

WEBVTT

NOTE duration:"00:19:58.2400000"

NOTE language:en-us

NOTE Confidence: 0.952987968921661

00:00:00.000 --> 00:00:02.230 Good afternoon again, an welcome.

NOTE Confidence: 0.952987968921661

00:00:02.230 --> 00:00:05.070 Thank you so much for joining

NOTE Confidence: 0.952987968921661

00:00:05.070 --> 00:00:07.150 today or guided imagery,

NOTE Confidence: 0.952987968921661

00:00:07.150 --> 00:00:09.382 meditation and Self Massage.

NOTE Confidence: 0.952987968921661

00:00:09.382 --> 00:00:12.172 So today we're going to

NOTE Confidence: 0.952987968921661

00:00:12.172 --> 00:00:15.000 follow up on our last program,

NOTE Confidence: 0.952987968921661

00:00:15.000 --> 00:00:17.856 which was wiki session and today's

NOTE Confidence: 0.952987968921661

00:00:17.856 --> 00:00:20.679 meditation is gonna be a shocker.

NOTE Confidence: 0.952987968921661

00:00:20.680 --> 00:00:22.270 Healing guided meditation.

NOTE Confidence: 0.952987968921661

00:00:22.270 --> 00:00:25.450 Um again I'm gonna show Grand.

NOTE Confidence: 0.952987968921661

00:00:25.450 --> 00:00:26.300 I'm licensed,

NOTE Confidence: 0.952987968921661

00:00:26.300 --> 00:00:28.850 massage therapist at camp at smile,

NOTE Confidence: 0.952987968921661

00:00:28.850 --> 00:00:31.888 cancer hospital and um, thank you for

NOTE Confidence: 0.952987968921661

00:00:31.888 --> 00:00:34.778 joining and we're going to begin now.

NOTE Confidence: 0.952987968921661
00:00:34.780 --> 00:00:38.784 So allow your eyes to comfortably close.
NOTE Confidence: 0.952987968921661
00:00:38.790 --> 00:00:41.916 And come down into your breath.
NOTE Confidence: 0.952987968921661
00:00:41.920 --> 00:00:44.533 Into your body.
NOTE Confidence: 0.952987968921661
00:00:44.533 --> 00:00:47.146 Relaxing your belly.
NOTE Confidence: 0.952987968921661
00:00:47.150 --> 00:00:48.950 And softening your mind.
NOTE Confidence: 0.902042388916016
00:00:51.580 --> 00:00:55.774 Feel the support beneath you and
NOTE Confidence: 0.902042388916016
00:00:55.774 --> 00:00:59.450 connect with the ground below.
NOTE Confidence: 0.902042388916016
00:00:59.450 --> 00:01:02.320 Let it take your weight.
NOTE Confidence: 0.912116527557373
00:01:05.090 --> 00:01:07.495 Become aware of the sounds
NOTE Confidence: 0.912116527557373
00:01:07.495 --> 00:01:10.869 around you and let them be there.
NOTE Confidence: 0.885118961334229
00:01:13.290 --> 00:01:18.274 Notice the light and shade. The air
NOTE Confidence: 0.885118961334229
00:01:18.274 --> 00:01:20.926 touching the surface of your body.
NOTE Confidence: 0.91341640551885
00:01:23.310 --> 00:01:26.952 Since the Sky above. Anna Horizons
NOTE Confidence: 0.91341640551885
00:01:26.952 --> 00:01:30.660 stretching all the way around you.
NOTE Confidence: 0.933275818824768
00:01:32.970 --> 00:01:37.670 The Earth below supporting you.
NOTE Confidence: 0.933275818824768

00:01:37.670 --> 00:01:39.500 Allow your mind to empty.
NOTE Confidence: 0.933275818824768

00:01:39.500 --> 00:01:42.776 Would it no longer needs to hold
NOTE Confidence: 0.933275818824768

00:01:42.776 --> 00:01:47.572 on to let it go? Flow out an away.
NOTE Confidence: 0.933275818824768

00:01:47.572 --> 00:01:52.667 Allow your body to release what it no
NOTE Confidence: 0.933275818824768

00:01:52.667 --> 00:01:57.360 longer needs to hold on to let it go.
NOTE Confidence: 0.933275818824768

00:01:57.360 --> 00:02:01.668 Flow out and away.
NOTE Confidence: 0.933275818824768

00:02:01.670 --> 00:02:03.855 Dry yourself back from where
NOTE Confidence: 0.933275818824768

00:02:03.855 --> 00:02:06.040 you've been in your day.
NOTE Confidence: 0.933275818824768

00:02:06.040 --> 00:02:10.784 Draw your energies back home to your center.
NOTE Confidence: 0.933275818824768

00:02:10.790 --> 00:02:14.606 Ground yourself in this moment here.
NOTE Confidence: 0.890012860298157

00:02:16.890 --> 00:02:21.258 Begin to sense the space around you.
NOTE Confidence: 0.890012860298157

00:02:21.260 --> 00:02:24.354 Breathe with the space and become aware
NOTE Confidence: 0.890012860298157

00:02:24.354 --> 00:02:27.856 of the rise and fall of your breath.
NOTE Confidence: 0.890012860298157

00:02:27.860 --> 00:02:30.804 It's coming and going.
NOTE Confidence: 0.890012860298157

00:02:30.804 --> 00:02:34.017 The sensation, sound and temperature.
NOTE Confidence: 0.890012860298157

00:02:34.017 --> 00:02:36.912 Please down to where the

NOTE Confidence: 0.890012860298157
00:02:36.912 --> 00:02:39.699 weight of your body less.
NOTE Confidence: 0.890012860298157
00:02:39.700 --> 00:02:44.884 Below the base of your spine to your route.
NOTE Confidence: 0.890012860298157
00:02:44.890 --> 00:02:48.558 Your shacra of belonging.
NOTE Confidence: 0.890012860298157
00:02:48.558 --> 00:02:52.226 Please into your route.
NOTE Confidence: 0.890012860298157
00:02:52.230 --> 00:02:55.000 Let it soften and gently
NOTE Confidence: 0.890012860298157
00:02:55.000 --> 00:02:57.216 expand on your breath.
NOTE Confidence: 0.890012860298157
00:02:57.220 --> 00:03:00.128 Taking in nourishment and
NOTE Confidence: 0.890012860298157
00:03:00.128 --> 00:03:03.036 the life force energy.
NOTE Confidence: 0.890012860298157
00:03:03.040 --> 00:03:07.632 Allow your route to connect down down
NOTE Confidence: 0.890012860298157
00:03:07.632 --> 00:03:12.200 to ground below deep into the Earth.
NOTE Confidence: 0.890012860298157
00:03:12.200 --> 00:03:16.940 An invite in the color red.
NOTE Confidence: 0.890012860298157
00:03:16.940 --> 00:03:19.470 The color of the Earth.
NOTE Confidence: 0.890012860298157
00:03:19.470 --> 00:03:24.832 The easier route with red it's empowering
NOTE Confidence: 0.890012860298157
00:03:24.832 --> 00:03:29.687 and bodying grounding you in here and now.
NOTE Confidence: 0.890012860298157
00:03:29.690 --> 00:03:33.610 Let your route take what it needs.
NOTE Confidence: 0.890012860298157

00:03:33.610 --> 00:03:38.587 And say the words I am here.
NOTE Confidence: 0.890012860298157

00:03:38.590 --> 00:03:43.600 I have a right to be here as I am.
NOTE Confidence: 0.890012860298157

00:03:43.600 --> 00:03:45.460 The Earth supports me.
NOTE Confidence: 0.892705023288727

00:03:48.260 --> 00:03:50.476 And when you're ready,
NOTE Confidence: 0.892705023288727

00:03:50.476 --> 00:03:54.439 allow your awareness to move up to
NOTE Confidence: 0.892705023288727

00:03:54.439 --> 00:03:57.607 your belly just below your navel,
NOTE Confidence: 0.892705023288727

00:03:57.610 --> 00:04:01.378 to your hara, your shacra of
NOTE Confidence: 0.892705023288727

00:04:01.378 --> 00:04:03.262 emotional intelligence choice.
NOTE Confidence: 0.892705023288727

00:04:03.270 --> 00:04:08.378 Creativity, movement and pleasure.
NOTE Confidence: 0.892705023288727

00:04:08.380 --> 00:04:12.251 Breathe into your heart and let it
NOTE Confidence: 0.892705023288727

00:04:12.251 --> 00:04:16.359 gently soften and expand on your breath.
NOTE Confidence: 0.892705023288727

00:04:16.360 --> 00:04:21.239 Taking in nourishment and life force energy.
NOTE Confidence: 0.892705023288727

00:04:21.240 --> 00:04:24.925 Invite in Orange the color
NOTE Confidence: 0.892705023288727

00:04:24.925 --> 00:04:27.873 of the setting sun.
NOTE Confidence: 0.892705023288727

00:04:27.880 --> 00:04:32.656 Even your horror with orange balancing,
NOTE Confidence: 0.892705023288727

00:04:32.660 --> 00:04:34.538 empowering and motivating.

NOTE Confidence: 0.892705023288727
00:04:34.538 --> 00:04:38.920 Let your heart be fed and say
NOTE Confidence: 0.892705023288727
00:04:39.032 --> 00:04:42.050 the words I honor my needs.
NOTE Confidence: 0.892705023288727
00:04:42.050 --> 00:04:44.846 I allow myself to be nourished.
NOTE Confidence: 0.892819404602051
00:04:51.040 --> 00:04:52.816 And when you're ready,
NOTE Confidence: 0.892819404602051
00:04:52.816 --> 00:04:56.576 move your awareness up to the soft area
NOTE Confidence: 0.892819404602051
00:04:56.576 --> 00:05:00.097 below your breastbone to your solar plexus.
NOTE Confidence: 0.892819404602051
00:05:00.100 --> 00:05:03.440 Your shacra a personal power.
NOTE Confidence: 0.892819404602051
00:05:03.440 --> 00:05:05.300 Breathe into here.
NOTE Confidence: 0.892819404602051
00:05:05.300 --> 00:05:08.400 Allowing your solar plexus to
NOTE Confidence: 0.892819404602051
00:05:08.400 --> 00:05:12.107 soften an expand on your breath.
NOTE Confidence: 0.892819404602051
00:05:12.110 --> 00:05:14.828 An invite in the color yellow.
NOTE Confidence: 0.892819404602051
00:05:14.830 --> 00:05:17.266 The colour of sunshine.
NOTE Confidence: 0.892819404602051
00:05:17.266 --> 00:05:20.311 Babe your solar plexus with
NOTE Confidence: 0.892819404602051
00:05:20.311 --> 00:05:22.350 sunshine replenishing,
NOTE Confidence: 0.892819404602051
00:05:22.350 --> 00:05:23.598 restoring, nurturing,
NOTE Confidence: 0.892819404602051

00:05:23.598 --> 00:05:28.590 letting your solar plexus take what it needs.

NOTE Confidence: 0.892819404602051

00:05:28.590 --> 00:05:34.094 As you say, the words I value myself.

NOTE Confidence: 0.892819404602051

00:05:34.100 --> 00:05:37.448 I am enough.

NOTE Confidence: 0.892819404602051

00:05:37.450 --> 00:05:40.180 I am more than enough.

NOTE Confidence: 0.892819404602051

00:05:40.180 --> 00:05:43.246 I am worth my weight in gold.

NOTE Confidence: 0.907818913459778

00:05:51.100 --> 00:05:52.768 And when you're ready,

NOTE Confidence: 0.907818913459778

00:05:52.768 --> 00:05:54.853 bring your awareness up to

NOTE Confidence: 0.907818913459778

00:05:54.853 --> 00:05:57.007 the center of your chest.

NOTE Confidence: 0.907818913459778

00:05:57.010 --> 00:06:00.741 To your heart, your shacra of self

NOTE Confidence: 0.907818913459778

00:06:00.741 --> 00:06:02.850 development and unconditional love.

NOTE Confidence: 0.907818913459778

00:06:02.850 --> 00:06:06.810 Gently breathe into your heart.

NOTE Confidence: 0.907818913459778

00:06:06.810 --> 00:06:12.194 Letting it's often an expand on your breath.

NOTE Confidence: 0.907818913459778

00:06:12.200 --> 00:06:14.732 An invite in green.

NOTE Confidence: 0.907818913459778

00:06:14.732 --> 00:06:17.264 The color of spring.

NOTE Confidence: 0.825408160686493

00:06:19.430 --> 00:06:23.795 Babe your heart center with

NOTE Confidence: 0.825408160686493

00:06:23.795 --> 00:06:26.414 nourishment renewal healing.

NOTE Confidence: 0.825408160686493
00:06:26.420 --> 00:06:29.822 Let your heart take what it needs
NOTE Confidence: 0.825408160686493
00:06:29.822 --> 00:06:34.089 and say the words I am greatly loved.
NOTE Confidence: 0.825408160686493
00:06:34.090 --> 00:06:36.955 I allow myself to give
NOTE Confidence: 0.825408160686493
00:06:36.955 --> 00:06:39.247 and receive love freely.
NOTE Confidence: 0.825408160686493
00:06:39.250 --> 00:06:42.690 I am nourished by the power of love.
NOTE Confidence: 0.890090465545654
00:06:47.990 --> 00:06:51.038 In your own time, move up to your
NOTE Confidence: 0.890090465545654
00:06:51.038 --> 00:06:54.603 neck to your throat, your shacra of
NOTE Confidence: 0.890090465545654
00:06:54.603 --> 00:06:57.258 self expression and personal will.
NOTE Confidence: 0.890090465545654
00:06:57.260 --> 00:07:01.736 Allow your throat center to soften,
NOTE Confidence: 0.890090465545654
00:07:01.740 --> 00:07:06.768 expand, and breathe, inviting in blue.
NOTE Confidence: 0.890090465545654
00:07:06.770 --> 00:07:10.350 The color of Sky.
NOTE Confidence: 0.890090465545654
00:07:10.350 --> 00:07:15.456 Breathe Sky into your throat chacra.
NOTE Confidence: 0.890090465545654
00:07:15.460 --> 00:07:17.210 Clearing, opening,
NOTE Confidence: 0.890090465545654
00:07:17.210 --> 00:07:21.585 softening the need for control.
NOTE Confidence: 0.890090465545654
00:07:21.590 --> 00:07:25.140 Freeing self expression and creativity.
NOTE Confidence: 0.915335237979889

00:07:27.470 --> 00:07:31.262 Let your throat take what it needs and
NOTE Confidence: 0.915335237979889

00:07:31.262 --> 00:07:35.610 say the words I hear and speak my truth.
NOTE Confidence: 0.915335237979889

00:07:35.610 --> 00:07:38.330 I express myself freely.
NOTE Confidence: 0.915335237979889

00:07:38.330 --> 00:07:44.859 I allow myself to go with the flow of life.
NOTE Confidence: 0.915335237979889

00:07:44.860 --> 00:07:47.568 And when you're ready,
NOTE Confidence: 0.915335237979889

00:07:47.568 --> 00:07:52.480 take your focus to your forehead between
NOTE Confidence: 0.915335237979889

00:07:52.480 --> 00:07:58.280 your between your eyebrows to your third eye.
NOTE Confidence: 0.915335237979889

00:07:58.280 --> 00:08:02.750 Your shacra of wisdom, an intuition.
NOTE Confidence: 0.915335237979889

00:08:02.750 --> 00:08:06.350 Gently allowing it to soften.
NOTE Confidence: 0.915335237979889

00:08:06.350 --> 00:08:11.060 Expand an breathe. Inviting in indigo,
NOTE Confidence: 0.915335237979889

00:08:11.060 --> 00:08:17.228 the Velvet Velvet E color of night Sky.
NOTE Confidence: 0.915335237979889

00:08:17.230 --> 00:08:20.840 Behavior third eye with indigo.
NOTE Confidence: 0.915335237979889

00:08:20.840 --> 00:08:21.994 Soothing?
NOTE Confidence: 0.915335237979889

00:08:21.994 --> 00:08:25.456 Balancing bringing clarity,
NOTE Confidence: 0.915335237979889

00:08:25.456 --> 00:08:28.918 insight and understanding.
NOTE Confidence: 0.915335237979889

00:08:28.920 --> 00:08:31.510 Let your third eye take what it

NOTE Confidence: 0.915335237979889
00:08:31.510 --> 00:08:34.153 needs and say the words everything
NOTE Confidence: 0.915335237979889
00:08:34.153 --> 00:08:36.568 is unfolding as it should.
NOTE Confidence: 0.900809168815613
00:08:42.990 --> 00:08:45.726 And moving up in your own time to
NOTE Confidence: 0.900809168815613
00:08:45.726 --> 00:08:48.746 the top of your head to your Crown,
NOTE Confidence: 0.900809168815613
00:08:48.750 --> 00:08:50.190 your shacra of Oneness,
NOTE Confidence: 0.900809168815613
00:08:50.190 --> 00:08:51.990 allowing your Crown to breathe.
NOTE Confidence: 0.900083780288696
00:08:54.840 --> 00:08:59.886 Gently invite in pure white light.
NOTE Confidence: 0.900083780288696
00:08:59.890 --> 00:09:02.498 Softly bathing your Crown.
NOTE Confidence: 0.900083780288696
00:09:02.498 --> 00:09:06.468 Balancing, restoring and harmonizing.
NOTE Confidence: 0.900083780288696
00:09:06.470 --> 00:09:08.310 Lay your cloud, take what
NOTE Confidence: 0.900083780288696
00:09:08.310 --> 00:09:10.710 it needs and say the words.
NOTE Confidence: 0.900083780288696
00:09:10.710 --> 00:09:14.178 I am one with the universe.
NOTE Confidence: 0.900083780288696
00:09:14.180 --> 00:09:17.030 I am one with the world.
NOTE Confidence: 0.932734847068787
00:09:20.550 --> 00:09:23.088 I am one with the whole.
NOTE Confidence: 0.905460298061371
00:09:25.100 --> 00:09:27.220 And when you're ready.
NOTE Confidence: 0.940178036689758

00:09:29.570 --> 00:09:33.522 Come back to yourself as a whole back
NOTE Confidence: 0.940178036689758

00:09:33.522 --> 00:09:37.769 to the ebb and flow of your breath.
NOTE Confidence: 0.940178036689758

00:09:37.770 --> 00:09:40.346 Back to your center.
NOTE Confidence: 0.940178036689758

00:09:40.346 --> 00:09:43.566 Breathe into your core and
NOTE Confidence: 0.940178036689758

00:09:43.566 --> 00:09:47.244 say the words. I am whole.
NOTE Confidence: 0.940178036689758

00:09:47.244 --> 00:09:51.078 I am perfect, just as I am.
NOTE Confidence: 0.907914817333221

00:09:53.340 --> 00:09:56.441 And allow the energy of the words
NOTE Confidence: 0.907914817333221

00:09:56.441 --> 00:09:59.282 to be their body, mind, emotions
NOTE Confidence: 0.907914817333221

00:09:59.282 --> 00:10:02.474 and spirit and take what it needs.
NOTE Confidence: 0.924627363681793

00:10:07.850 --> 00:10:11.248 An in your own time, become aware of
NOTE Confidence: 0.924627363681793

00:10:11.248 --> 00:10:14.960 the air on the surface of your body.
NOTE Confidence: 0.924627363681793

00:10:14.960 --> 00:10:17.684 This sounds around you
NOTE Confidence: 0.924627363681793

00:10:17.684 --> 00:10:21.089 near and in the distance.
NOTE Confidence: 0.924627363681793

00:10:21.090 --> 00:10:24.600 Close your Shockers down a little.
NOTE Confidence: 0.924627363681793

00:10:24.600 --> 00:10:28.110 Just having the intention is enough.
NOTE Confidence: 0.924627363681793

00:10:28.110 --> 00:10:31.992 Become aware of the support beneath

NOTE Confidence: 0.924627363681793
00:10:31.992 --> 00:10:35.779 you and notice how you feel.
NOTE Confidence: 0.924627363681793
00:10:35.780 --> 00:10:38.208 Hold yourself with loving
NOTE Confidence: 0.924627363681793
00:10:38.208 --> 00:10:40.636 kindness for the beautiful,
NOTE Confidence: 0.924627363681793
00:10:40.640 --> 00:10:43.680 unique being that you are.
NOTE Confidence: 0.835258841514587
00:10:48.720 --> 00:10:53.920 And when you're ready.
NOTE Confidence: 0.835258841514587
00:10:53.920 --> 00:10:58.790 Take a deep breath in. Then hold.
NOTE Confidence: 0.765914916992188
00:11:00.920 --> 00:11:07.100 And Exhale. And one more depressing.
NOTE Confidence: 0.807290017604828
00:11:09.380 --> 00:11:15.980 And hold. And Exhale.
NOTE Confidence: 0.807290017604828
00:11:15.980 --> 00:11:20.243 And when you're ready, you can draw
NOTE Confidence: 0.807290017604828
00:11:20.243 --> 00:11:23.989 this meditation to a close for you.
NOTE Confidence: 0.948606431484222
00:11:26.990 --> 00:11:30.500 You can open your eyes.
NOTE Confidence: 0.948606431484222
00:11:30.500 --> 00:11:33.146 And stretch your arms out left
NOTE Confidence: 0.948606431484222
00:11:33.146 --> 00:11:36.039 and right as far as you can.
NOTE Confidence: 0.886670231819153
00:11:38.540 --> 00:11:43.124 An arms overhead with a deep breath in.
NOTE Confidence: 0.886670231819153
00:11:43.130 --> 00:11:46.350 And Exhale into prayer pose.
NOTE Confidence: 0.889178264141083

00:11:48.980 --> 00:11:51.356 An open your eyes.
NOTE Confidence: 0.889178264141083

00:11:51.356 --> 00:11:54.920 And you did a beautiful job.
NOTE Confidence: 0.889178264141083

00:11:54.920 --> 00:11:56.738 Sometimes it's not easy to just
NOTE Confidence: 0.889178264141083

00:11:56.738 --> 00:11:58.867 ground and go inside of yourself and
NOTE Confidence: 0.889178264141083

00:11:58.867 --> 00:12:00.862 just kind of opened things up and
NOTE Confidence: 0.889178264141083

00:12:00.930 --> 00:12:03.030 just remember how important you are.
NOTE Confidence: 0.889178264141083

00:12:03.030 --> 00:12:07.150 So thank you for taking the time to do that.
NOTE Confidence: 0.889178264141083

00:12:07.150 --> 00:12:09.050 For our self massage today,
NOTE Confidence: 0.889178264141083

00:12:09.050 --> 00:12:12.452 I know we've gone through much of the body,
NOTE Confidence: 0.889178264141083

00:12:12.460 --> 00:12:15.565 but we're just going to spend a little time
NOTE Confidence: 0.889178264141083

00:12:15.565 --> 00:12:18.515 since we've worked the Shockers this week.
NOTE Confidence: 0.889178264141083

00:12:18.520 --> 00:12:20.080 It's sort of folk.
NOTE Confidence: 0.889178264141083

00:12:20.080 --> 00:12:22.030 We've been focusing on this
NOTE Confidence: 0.889178264141083

00:12:22.030 --> 00:12:23.827 center front of the body.
NOTE Confidence: 0.889178264141083

00:12:23.830 --> 00:12:27.238 I think we're just going to go to our
NOTE Confidence: 0.889178264141083

00:12:27.238 --> 00:12:29.884 abdomen today and we're going to do

NOTE Confidence: 0.889178264141083
00:12:29.884 --> 00:12:32.152 a little bit of abdominal massage.
NOTE Confidence: 0.889178264141083
00:12:32.160 --> 00:12:35.580 It's just a very light and a very gentle,
NOTE Confidence: 0.889178264141083
00:12:35.580 --> 00:12:36.936 noninvasive type of massage.
NOTE Confidence: 0.889178264141083
00:12:36.936 --> 00:12:39.386 We could often have issues when were
NOTE Confidence: 0.889178264141083
00:12:39.386 --> 00:12:41.516 maybe under some stress with digestion.
NOTE Confidence: 0.889178264141083
00:12:41.520 --> 00:12:45.024 Uhm, and this could just help to open
NOTE Confidence: 0.889178264141083
00:12:45.024 --> 00:12:48.520 things up an relax them a little bit.
NOTE Confidence: 0.889178264141083
00:12:48.520 --> 00:12:50.920 Um, what we're gonna do to begin is
NOTE Confidence: 0.889178264141083
00:12:50.920 --> 00:12:53.200 there are actually two acupressure
NOTE Confidence: 0.889178264141083
00:12:53.200 --> 00:12:55.360 points that I'm just gonna move
NOTE Confidence: 0.903775572776794
00:12:55.360 --> 00:12:58.024 my screen down so you could see a
NOTE Confidence: 0.903775572776794
00:12:58.024 --> 00:13:00.039 little better my abdominal area.
NOTE Confidence: 0.903775572776794
00:13:00.040 --> 00:13:01.840 We have the conception vessel
NOTE Confidence: 0.903775572776794
00:13:01.840 --> 00:13:03.981 6 and a conception vessel, 12.
NOTE Confidence: 0.903775572776794
00:13:03.981 --> 00:13:06.368 So we're just going to start our
NOTE Confidence: 0.903775572776794

00:13:06.368 --> 00:13:08.250 download massage with a couple
NOTE Confidence: 0.903775572776794

00:13:08.250 --> 00:13:09.758 of acupressure point holes.
NOTE Confidence: 0.903775572776794

00:13:09.760 --> 00:13:12.217 So if you just take your fingers
NOTE Confidence: 0.903775572776794

00:13:12.217 --> 00:13:15.160 and you know those two soon or two
NOTE Confidence: 0.903775572776794

00:13:15.160 --> 00:13:17.320 finger widths below your belly button,
NOTE Confidence: 0.903775572776794

00:13:17.320 --> 00:13:19.628 you gonna find comes.
NOTE Confidence: 0.903775572776794

00:13:19.628 --> 00:13:21.359 Conception vessel sex.
NOTE Confidence: 0.903775572776794

00:13:21.360 --> 00:13:24.195 So this is going to be very light pressure.
NOTE Confidence: 0.903775572776794

00:13:24.200 --> 00:13:26.656 You gonna take your index finger or your
NOTE Confidence: 0.903775572776794

00:13:26.656 --> 00:13:28.609 index finger on your middle finger,
NOTE Confidence: 0.903775572776794

00:13:28.610 --> 00:13:30.638 whatever you prefer.
NOTE Confidence: 0.903775572776794

00:13:30.640 --> 00:13:33.440 And you had just crashed.
NOTE Confidence: 0.903775572776794

00:13:33.440 --> 00:13:36.975 An holds press in a little bit.
NOTE Confidence: 0.903775572776794

00:13:36.980 --> 00:13:38.430 And holds.
NOTE Confidence: 0.922835409641266

00:13:41.060 --> 00:13:42.820 Very important to breathe,
NOTE Confidence: 0.922835409641266

00:13:42.820 --> 00:13:44.580 as you're doing this.

NOTE Confidence: 0.912163615226746
00:13:49.090 --> 00:13:52.146 Deep breaths in and out as you pressed
NOTE Confidence: 0.912163615226746
00:13:52.146 --> 00:13:55.402 on this acupressure point, it's just
NOTE Confidence: 0.912163615226746
00:13:55.402 --> 00:13:58.108 a really good release for digestion.
NOTE Confidence: 0.901178359985352
00:14:01.920 --> 00:14:05.688 Little circles are fine, which is
NOTE Confidence: 0.901178359985352
00:14:05.688 --> 00:14:09.250 press and hold. As you breathe.
NOTE Confidence: 0.946665048599243
00:14:14.390 --> 00:14:17.890 Excellent. We're going
NOTE Confidence: 0.914120554924011
00:14:17.890 --> 00:14:20.305 to move up to conception vessel 12,
NOTE Confidence: 0.914120554924011
00:14:20.310 --> 00:14:22.032 which is halfway between the
NOTE Confidence: 0.914120554924011
00:14:22.032 --> 00:14:24.103 belly button and their web page.
NOTE Confidence: 0.914120554924011
00:14:24.103 --> 00:14:26.290 So the base of the rib cage
NOTE Confidence: 0.914120554924011
00:14:26.290 --> 00:14:28.929 and a top of the belly button.
NOTE Confidence: 0.914120554924011
00:14:28.930 --> 00:14:31.690 And we're just going to go halfway right.
NOTE Confidence: 0.914120554924011
00:14:31.690 --> 00:14:33.418 There could use 1 two,
NOTE Confidence: 0.914120554924011
00:14:33.420 --> 00:14:36.470 even three fingers right here.
NOTE Confidence: 0.914120554924011
00:14:36.470 --> 00:14:39.078 Right in the middle.
NOTE Confidence: 0.914120554924011

00:14:39.080 --> 00:14:42.346 And again, we're just going to gently
NOTE Confidence: 0.914120554924011

00:14:42.346 --> 00:14:46.187 press in very gentle pressure in an holes.
NOTE Confidence: 0.914120554924011

00:14:46.190 --> 00:14:48.596 Or president in very small circles
NOTE Confidence: 0.914120554924011

00:14:48.596 --> 00:14:51.400 around and you're gonna do your circles.
NOTE Confidence: 0.914120554924011

00:14:51.400 --> 00:14:55.117 You want to always do them in
NOTE Confidence: 0.914120554924011

00:14:55.117 --> 00:14:59.660 a clockwise motion. Around.
NOTE Confidence: 0.914120554924011

00:14:59.660 --> 00:15:01.544 And continue the breath.
NOTE Confidence: 0.914120554924011

00:15:01.544 --> 00:15:04.370 Deep breaths in and out as
NOTE Confidence: 0.914120554924011

00:15:04.472 --> 00:15:06.228 you work the point.
NOTE Confidence: 0.855416357517242

00:15:09.500 --> 00:15:14.730 Around or just press and hold.
NOTE Confidence: 0.83759343624115

00:15:17.120 --> 00:15:17.700 Good.
NOTE Confidence: 0.923842787742615

00:15:20.640 --> 00:15:23.086 At this point you may start to feel release.
NOTE Confidence: 0.923842787742615

00:15:23.090 --> 00:15:24.926 You may even feel your shoulders
NOTE Confidence: 0.923842787742615

00:15:24.926 --> 00:15:27.093 to start to drop and your sits
NOTE Confidence: 0.923842787742615

00:15:27.093 --> 00:15:29.144 bone sort of ground a little bit.
NOTE Confidence: 0.923842787742615

00:15:29.150 --> 00:15:32.084 Could you just kind of releasing

NOTE Confidence: 0.923842787742615
00:15:32.084 --> 00:15:34.530 the whole abdomen abdominal area?
NOTE Confidence: 0.917413532733917
00:15:36.880 --> 00:15:37.696 Good, excellent.
NOTE Confidence: 0.917413532733917
00:15:37.696 --> 00:15:40.961 Now we're going to move on to a
NOTE Confidence: 0.917413532733917
00:15:40.961 --> 00:15:42.589 little gentle abdomino massage.
NOTE Confidence: 0.917413532733917
00:15:42.590 --> 00:15:44.630 So again, we're going to
NOTE Confidence: 0.917413532733917
00:15:44.630 --> 00:15:46.670 work in a clockwise motion,
NOTE Confidence: 0.917413532733917
00:15:46.670 --> 00:15:48.710 always in a clockwise motion.
NOTE Confidence: 0.917413532733917
00:15:48.710 --> 00:15:50.930 So we're going to start right
NOTE Confidence: 0.917413532733917
00:15:50.930 --> 00:15:53.200 here in the lower quadrant.
NOTE Confidence: 0.917413532733917
00:15:53.200 --> 00:15:54.804 The lower quadrant here,
NOTE Confidence: 0.917413532733917
00:15:54.804 --> 00:15:58.498 and we're going to be making basically a box.
NOTE Confidence: 0.917413532733917
00:15:58.500 --> 00:16:01.860 The Box is going to go up to
NOTE Confidence: 0.917413532733917
00:16:01.860 --> 00:16:04.750 the base of your rib cage.
NOTE Confidence: 0.917413532733917
00:16:04.750 --> 00:16:09.545 Right below the rib cage or cross.
NOTE Confidence: 0.917413532733917
00:16:09.550 --> 00:16:13.144 Down. Add across again,
NOTE Confidence: 0.917413532733917

00:16:13.144 --> 00:16:14.880 that's the movement that
NOTE Confidence: 0.917413532733917

00:16:14.880 --> 00:16:17.050 we're going to be doing.
NOTE Confidence: 0.917413532733917

00:16:17.050 --> 00:16:21.320 Uh, and breathe a cross.
NOTE Confidence: 0.917413532733917

00:16:21.320 --> 00:16:25.184 Down and across now you could do this
NOTE Confidence: 0.917413532733917

00:16:25.184 --> 00:16:28.945 in your own way at your own pace.
NOTE Confidence: 0.917413532733917

00:16:28.950 --> 00:16:30.910 A little bit of pressure,
NOTE Confidence: 0.917413532733917

00:16:30.910 --> 00:16:32.594 not too much pressure.
NOTE Confidence: 0.917413532733917

00:16:32.594 --> 00:16:36.759 But just make sure that as you're doing this,
NOTE Confidence: 0.917413532733917

00:16:36.760 --> 00:16:38.096 you're relaxing.
NOTE Confidence: 0.917413532733917

00:16:38.096 --> 00:16:41.436 So that's going to involve
NOTE Confidence: 0.917413532733917

00:16:41.436 --> 00:16:43.440 continuing your breath.
NOTE Confidence: 0.917413532733917

00:16:43.440 --> 00:16:46.098 And you're going to form a
NOTE Confidence: 0.917413532733917

00:16:46.098 --> 00:16:48.432 flow for yourself however you
NOTE Confidence: 0.917413532733917

00:16:48.432 --> 00:16:50.777 want to alternate your hands.
NOTE Confidence: 0.917413532733917

00:16:50.780 --> 00:16:53.850 And just keep that flow and
NOTE Confidence: 0.917413532733917

00:16:53.850 --> 00:16:55.446 that motion going.

NOTE Confidence: 0.917413532733917
00:16:55.450 --> 00:16:57.546 So I'm going to be quiet for a
NOTE Confidence: 0.917413532733917
00:16:57.546 --> 00:16:59.743 minute or so because I want you to
NOTE Confidence: 0.917413532733917
00:16:59.743 --> 00:17:02.880 sort of get into your own flow.
NOTE Confidence: 0.896574079990387
00:17:02.880 --> 00:17:03.909 And keep it
NOTE Confidence: 0.896574079990387
00:17:03.910 --> 00:17:05.290 going with your breath.
NOTE Confidence: 0.716363549232483
00:17:50.540 --> 00:17:55.478 seconds. Just keep up flow going.
NOTE Confidence: 0.716363549232483
00:17:55.478 --> 00:17:59.163 And keep the breath moving.
NOTE Confidence: 0.787353754043579
00:18:08.400 --> 00:18:14.070 don't we do one more
NOTE Confidence: 0.787353754043579
00:18:14.070 --> 00:18:18.598 for clockwise motion around?
NOTE Confidence: 0.87623792886734
00:18:21.380 --> 00:18:25.184 Had a deep breath in and when
NOTE Confidence: 0.87623792886734
00:18:25.184 --> 00:18:27.906 you've completed that last cycle,
NOTE Confidence: 0.87623792886734
00:18:27.906 --> 00:18:32.256 just take your hands and hold them right
NOTE Confidence: 0.87623792886734
00:18:32.256 --> 00:18:36.920 on your belly button and just pressing.
NOTE Confidence: 0.87623792886734
00:18:36.920 --> 00:18:40.270 Ground your feet on the floor.
NOTE Confidence: 0.87623792886734
00:18:40.270 --> 00:18:42.526 And take 3 deep breaths in.
NOTE Confidence: 0.580499291419983

00:18:44.720 --> 00:18:48.440 Holden Exhale
NOTE Confidence: 0.677972257137299

00:18:51.210 --> 00:18:58.150 And one more deep breath in.
NOTE Confidence: 0.565674185752869

00:19:00.620 --> 00:19:04.390 An Exhale. Excellent,
NOTE Confidence: 0.565674185752869

00:19:04.390 --> 00:19:05.868 excellent, very, very good.
NOTE Confidence: 0.565674185752869

00:19:05.868 --> 00:19:08.814 That's not easy to do, it's a very
NOTE Confidence: 0.565674185752869

00:19:08.814 --> 00:19:11.022 sensitive area to massage on yourself,
NOTE Confidence: 0.565674185752869

00:19:11.030 --> 00:19:13.730 so I thank you for taking the time to
NOTE Confidence: 0.565674185752869

00:19:13.730 --> 00:19:17.001 do that and having the courage you know
NOTE Confidence: 0.565674185752869

00:19:17.001 --> 00:19:19.518 to experience that sort of massage.
NOTE Confidence: 0.565674185752869

00:19:19.520 --> 00:19:22.236 Again, this is something that you can
NOTE Confidence: 0.565674185752869

00:19:22.236 --> 00:19:25.573 always do at home when you feel the need
NOTE Confidence: 0.565674185752869

00:19:25.573 --> 00:19:28.370 to so you feeling it in your belly.
NOTE Confidence: 0.565674185752869

00:19:28.370 --> 00:19:30.590 Your kind of holding your stress.
NOTE Confidence: 0.565674185752869

00:19:30.590 --> 00:19:33.187 It's just a nice way to do
NOTE Confidence: 0.565674185752869

00:19:33.187 --> 00:19:35.390 that and relax an it does.
NOTE Confidence: 0.565674185752869

00:19:35.390 --> 00:19:38.897 It could help with digestion as well.

NOTE Confidence: 0.565674185752869

00:19:38.900 --> 00:19:41.364 OK, so thank you all again for

NOTE Confidence: 0.565674185752869

00:19:41.364 --> 00:19:44.100 joining an we say made a longtime

NOTE Confidence: 0.565674185752869

00:19:44.100 --> 00:19:46.100 sunshine upon you at all.

NOTE Confidence: 0.565674185752869

00:19:46.100 --> 00:19:48.536 Love surround you may the pure

NOTE Confidence: 0.565674185752869

00:19:48.536 --> 00:19:50.568 light within you guide your

NOTE Confidence: 0.565674185752869

00:19:50.568 --> 00:19:52.536 way on guide your way on.

NOTE Confidence: 0.565674185752869

00:19:52.540 --> 00:19:55.088 Have a wonderful weekend and I hope

NOTE Confidence: 0.565674185752869

00:19:55.088 --> 00:19:58.236 to see you again on Monday at 10:30.