

WEBVTT

NOTE duration:"00:16:06.7520000"

NOTE language:en-us

NOTE Confidence: 0.9455315

00:00:00.000 --> 00:00:02.010 Everybody and thank you for joining.

NOTE Confidence: 0.9455315

00:00:02.010 --> 00:00:04.642 I'm going to be with you again today

NOTE Confidence: 0.9455315

00:00:04.642 --> 00:00:07.257 and I hope you all had a good,

NOTE Confidence: 0.9455315

00:00:07.260 --> 00:00:09.780 happy, restful weekend.

NOTE Confidence: 0.9455315

00:00:09.780 --> 00:00:12.408 Today, as we did last Thursday,

NOTE Confidence: 0.9455315

00:00:12.410 --> 00:00:15.490 we're going to do some breathing exercises,

NOTE Confidence: 0.9455315

00:00:15.490 --> 00:00:18.234 sort of a body scan just to

NOTE Confidence: 0.9455315

00:00:18.234 --> 00:00:20.760 get our whole body relaxed.

NOTE Confidence: 0.9455315

00:00:20.760 --> 00:00:23.462 And then we're going to lead into

NOTE Confidence: 0.9455315

00:00:23.462 --> 00:00:26.019 a guided imagery meditation today.

NOTE Confidence: 0.9455315

00:00:26.020 --> 00:00:28.225 So basically controlled breathing on

NOTE Confidence: 0.9455315

00:00:28.225 --> 00:00:31.904 it helps the mind and body to relax

NOTE Confidence: 0.9455315

00:00:31.904 --> 00:00:34.688 aids in circulation and just overall

NOTE Confidence: 0.9455315

00:00:34.688 --> 00:00:37.440 relaxation and so many times to allowed.

NOTE Confidence: 0.9455315

00:00:37.440 --> 00:00:40.386 Our day will focus on things.

NOTE Confidence: 0.9455315

00:00:40.390 --> 00:00:42.748 And we don't even realize it,

NOTE Confidence: 0.9455315

00:00:42.750 --> 00:00:44.800 but we're actually either holding

NOTE Confidence: 0.9455315

00:00:44.800 --> 00:00:47.350 our breath or would just taking

NOTE Confidence: 0.9455315

00:00:47.350 --> 00:00:49.894 really shallow breaths from our chest

NOTE Confidence: 0.9455315

00:00:49.894 --> 00:00:52.729 rather from our belly and diaphragm.

NOTE Confidence: 0.9455315

00:00:52.730 --> 00:00:54.260 So begin to begin today.

NOTE Confidence: 0.9455315

00:00:54.260 --> 00:00:55.970 The first thing that we're going

NOTE Confidence: 0.9455315

00:00:55.970 --> 00:00:57.630 to do is of course,

NOTE Confidence: 0.9455315

00:00:57.630 --> 00:00:59.765 just get very comfortable wherever you are.

NOTE Confidence: 0.9455315

00:00:59.770 --> 00:01:03.340 I think seated is best for the

NOTE Confidence: 0.9455315

00:01:03.340 --> 00:01:06.220 breathing exercise. What will they do?

NOTE Confidence: 0.9455315

00:01:06.220 --> 00:01:10.678 Is what it do a flex of the spine?

NOTE Confidence: 0.9455315

00:01:10.680 --> 00:01:14.050 Forward as we breathe in.

NOTE Confidence: 0.9455315

00:01:14.050 --> 00:01:18.110 And then Exhale backup.

NOTE Confidence: 0.9455315

00:01:18.110 --> 00:01:20.469 We're gonna breathe in and flex forward.

NOTE Confidence: 0.81160694

00:01:22.800 --> 00:01:27.756 And then Exhale and come up. So let's

NOTE Confidence: 0.81160694

00:01:27.756 --> 00:01:30.660 do a series of 10 of these breaths.

NOTE Confidence: 0.46436587

00:01:34.620 --> 00:01:38.600 In Hell. An XL.

NOTE Confidence: 0.7459143

00:01:42.270 --> 00:01:43.190 In Hell.

NOTE Confidence: 0.51092917

00:01:45.370 --> 00:01:46.510 An Excel.

NOTE Confidence: 0.7202457

00:01:49.700 --> 00:01:52.940 In Hell. An XL.

NOTE Confidence: 0.4167165

00:01:56.190 --> 00:01:59.450 Inhale. Open Excel.

NOTE Confidence: 0.6830422

00:02:02.070 --> 00:02:05.260 Breathe in. And now.

NOTE Confidence: 0.84351856

00:02:07.300 --> 00:02:11.857 You feel your spine start to stretch.

NOTE Confidence: 0.84351856

00:02:11.860 --> 00:02:13.510 And relax a little bit.

NOTE Confidence: 0.8366489

00:02:15.560 --> 00:02:17.840 It's good to flex the spine.

NOTE Confidence: 0.8757747

00:02:19.860 --> 00:02:23.530 We hold it so widget sometimes.

NOTE Confidence: 0.8757747

00:02:23.530 --> 00:02:26.460 And it's just good to get it.

NOTE Confidence: 0.8757747

00:02:26.460 --> 00:02:28.135 Relaxed and get those muscles

NOTE Confidence: 0.8757747

00:02:28.135 --> 00:02:29.810 letting go a little bit.

NOTE Confidence: 0.8601172

00:02:31.900 --> 00:02:33.790 I'm going to do one more.

NOTE Confidence: 0.8601172

00:02:33.790 --> 00:02:36.638 Breathe in and forward.

NOTE Confidence: 0.8601172

00:02:36.640 --> 00:02:40.542 Annex halan backup. OK, excellent,

NOTE Confidence: 0.8601172

00:02:40.542 --> 00:02:42.947 just take a moment's pause.

NOTE Confidence: 0.66871876

00:02:46.960 --> 00:02:50.956 Good. Now what we're going to do is

NOTE Confidence: 0.66871876

00:02:50.956 --> 00:02:53.140 called Ultra alternate nostril breathing.

NOTE Confidence: 0.66871876

00:02:53.140 --> 00:02:55.590 When it take one finger.

NOTE Confidence: 0.66871876

00:02:55.590 --> 00:02:57.179 And we're going to close off one

NOTE Confidence: 0.66871876

00:02:57.179 --> 00:02:58.748 nostril and with the other nostril,

NOTE Confidence: 0.66871876

00:02:58.750 --> 00:03:02.215 we're going to breathe in and out.

NOTE Confidence: 0.66871876

00:03:02.220 --> 00:03:04.826 It's gonna be a deep in health.

NOTE Confidence: 0.66871876

00:03:04.830 --> 00:03:07.110 And Exhale both through the nostril.

NOTE Confidence: 0.63148063

00:03:09.520 --> 00:03:10.390 In Hell.

NOTE Confidence: 0.7580357

00:03:12.460 --> 00:03:16.470 And Exhale. And again will do that

NOTE Confidence: 0.7580357

00:03:16.470 --> 00:03:18.435 10 times on each side, so we could

NOTE Confidence: 0.7580357

00:03:18.435 --> 00:03:19.905 begin now with their breath in.

NOTE Confidence: 0.6628807

00:03:24.950 --> 00:03:25.590 I know.

NOTE Confidence: 0.8936335

00:03:37.650 --> 00:03:39.070 Just continue.

NOTE Confidence: 0.29774675

00:03:52.210 --> 00:03:52.990 Sex.

NOTE Confidence: 0.753035

00:04:02.130 --> 00:04:02.910 8.

NOTE Confidence: 0.8988542

00:04:08.340 --> 00:04:09.790 And one more.

NOTE Confidence: 0.8528689

00:04:13.980 --> 00:04:16.476 Excellent. Very good.

NOTE Confidence: 0.8528689

00:04:16.476 --> 00:04:18.348 Let's take a moment.

NOTE Confidence: 0.8528689

00:04:18.350 --> 00:04:19.730 We Group A little bit,

NOTE Confidence: 0.8528689

00:04:19.730 --> 00:04:22.430 catch your breath.

NOTE Confidence: 0.8528689

00:04:22.430 --> 00:04:24.110 But it to the other side,

NOTE Confidence: 0.8528689

00:04:24.110 --> 00:04:25.560 will closeout the other nostril

NOTE Confidence: 0.8528689

00:04:25.560 --> 00:04:27.328 will take those 10 deep breaths

NOTE Confidence: 0.8528689

00:04:27.328 --> 00:04:28.864 in and out of the nostril.

NOTE Confidence: 0.6894747

00:04:54.620 --> 00:04:55.620 And six.

NOTE Confidence: 0.678683

00:05:01.530 --> 00:05:02.420 Depressed.

NOTE Confidence: 0.7786635
00:05:06.870 --> 00:05:08.618 Feel the belly rise.
NOTE Confidence: 0.8744736
00:05:13.400 --> 00:05:14.720 And one more.
NOTE Confidence: 0.9172549
00:05:19.900 --> 00:05:23.838 Excellent. The cleansing breath
NOTE Confidence: 0.9172549
00:05:23.838 --> 00:05:26.094 and let it go very good.
NOTE Confidence: 0.9172549
00:05:26.100 --> 00:05:28.220 Hopefully you feel your shoulders
NOTE Confidence: 0.9172549
00:05:28.220 --> 00:05:31.249 are starting to drop a little bit.
NOTE Confidence: 0.9172549
00:05:31.250 --> 00:05:32.535 Be a little more relaxed
NOTE Confidence: 0.9172549
00:05:32.535 --> 00:05:33.563 getting that blood flow.
NOTE Confidence: 0.9172549
00:05:33.570 --> 00:05:35.376 And again if you need to hydrate,
NOTE Confidence: 0.9172549
00:05:35.380 --> 00:05:38.500 take a sip of water.
NOTE Confidence: 0.9172549
00:05:38.500 --> 00:05:40.690 Very good, that's a good start,
NOTE Confidence: 0.9172549
00:05:40.690 --> 00:05:42.976 and that's a good opening and
NOTE Confidence: 0.9172549
00:05:42.976 --> 00:05:45.442 will then again lead now into
NOTE Confidence: 0.9172549
00:05:45.442 --> 00:05:47.170 our body scan meditation.
NOTE Confidence: 0.9172549
00:05:47.170 --> 00:05:49.174 So just please continue
NOTE Confidence: 0.9172549

00:05:49.174 --> 00:05:50.677 your comfortable position,
NOTE Confidence: 0.9172549

00:05:50.680 --> 00:05:52.688 preferably seated with your
NOTE Confidence: 0.9172549

00:05:52.688 --> 00:05:54.696 feet on the floor.
NOTE Confidence: 0.9209637

00:05:59.000 --> 00:06:01.090 Steal the weight of your body
NOTE Confidence: 0.9209637

00:06:01.090 --> 00:06:03.536 on the chair. Feel the weight of
NOTE Confidence: 0.9209637

00:06:03.536 --> 00:06:05.630 your feet grounded on the floor.
NOTE Confidence: 0.8522695

00:06:08.460 --> 00:06:09.491 Again, we're gonna take
NOTE Confidence: 0.8522695

00:06:09.491 --> 00:06:10.776 that nice deep breath in.
NOTE Confidence: 0.91070503

00:06:13.630 --> 00:06:16.486 Feel the oxygen enlivening your body
NOTE Confidence: 0.91070503

00:06:16.486 --> 00:06:20.294 and as you exhale, have a sense of
NOTE Confidence: 0.91070503

00:06:20.294 --> 00:06:22.198 deep relaxation coming through.
NOTE Confidence: 0.9158718

00:06:24.210 --> 00:06:26.850 Notice your feet on the floor.
NOTE Confidence: 0.9158718

00:06:26.850 --> 00:06:28.610 Notice the sensations of
NOTE Confidence: 0.9158718

00:06:28.610 --> 00:06:30.810 your feet touching the floor,
NOTE Confidence: 0.9158718

00:06:30.810 --> 00:06:33.660 the weight and the pressure.
NOTE Confidence: 0.9158718

00:06:33.660 --> 00:06:36.397 Vibration or any heat that you feel.

NOTE Confidence: 0.91843474

00:06:39.840 --> 00:06:43.338 Notice your legs against the chair.

NOTE Confidence: 0.91843474

00:06:43.340 --> 00:06:46.436 You feeling so the pressure pulsing,

NOTE Confidence: 0.91843474

00:06:46.440 --> 00:06:49.536 heaviness or maybe even a lightness.

NOTE Confidence: 0.9244018

00:06:52.880 --> 00:06:55.400 Feel your back against the chair.

NOTE Confidence: 0.9197452

00:06:58.600 --> 00:07:01.126 Bring your attention into your stomach area.

NOTE Confidence: 0.9197452

00:07:01.130 --> 00:07:04.875 If your stomach is 10 so tight.

NOTE Confidence: 0.9197452

00:07:04.880 --> 00:07:07.589 Let it stop and take a breath.

NOTE Confidence: 0.8819194

00:07:11.600 --> 00:07:14.264 Notice your hands are your hands

NOTE Confidence: 0.8819194

00:07:14.264 --> 00:07:16.860 feeling times are tight and see

NOTE Confidence: 0.8819194

00:07:16.860 --> 00:07:19.450 if you could allow them to soften.

NOTE Confidence: 0.89452034

00:07:21.630 --> 00:07:24.850 Notice your arms. Feel any sensation in

NOTE Confidence: 0.89452034

00:07:24.850 --> 00:07:28.819 your arms and let your shoulders be soft.

NOTE Confidence: 0.8691604

00:07:31.570 --> 00:07:34.340 Notice your neck, your throat,

NOTE Confidence: 0.8691604

00:07:34.340 --> 00:07:37.110 let them be soft, relaxed.

NOTE Confidence: 0.70837706

00:07:39.240 --> 00:07:43.755 Soften your job. But your face

NOTE Confidence: 0.70837706

00:07:43.755 --> 00:07:46.005 and your facial muscles be soft.
NOTE Confidence: 0.8965457

00:07:51.800 --> 00:07:55.466 Then notice your whole body present.
NOTE Confidence: 0.8965457

00:07:55.470 --> 00:07:57.250 And take one more breath.
NOTE Confidence: 0.9476045

00:08:01.160 --> 00:08:04.324 Be aware of your whole body as best you can.
NOTE Confidence: 0.9345042

00:08:09.060 --> 00:08:12.468 We're gonna do a guided meditation,
NOTE Confidence: 0.9345042

00:08:12.470 --> 00:08:15.630 imagining your inner land
NOTE Confidence: 0.9345042

00:08:15.630 --> 00:08:18.790 to build healthy boundaries.
NOTE Confidence: 0.9345042

00:08:18.790 --> 00:08:21.105 When you make a healthy
NOTE Confidence: 0.9345042

00:08:21.105 --> 00:08:22.494 boundary for yourself.
NOTE Confidence: 0.9345042

00:08:22.500 --> 00:08:24.320 Things that sometimes have
NOTE Confidence: 0.9345042

00:08:24.320 --> 00:08:27.560 hurt you in the past will not
NOTE Confidence: 0.9345042

00:08:27.560 --> 00:08:30.038 be able to reach you anymore.
NOTE Confidence: 0.9345042

00:08:30.040 --> 00:08:33.183 Boundaries give to us as well as
NOTE Confidence: 0.9345042

00:08:33.183 --> 00:08:35.570 providing some life essentials.
NOTE Confidence: 0.9043707

00:08:39.000 --> 00:08:42.660 Again, continuing with the breath.
NOTE Confidence: 0.9043707

00:08:42.660 --> 00:08:44.370 Will take a deep breath in.

NOTE Confidence: 0.8830424

00:08:48.950 --> 00:08:50.369 I'll let it go.

NOTE Confidence: 0.92338425

00:08:53.760 --> 00:08:56.476 As you feel the weight of your

NOTE Confidence: 0.92338425

00:08:56.476 --> 00:08:59.178 body and how it presses down,

NOTE Confidence: 0.92338425

00:08:59.180 --> 00:09:01.502 make sure your spine is completely

NOTE Confidence: 0.92338425

00:09:01.502 --> 00:09:03.050 straight and you'll body

NOTE Confidence: 0.92338425

00:09:03.117 --> 00:09:05.017 exudes that you're confident.

NOTE Confidence: 0.9460095

00:09:08.080 --> 00:09:10.164 Gently close your eyes,

NOTE Confidence: 0.9460095

00:09:10.164 --> 00:09:12.769 increasing your ability to focus.

NOTE Confidence: 0.8871327

00:09:17.700 --> 00:09:20.976 As you breathe, now, easily and gently,

NOTE Confidence: 0.8871327

00:09:20.980 --> 00:09:24.770 you feel safe and relaxed.

NOTE Confidence: 0.8871327

00:09:24.770 --> 00:09:27.213 My voice guiding you is like a

NOTE Confidence: 0.8871327

00:09:27.213 --> 00:09:29.939 beacon of light through the darkness.

NOTE Confidence: 0.91639096

00:09:33.560 --> 00:09:36.927 As the sun rises, you see you're

NOTE Confidence: 0.91639096

00:09:36.927 --> 00:09:40.324 standing in a beautiful lush green

NOTE Confidence: 0.91639096

00:09:40.324 --> 00:09:44.020 grass and there's a small house.

NOTE Confidence: 0.91639096

00:09:44.020 --> 00:09:45.432 That you've built by
NOTE Confidence: 0.91639096

00:09:45.432 --> 00:09:47.550 hand in the middle of it.
NOTE Confidence: 0.9062777

00:09:51.800 --> 00:09:54.494 This house represents you and all
NOTE Confidence: 0.9062777

00:09:54.494 --> 00:09:57.939 the work that you have put into
NOTE Confidence: 0.9062777

00:09:57.939 --> 00:10:00.529 yourself and the grass represent.
NOTE Confidence: 0.9062777

00:10:00.530 --> 00:10:02.750 The world outside of you.
NOTE Confidence: 0.92816657

00:10:06.390 --> 00:10:08.862 You decide it would be good to
NOTE Confidence: 0.92816657

00:10:08.862 --> 00:10:11.167 plant some trees in some shrubs
NOTE Confidence: 0.92816657

00:10:11.167 --> 00:10:13.663 so that these plants will aid
NOTE Confidence: 0.92816657

00:10:13.663 --> 00:10:15.630 in protecting you from harm,
NOTE Confidence: 0.92816657

00:10:15.630 --> 00:10:17.940 and they also benefit the world.
NOTE Confidence: 0.9100358

00:10:22.380 --> 00:10:24.070 For example, a Raspberry Bush
NOTE Confidence: 0.9100358

00:10:24.070 --> 00:10:25.760 is very spiky and dense,
NOTE Confidence: 0.9100358

00:10:25.760 --> 00:10:29.048 yet it gives a bounty of fruits for
NOTE Confidence: 0.9100358

00:10:29.048 --> 00:10:32.577 us to enjoy and be nourished by.
NOTE Confidence: 0.9100358

00:10:32.580 --> 00:10:35.499 If you plant many in a row,

NOTE Confidence: 0.9100358
00:10:35.500 --> 00:10:38.218 they will protect you as well
NOTE Confidence: 0.9100358
00:10:38.218 --> 00:10:40.700 as a tall electric fence.
NOTE Confidence: 0.9100358
00:10:40.700 --> 00:10:44.690 But this plant also gives.
NOTE Confidence: 0.9100358
00:10:44.690 --> 00:10:48.318 It serves two purposes.
NOTE Confidence: 0.9100358
00:10:48.320 --> 00:10:50.040 When you plant tall trees,
NOTE Confidence: 0.9100358
00:10:50.040 --> 00:10:52.536 they will protect you from harsh
NOTE Confidence: 0.9100358
00:10:52.536 --> 00:10:55.848 winds if placed in a way that is
NOTE Confidence: 0.9100358
00:10:55.848 --> 00:10:57.798 good through all the seasons.
NOTE Confidence: 0.9100358
00:10:57.800 --> 00:11:02.144 Tall trees supply us with the most oxygen,
NOTE Confidence: 0.9100358
00:11:02.150 --> 00:11:05.154 therefore they are giving
NOTE Confidence: 0.9100358
00:11:05.154 --> 00:11:07.407 while also protecting.
NOTE Confidence: 0.9100358
00:11:07.410 --> 00:11:10.890 The tree is also serve many purposes here.
NOTE Confidence: 0.9100358
00:11:10.890 --> 00:11:13.249 You look at this beautiful life forces
NOTE Confidence: 0.9100358
00:11:13.249 --> 00:11:15.058 that you're planting on your land,
NOTE Confidence: 0.9100358
00:11:15.060 --> 00:11:17.628 and you notice they need a water source.
NOTE Confidence: 0.9234181

00:11:20.920 --> 00:11:23.646 You find the lowest lying area and
NOTE Confidence: 0.9234181

00:11:23.646 --> 00:11:25.997 begin digging deep down and around
NOTE Confidence: 0.9234181

00:11:25.997 --> 00:11:28.475 making the shape of a small pond.
NOTE Confidence: 0.9195602

00:11:34.080 --> 00:11:35.934 As you step back from the
NOTE Confidence: 0.9195602

00:11:35.934 --> 00:11:37.770 circle of dirt you've created,
NOTE Confidence: 0.9195602

00:11:37.770 --> 00:11:39.982 you know that only a few heavy
NOTE Confidence: 0.9195602

00:11:39.982 --> 00:11:41.957 waves need to pour down and
NOTE Confidence: 0.9195602

00:11:41.957 --> 00:11:44.169 it will begin to fill and turn
NOTE Confidence: 0.9195602

00:11:44.249 --> 00:11:46.475 into a natural source of water.
NOTE Confidence: 0.8820643

00:11:50.230 --> 00:11:54.598 This pawn serves many purposes on your land.
NOTE Confidence: 0.8820643

00:11:54.600 --> 00:11:56.706 It not only provides you an
NOTE Confidence: 0.8820643

00:11:56.706 --> 00:11:58.110 the wildlife with water,
NOTE Confidence: 0.8820643

00:11:58.110 --> 00:12:00.567 but it also gives you somewhere to
NOTE Confidence: 0.8820643

00:12:00.567 --> 00:12:03.046 go to Meditate and reflect on the
NOTE Confidence: 0.8820643

00:12:03.046 --> 00:12:05.491 good things in your life and the
NOTE Confidence: 0.8820643

00:12:05.491 --> 00:12:07.934 good things that you do for others.

NOTE Confidence: 0.8833847

00:12:10.590 --> 00:12:13.416 Closer to your house. You see,

NOTE Confidence: 0.8833847

00:12:13.420 --> 00:12:16.390 you need some vegetables and fruits.

NOTE Confidence: 0.8833847

00:12:16.390 --> 00:12:19.230 So create a garden that is easy for

NOTE Confidence: 0.8833847

00:12:19.230 --> 00:12:22.648 you to access an water when necessary.

NOTE Confidence: 0.89966935

00:12:31.620 --> 00:12:33.716 You plant all of the foods you like

NOTE Confidence: 0.89966935

00:12:33.716 --> 00:12:35.937 in any kind of vegetables you need.

NOTE Confidence: 0.83683264

00:12:42.310 --> 00:12:45.778 Your garden flourish is an provides.

NOTE Confidence: 0.83683264

00:12:45.780 --> 00:12:47.140 All this garden needs

NOTE Confidence: 0.83683264

00:12:47.140 --> 00:12:49.180 from you is to be tended.

NOTE Confidence: 0.9305499

00:12:51.550 --> 00:12:53.490 You look around and you

NOTE Confidence: 0.9305499

00:12:53.490 --> 00:12:55.430 see you need an Orchard.

NOTE Confidence: 0.9305499

00:12:55.430 --> 00:12:57.962 So you strategically plant many Apple

NOTE Confidence: 0.9305499

00:12:57.962 --> 00:13:00.387 trees and other fruiting trees right

NOTE Confidence: 0.9305499

00:13:00.387 --> 00:13:02.718 next to the protected area by the

NOTE Confidence: 0.9305499

00:13:02.718 --> 00:13:05.005 big tall trees and a little closer

NOTE Confidence: 0.9305499

00:13:05.005 --> 00:13:07.700 to the ponds so that they can drink.
NOTE Confidence: 0.9006203

00:13:13.260 --> 00:13:16.158 This Orchard supplies you with the most
NOTE Confidence: 0.9006203

00:13:16.158 --> 00:13:18.648 delicious apples you have ever tasted.
NOTE Confidence: 0.9006203

00:13:18.650 --> 00:13:21.938 And their nutrients are off the charts good.
NOTE Confidence: 0.9097845

00:13:26.020 --> 00:13:28.676 You look around your plot
NOTE Confidence: 0.9097845

00:13:28.676 --> 00:13:31.496 of land and you're proud.
NOTE Confidence: 0.9097845

00:13:31.500 --> 00:13:33.768 Not only do all these plans
NOTE Confidence: 0.9097845

00:13:33.768 --> 00:13:36.189 to protect you and your home,
NOTE Confidence: 0.9097845

00:13:36.190 --> 00:13:38.530 but they give you and the
NOTE Confidence: 0.9097845

00:13:38.530 --> 00:13:40.879 community around you all you need.
NOTE Confidence: 0.90420127

00:13:46.540 --> 00:13:49.036 So make sure you work on
NOTE Confidence: 0.90420127

00:13:49.036 --> 00:13:50.700 the garden within you.
NOTE Confidence: 0.8781262

00:13:53.000 --> 00:13:55.920 And put a proper barriers.
NOTE Confidence: 0.8781262

00:13:55.920 --> 00:13:59.358 That is planted well and with
NOTE Confidence: 0.8781262

00:13:59.358 --> 00:14:02.718 love and care. They also give.
NOTE Confidence: 0.9435509

00:14:05.590 --> 00:14:09.988 You are protected an allowed to live

NOTE Confidence: 0.9435509

00:14:09.988 --> 00:14:13.140 a happy, fulfilling, nourishing life.

NOTE Confidence: 0.8649923

00:14:16.210 --> 00:14:21.396 Once again. Look at your hand built home.

NOTE Confidence: 0.8649923

00:14:21.400 --> 00:14:24.158 And make any necessary changes to it.

NOTE Confidence: 0.87396012

00:14:31.730 --> 00:14:35.120 Create a life. And boundaries

NOTE Confidence: 0.87396012

00:14:35.120 --> 00:14:38.510 that are fulfilling to you.

NOTE Confidence: 0.87396012

00:14:38.510 --> 00:14:40.670 And protect you as well.

NOTE Confidence: 0.833275

00:14:46.710 --> 00:14:48.450 And when you're ready,

NOTE Confidence: 0.833275

00:14:48.450 --> 00:14:53.160 take a deep breath in. And hold.

NOTE Confidence: 0.833275

00:14:53.160 --> 00:14:55.680 Anna big exhalation out.

NOTE Confidence: 0.9570693

00:14:57.990 --> 00:15:00.530 If your eyes are closed,

NOTE Confidence: 0.9570693

00:15:00.530 --> 00:15:03.280 you can open your eyes.

NOTE Confidence: 0.9570693

00:15:03.280 --> 00:15:06.295 Stretch your arms out as far as you can.

NOTE Confidence: 0.9023047

00:15:08.410 --> 00:15:10.435 Arms above your head.

NOTE Confidence: 0.9023047

00:15:10.435 --> 00:15:13.160 And down into prayer pose.

NOTE Confidence: 0.92938226

00:15:17.070 --> 00:15:18.990 OK, that was beautiful.

NOTE Confidence: 0.92938226

00:15:18.990 --> 00:15:23.348 Thank you so much for taking the time today.

NOTE Confidence: 0.92938226

00:15:23.350 --> 00:15:26.002 Teaches ground and focus and just

NOTE Confidence: 0.92938226

00:15:26.002 --> 00:15:28.914 remember how hard that you work and

NOTE Confidence: 0.92938226

00:15:28.914 --> 00:15:31.399 how much that you give to others

NOTE Confidence: 0.92938226

00:15:31.479 --> 00:15:34.383 and how important it is to tend to

NOTE Confidence: 0.92938226

00:15:34.383 --> 00:15:37.570 yourself at the same time to help

NOTE Confidence: 0.92938226

00:15:37.570 --> 00:15:41.239 yourself and all the others around you.

NOTE Confidence: 0.92938226

00:15:41.240 --> 00:15:46.810 We end by saying. May all love surround you?

NOTE Confidence: 0.92938226

00:15:46.810 --> 00:15:49.386 And the pure light within you guide

NOTE Confidence: 0.92938226

00:15:49.386 --> 00:15:51.989 your way on guide your way on.

NOTE Confidence: 0.92938226

00:15:51.990 --> 00:15:53.118 Thank you everybody.

NOTE Confidence: 0.92938226

00:15:53.118 --> 00:15:55.750 Thank you for joining an I will

NOTE Confidence: 0.92938226

00:15:55.822 --> 00:15:58.279 see you again on Thursday at 1:30.

NOTE Confidence: 0.92938226

00:15:58.280 --> 00:16:00.702 Will do this will do this again

NOTE Confidence: 0.92938226

00:16:00.702 --> 00:16:02.618 some breathing somebody scan and

NOTE Confidence: 0.92938226

00:16:02.618 --> 00:16:03.827 some guided meditation.

NOTE Confidence: 0.92938226

00:16:03.830 --> 00:16:06.752 Take care everybody.