400 --> 00:14:34.542 And this shocker that we're working  
NOTE Confidence: 0.934125542640686  
00:14:34.542 --> 00:14:37.239 on right now is the Crown Shakra.  
NOTE Confidence: 0.934125542640686  
00:14:37.240 --> 00:14:39.872 All across the top of your head  
NOTE Confidence: 0.934125542640686  
00:14:39.872 --> 00:14:42.971 and a lot of energy comes in an  
NOTE Confidence: 0.934125542640686  
00:14:42.971 --> 00:14:45.859 out of the Crown of your head,  
NOTE Confidence: 0.934125542640686  
00:14:45.860 --> 00:14:49.780 so it needs a a nice release once in awhile.  
NOTE Confidence: 0.853445827960968  
00:14:51.830 --> 00:14:55.048 Good. Now when you get to the  
NOTE Confidence: 0.853445827960968  
00:14:55.048 --> 00:14:56.939 very top of your forehead here,  
NOTE Confidence: 0.853445827960968  
00:14:56.940 --> 00:14:58.450 we're just going to stretch  
NOTE Confidence: 0.853445827960968  
00:14:58.450 --> 00:15:00.590 out the fatia on our forehead.  
NOTE Confidence: 0.853445827960968  
00:15:00.590 --> 00:15:03.758 So just go ahead and sort of press.  
NOTE Confidence: 0.853445827960968  
00:15:03.760 --> 00:15:08.219 All the way across the temporal muscle  
NOTE Confidence: 0.853445827960968  
00:15:08.219 --> 00:15:12.408 and really gently work your way down.  
NOTE Confidence: 0.853445827960968  
00:15:12.410 --> 00:15:14.900 The forehead.  
NOTE Confidence: 0.853445827960968

00:15:14.900 --> 00:15:16.730 As you continue the breath,  
NOTE Confidence: 0.853445827960968

00:15:16.730 --> 00:15:18.598 really press in there  
NOTE Confidence: 0.853445827960968

00:15:18.598 --> 00:15:20.933 that you can actually see.  
NOTE Confidence: 0.853445827960968

00:15:20.940 --> 00:15:22.675 You can see the pressure  
NOTE Confidence: 0.853445827960968

00:15:22.675 --> 00:15:24.063 that I'm using their.  
NOTE Confidence: 0.853445827960968

00:15:24.070 --> 00:15:26.344 'cause we want to increase blood  
NOTE Confidence: 0.853445827960968

00:15:26.344 --> 00:15:28.625 flow and circulation and get that  
NOTE Confidence: 0.853445827960968

00:15:28.625 --> 00:15:30.719 oxygen back into the soft tissue.  
NOTE Confidence: 0.853445827960968

00:15:30.720 --> 00:15:33.396 Now when you get here to  
NOTE Confidence: 0.853445827960968

00:15:33.396 --> 00:15:35.810 the middle of your brow.  
NOTE Confidence: 0.853445827960968

00:15:35.810 --> 00:15:39.226 Just go ahead and press and hold.  
NOTE Confidence: 0.853445827960968

00:15:39.230 --> 00:15:40.470 Put just a moment.  
NOTE Confidence: 0.736278447839949

00:15:42.720 --> 00:15:46.686 And breathe. Good now will take  
NOTE Confidence: 0.736278447839949

00:15:46.686 --> 00:15:50.705 our thumbs were gonna go right  
NOTE Confidence: 0.736278447839949

00:15:50.705 --> 00:15:54.443 along the Ridge of the eyebrow.  
NOTE Confidence: 0.736278447839949

00:15:54.450 --> 00:15:56.208 You can use your thumb if

NOTE Confidence: 0.736278447839949  
00:15:56.208 --> 00:15:57.880 you prefer your index finger.  
NOTE Confidence: 0.736278447839949  
00:15:57.880 --> 00:16:00.586 Whatever is most comfortable for you.  
NOTE Confidence: 0.736278447839949  
00:16:00.590 --> 00:16:03.380 And you'll feel little little knots.  
NOTE Confidence: 0.736278447839949  
00:16:03.380 --> 00:16:07.100 There are. Sinus is get aggravated.  
NOTE Confidence: 0.736278447839949  
00:16:07.100 --> 00:16:08.885 And it's just important to  
NOTE Confidence: 0.736278447839949  
00:16:08.885 --> 00:16:10.670 give some release to them.  
NOTE Confidence: 0.736278447839949  
00:16:10.670 --> 00:16:14.408 Go ahead and work your way across.  
NOTE Confidence: 0.736278447839949  
00:16:14.410 --> 00:16:20.746 Good. To the temporal muscles,  
NOTE Confidence: 0.736278447839949  
00:16:20.746 --> 00:16:22.318 take a moment.  
NOTE Confidence: 0.736278447839949  
00:16:22.320 --> 00:16:24.336 And give them a nice release.  
NOTE Confidence: 0.902214800318082  
00:16:26.940 --> 00:16:29.688 Good. We're going to work our  
NOTE Confidence: 0.902214800318082  
00:16:29.688 --> 00:16:32.570 way down the nasal area here.  
NOTE Confidence: 0.902214800318082  
00:16:32.570 --> 00:16:34.720 Use your index finger and  
NOTE Confidence: 0.902214800318082  
00:16:34.720 --> 00:16:37.440 sort of press it and hold.  
NOTE Confidence: 0.902214800318082  
00:16:37.440 --> 00:16:39.759 Continue your breath.  
NOTE Confidence: 0.766902923583984

00:16:43.450 --> 00:16:47.790 Good work you way across.  
NOTE Confidence: 0.766902923583984

00:16:47.790 --> 00:16:50.910 The base of the cheekbone?  
NOTE Confidence: 0.766902923583984

00:16:50.910 --> 00:16:54.165 And we always get to our job,  
NOTE Confidence: 0.766902923583984

00:16:54.170 --> 00:16:59.140 because boy, that muscle gets so tight.  
NOTE Confidence: 0.766902923583984

00:16:59.140 --> 00:17:02.040 You could open your mouth.  
NOTE Confidence: 0.766902923583984

00:17:02.040 --> 00:17:07.168 And you can really feel the tightness here.  
NOTE Confidence: 0.766902923583984

00:17:07.170 --> 00:17:10.446 In that. TMJ muscle right here.  
NOTE Confidence: 0.815712332725525

00:17:12.750 --> 00:17:15.260 Give that a good. Police  
NOTE Confidence: 0.905057787895203

00:17:19.880 --> 00:17:21.651 Again, you can use your index fingers  
NOTE Confidence: 0.905057787895203

00:17:21.651 --> 00:17:23.708 and will it when your mouth is open.  
NOTE Confidence: 0.905057787895203

00:17:23.710 --> 00:17:25.996 You can get the whole length of that muscle.  
NOTE Confidence: 0.837236642837524

00:17:30.920 --> 00:17:33.800 Press stored your ear with your mouth open.  
NOTE Confidence: 0.688341557979584

00:17:36.500 --> 00:17:41.020 Excellent and come down  
NOTE Confidence: 0.688341557979584

00:17:41.020 --> 00:17:46.670 the base of your jaw.  
NOTE Confidence: 0.688341557979584

00:17:46.670 --> 00:17:51.380 See your chin. And back up.  
NOTE Confidence: 0.688341557979584

00:17:51.380 --> 00:17:54.008 Do your temples.

NOTE Confidence: 0.688341557979584  
00:17:54.010 --> 00:17:58.114 And just give your face a nice hug.  
NOTE Confidence: 0.688341557979584  
00:17:58.120 --> 00:18:01.500 You take a breath and  
NOTE Confidence: 0.688341557979584  
00:18:01.500 --> 00:18:03.528 Drop your shoulders.  
NOTE Confidence: 0.688341557979584  
00:18:03.530 --> 00:18:05.230 We then at hold.  
NOTE Confidence: 0.840157687664032  
00:18:07.990 --> 00:18:11.460 And Exhale. Excellent, very good.  
NOTE Confidence: 0.840157687664032  
00:18:11.460 --> 00:18:14.596 Hopefully you're feeling a bit more relaxed.  
NOTE Confidence: 0.840157687664032  
00:18:14.600 --> 00:18:16.408 Your shoulders are dropped.  
NOTE Confidence: 0.840157687664032  
00:18:16.408 --> 00:18:19.120 You can feel the blood flowing  
NOTE Confidence: 0.840157687664032  
00:18:19.205 --> 00:18:21.779 at least through your upper body.  
NOTE Confidence: 0.840157687664032  
00:18:21.780 --> 00:18:25.116 So again, I wanna thank you all so  
NOTE Confidence: 0.840157687664032  
00:18:25.116 --> 00:18:28.965 much for taking the time to join today.  
NOTE Confidence: 0.840157687664032  
00:18:28.970 --> 00:18:31.300 Remembering and acknowledging that this  
NOTE Confidence: 0.840157687664032  
00:18:31.300 --> 00:18:34.095 is cancer survivors week and sending  
NOTE Confidence: 0.840157687664032  
00:18:34.095 --> 00:18:36.832 our blessings and Love and peace to  
NOTE Confidence: 0.840157687664032  
00:18:36.832 --> 00:18:39.300 everybody and just remembering, always.  
NOTE Confidence: 0.840157687664032



00:18:39.300 --> 00:18:41.550 You're braver than you believe.  
NOTE Confidence: 0.840157687664032

00:18:41.550 --> 00:18:44.526 Stronger than you seem smarter than  
NOTE Confidence: 0.840157687664032

00:18:44.526 --> 00:18:47.722 you think and twice as beautiful  
NOTE Confidence: 0.840157687664032

00:18:47.722 --> 00:18:49.950 as you've ever imagined.  
NOTE Confidence: 0.840157687664032

00:18:49.950 --> 00:18:52.704 I'm so be well be safe be happy if  
NOTE Confidence: 0.840157687664032

00:18:52.704 --> 00:18:55.481 you'd like to join tomorrow at 11:00  
NOTE Confidence: 0.840157687664032

00:18:55.481 --> 00:18:58.459 o'clock will be doing away key session,  
NOTE Confidence: 0.840157687664032

00:18:58.460 --> 00:19:00.310 which will be really interesting.  
NOTE Confidence: 0.840157687664032

00:19:00.310 --> 00:19:02.335 It's another kind of energetic  
NOTE Confidence: 0.840157687664032

00:19:02.335 --> 00:19:04.721 self healing a little less hands  
NOTE Confidence: 0.840157687664032

00:19:04.721 --> 00:19:06.993 on to the body and just more of  
NOTE Confidence: 0.840157687664032

00:19:06.993 --> 00:19:09.559 an energy field and then Thursday.  
NOTE Confidence: 0.840157687664032

00:19:09.560 --> 00:19:11.732 Once again guided imagery and massage  
NOTE Confidence: 0.840157687664032

00:19:11.732 --> 00:19:14.740 at 11 at 10 at 1:30 on Thursday,  
NOTE Confidence: 0.840157687664032

00:19:14.740 --> 00:19:16.528 OK, so thank you.  
NOTE Confidence: 0.840157687664032

00:19:16.528 --> 00:19:19.808 Everybody an I will see you soon.