

WEBVTT

NOTE duration:"00:15:53.2160000"

NOTE language:en-us

NOTE Confidence: 0.949230372905731

00:00:00.000 --> 00:00:02.385 Good morning, once again everybody

NOTE Confidence: 0.949230372905731

00:00:02.385 --> 00:00:05.361 and thank you so much for

NOTE Confidence: 0.949230372905731

00:00:05.361 --> 00:00:07.846 joining on this Monday morning.

NOTE Confidence: 0.949230372905731

00:00:07.850 --> 00:00:09.714 We're into summer now.

NOTE Confidence: 0.949230372905731

00:00:09.714 --> 00:00:11.578 We're heading towards July,

NOTE Confidence: 0.949230372905731

00:00:11.580 --> 00:00:14.025 so hopefully everybody is getting

NOTE Confidence: 0.949230372905731

00:00:14.025 --> 00:00:16.470 outside for some rejuvenation and

NOTE Confidence: 0.949230372905731

00:00:16.547 --> 00:00:19.025 some sunshine and some warm again,

NOTE Confidence: 0.949230372905731

00:00:19.030 --> 00:00:21.767 my name is Michelle Grand an I

NOTE Confidence: 0.949230372905731

00:00:21.767 --> 00:00:24.630 am a licensed massage therapist.

NOTE Confidence: 0.949230372905731

00:00:24.630 --> 00:00:26.960 I work with the oncology

NOTE Confidence: 0.949230372905731

00:00:26.960 --> 00:00:29.290 patients at Milo Cancer Hospital.

NOTE Confidence: 0.949230372905731

00:00:29.290 --> 00:00:32.223 It's my pleasure to be with you

NOTE Confidence: 0.949230372905731

00:00:32.223 --> 00:00:35.339 today as we do some breathing,

NOTE Confidence: 0.949230372905731

00:00:35.340 --> 00:00:37.900 some grounding and then some

NOTE Confidence: 0.949230372905731

00:00:37.900 --> 00:00:38.924 guided meditation.

NOTE Confidence: 0.949230372905731

00:00:38.930 --> 00:00:41.594 To get back to ourselves a little bit,

NOTE Confidence: 0.949230372905731

00:00:41.600 --> 00:00:43.634 to break away from everything that's

NOTE Confidence: 0.949230372905731

00:00:43.634 --> 00:00:46.023 swirling around us on a day-to-day basis

NOTE Confidence: 0.949230372905731

00:00:46.023 --> 00:00:48.277 and just to remember that were good.

NOTE Confidence: 0.949230372905731

00:00:48.280 --> 00:00:49.369 And we're happy.

NOTE Confidence: 0.949230372905731

00:00:49.369 --> 00:00:51.547 And we're very much in control

NOTE Confidence: 0.949230372905731

00:00:51.547 --> 00:00:52.929 of our thoughts.

NOTE Confidence: 0.949230372905731

00:00:52.930 --> 00:00:55.065 Before we begin the Breathwork

NOTE Confidence: 0.949230372905731

00:00:55.065 --> 00:00:56.346 in the meditation,

NOTE Confidence: 0.949230372905731

00:00:56.350 --> 00:00:59.462 I just wanted to talk about something a

NOTE Confidence: 0.949230372905731

00:00:59.462 --> 00:01:02.406 little bit and accessory to meditation

NOTE Confidence: 0.949230372905731

00:01:02.406 --> 00:01:05.532 practice and they're called Mala beads.

NOTE Confidence: 0.949230372905731

00:01:05.540 --> 00:01:08.316 Are mala beads are a tool that's very

NOTE Confidence: 0.949230372905731

00:01:08.316 --> 00:01:11.418 powerful to incorporate into your meditation,
NOTE Confidence: 0.949230372905731

00:01:11.420 --> 00:01:13.100 and these are something
NOTE Confidence: 0.949230372905731

00:01:13.100 --> 00:01:15.200 that you can either make.
NOTE Confidence: 0.949230372905731

00:01:15.200 --> 00:01:17.720 It's a joy to make these.
NOTE Confidence: 0.949230372905731

00:01:17.720 --> 00:01:19.400 You could purchase them,
NOTE Confidence: 0.949230372905731

00:01:19.400 --> 00:01:21.500 or you could make them.
NOTE Confidence: 0.949230372905731

00:01:21.500 --> 00:01:24.020 I am the least crafty person.
NOTE Confidence: 0.949230372905731

00:01:24.020 --> 00:01:25.772 The least crafty person,
NOTE Confidence: 0.949230372905731

00:01:25.772 --> 00:01:27.962 and I made this particular
NOTE Confidence: 0.949230372905731

00:01:27.962 --> 00:01:30.316 one and it was a beautiful,
NOTE Confidence: 0.949230372905731

00:01:30.320 --> 00:01:31.208 beautiful experience.
NOTE Confidence: 0.949230372905731

00:01:31.208 --> 00:01:34.760 Basically, you get 108 beads and you can
NOTE Confidence: 0.949230372905731

00:01:34.837 --> 00:01:37.490 pick and choose the colors to styles.
NOTE Confidence: 0.949230372905731

00:01:37.490 --> 00:01:39.240 Of beads that you like.
NOTE Confidence: 0.949230372905731

00:01:39.240 --> 00:01:41.676 There are six or 8 millimeter be.
NOTE Confidence: 0.949230372905731

00:01:41.680 --> 00:01:45.520 It's very easy to get on line or in a store.

NOTE Confidence: 0.949230372905731

00:01:45.520 --> 00:01:47.816 You get some waxed hemp cord and

NOTE Confidence: 0.949230372905731

00:01:47.816 --> 00:01:50.153 you string the beads in a pattern

NOTE Confidence: 0.949230372905731

00:01:50.153 --> 00:01:52.547 that makes sense to you and the

NOTE Confidence: 0.949230372905731

00:01:52.547 --> 00:01:54.935 meditation piece of making these is.

NOTE Confidence: 0.949230372905731

00:01:54.940 --> 00:01:57.208 They thought that you put in as

NOTE Confidence: 0.949230372905731

00:01:57.208 --> 00:01:59.479 you choose in string the beads,

NOTE Confidence: 0.949230372905731

00:01:59.480 --> 00:02:01.220 the feel of each bead.

NOTE Confidence: 0.949230372905731

00:02:01.220 --> 00:02:03.670 Which one am I beating right now?

NOTE Confidence: 0.949230372905731

00:02:03.670 --> 00:02:06.454 What order am I creating in my stringing?

NOTE Confidence: 0.949230372905731

00:02:06.460 --> 00:02:07.916 And it's just a.

NOTE Confidence: 0.949230372905731

00:02:07.916 --> 00:02:10.100 Really beautiful experience as I said

NOTE Confidence: 0.949230372905731

00:02:10.174 --> 00:02:12.470 and then along with the 108 beads,

NOTE Confidence: 0.949230372905731

00:02:12.470 --> 00:02:14.185 there's something called a larger

NOTE Confidence: 0.949230372905731

00:02:14.185 --> 00:02:16.654 guru bead that comes here and then

NOTE Confidence: 0.949230372905731

00:02:16.654 --> 00:02:18.394 typically attached at the bottom.

NOTE Confidence: 0.949230372905731

00:02:18.400 --> 00:02:20.836 Very, very easy to make and create,
NOTE Confidence: 0.949230372905731

00:02:20.840 --> 00:02:22.500 so that's something you may
NOTE Confidence: 0.949230372905731

00:02:22.500 --> 00:02:24.597 want to think about just doing
NOTE Confidence: 0.949230372905731

00:02:24.597 --> 00:02:26.077 a little Google search.
NOTE Confidence: 0.949230372905731

00:02:26.080 --> 00:02:28.165 And it's maybe 8 steps
NOTE Confidence: 0.949230372905731

00:02:28.165 --> 00:02:29.833 to putting this together.
NOTE Confidence: 0.949230372905731

00:02:29.840 --> 00:02:34.106 I'm so with that now we're going to begin
NOTE Confidence: 0.949230372905731

00:02:34.106 --> 00:02:37.877 with what's called 8 breaths to joy.
NOTE Confidence: 0.949230372905731

00:02:37.880 --> 00:02:40.886 And joy helps us to be so much more
NOTE Confidence: 0.949230372905731

00:02:40.886 --> 00:02:44.153 fully present in our life and in our day.
NOTE Confidence: 0.949230372905731

00:02:44.160 --> 00:02:46.848 So it's just a good reminder
NOTE Confidence: 0.949230372905731

00:02:46.848 --> 00:02:49.479 that we have access to this.
NOTE Confidence: 0.949230372905731

00:02:49.480 --> 00:02:52.288 So as we begin, I'm just gonna ask you,
NOTE Confidence: 0.949230372905731

00:02:52.290 --> 00:02:52.912 of course,
NOTE Confidence: 0.949230372905731

00:02:52.912 --> 00:02:54.778 to become comfortable in your position,
NOTE Confidence: 0.949230372905731

00:02:54.780 --> 00:02:56.028 whether it's sitting down

NOTE Confidence: 0.949230372905731
00:02:56.028 --> 00:02:57.900 or laying down on the floor.
NOTE Confidence: 0.952178955078125
00:03:00.040 --> 00:03:04.110 Take a deep breath. Get out.
NOTE Confidence: 0.895890474319458
00:03:04.110 --> 00:03:05.889 With your first
NOTE Confidence: 0.895890474319458
00:03:05.890 --> 00:03:09.175 breath, bring your awareness to
NOTE Confidence: 0.895890474319458
00:03:09.175 --> 00:03:12.460 the sensation of your breathing.
NOTE Confidence: 0.895890474319458
00:03:12.460 --> 00:03:16.378 Pay close attention to the physical
NOTE Confidence: 0.895890474319458
00:03:16.378 --> 00:03:20.738 sensation of your breath as it moves in.
NOTE Confidence: 0.895890474319458
00:03:20.740 --> 00:03:27.188 An out Follow your in breath.
NOTE Confidence: 0.895890474319458
00:03:27.190 --> 00:03:30.500 Anne, your out breath from
NOTE Confidence: 0.895890474319458
00:03:30.500 --> 00:03:33.810 the beginning to the end.
NOTE Confidence: 0.895890474319458
00:03:33.810 --> 00:03:36.984 The word to say to yourself
NOTE Confidence: 0.895890474319458
00:03:36.984 --> 00:03:39.970 during this breath is breath.
NOTE Confidence: 0.926230728626251
00:03:47.460 --> 00:03:49.316 With the second breath,
NOTE Confidence: 0.926230728626251
00:03:49.316 --> 00:03:52.691 bring your attention to all of the
NOTE Confidence: 0.926230728626251
00:03:52.691 --> 00:03:55.196 sensations in your entire body.
NOTE Confidence: 0.926230728626251

00:03:55.200 --> 00:03:58.692 Allow your awareness to completely fill
NOTE Confidence: 0.926230728626251

00:03:58.692 --> 00:04:02.480 your body and notice what you find.
NOTE Confidence: 0.926230728626251

00:04:02.480 --> 00:04:05.950 Some sensations will be pleasant.
NOTE Confidence: 0.926230728626251

00:04:05.950 --> 00:04:11.488 Some unpleasant. And some just neutral.
NOTE Confidence: 0.926230728626251

00:04:11.490 --> 00:04:14.508 See if you can allow yourself
NOTE Confidence: 0.926230728626251

00:04:14.508 --> 00:04:17.105 to feel these sensations without
NOTE Confidence: 0.926230728626251

00:04:17.105 --> 00:04:20.057 trying to change them at all.
NOTE Confidence: 0.926230728626251

00:04:20.060 --> 00:04:24.260 Pay special attention to any tension,
NOTE Confidence: 0.926230728626251

00:04:24.260 --> 00:04:28.058 heaviness or agitation.
NOTE Confidence: 0.926230728626251

00:04:28.060 --> 00:04:31.306 And the word for this breath.
NOTE Confidence: 0.926230728626251

00:04:31.310 --> 00:04:32.430 Is body.
NOTE Confidence: 0.900221407413483

00:04:43.090 --> 00:04:45.630 With the third breath actively
NOTE Confidence: 0.900221407413483

00:04:45.630 --> 00:04:48.170 release all of the tension,
NOTE Confidence: 0.900221407413483

00:04:48.170 --> 00:04:52.586 heaviness and agitation in your body.
NOTE Confidence: 0.900221407413483

00:04:52.590 --> 00:04:55.188 You can imagine that it is
NOTE Confidence: 0.900221407413483

00:04:55.188 --> 00:04:57.400 being washed out of you.

NOTE Confidence: 0.900221407413483
00:04:57.400 --> 00:04:59.180 With your out breasts.
NOTE Confidence: 0.880348443984985
00:05:02.200 --> 00:05:06.990 The word for this breath is release.
NOTE Confidence: 0.901485919952393
00:05:15.540 --> 00:05:18.906 With the 4th breath, say to yourself,
NOTE Confidence: 0.901485919952393
00:05:18.910 --> 00:05:21.745 meh, you have ease and
NOTE Confidence: 0.901485919952393
00:05:21.745 --> 00:05:24.580 lightness of body and mind.
NOTE Confidence: 0.901485919952393
00:05:24.580 --> 00:05:27.597 See if you can say this with
NOTE Confidence: 0.901485919952393
00:05:27.597 --> 00:05:30.203 your heart filled with love
NOTE Confidence: 0.901485919952393
00:05:30.203 --> 00:05:32.639 and generosity Tord yourself.
NOTE Confidence: 0.894593596458435
00:05:35.950 --> 00:05:39.126 You are wishing yourself well.
NOTE Confidence: 0.894593596458435
00:05:39.126 --> 00:05:44.150 And sending compassion to your body and mind.
NOTE Confidence: 0.894593596458435
00:05:44.150 --> 00:05:47.670 And the word for this breath is love.
NOTE Confidence: 0.92739874124527
00:05:54.760 --> 00:05:56.088 With the 5th breath,
NOTE Confidence: 0.92739874124527
00:05:56.088 --> 00:05:58.092 notice if there are any Cravings
NOTE Confidence: 0.92739874124527
00:05:58.092 --> 00:05:59.700 or aversions present in you.
NOTE Confidence: 0.92739874124527
00:05:59.700 --> 00:06:02.542 Is there any part of you that
NOTE Confidence: 0.92739874124527

00:06:02.542 --> 00:06:05.095 wants reality to be a little
NOTE Confidence: 0.92739874124527

00:06:05.095 --> 00:06:08.000 different than it may be right now?
NOTE Confidence: 0.92739874124527

00:06:08.000 --> 00:06:11.488 Is there anyway that you are not accepting
NOTE Confidence: 0.92739874124527

00:06:11.488 --> 00:06:14.620 or fighting against things as they are?
NOTE Confidence: 0.92739874124527

00:06:14.620 --> 00:06:17.110 Just notice any Cravings are
NOTE Confidence: 0.92739874124527

00:06:17.110 --> 00:06:20.117 aversions and let yourself feel them
NOTE Confidence: 0.92739874124527

00:06:20.117 --> 00:06:23.099 without trying to make them go away.
NOTE Confidence: 0.92739874124527

00:06:23.100 --> 00:06:26.280 They are not your enemy, they are a
NOTE Confidence: 0.92739874124527

00:06:26.280 --> 00:06:30.290 part of you that needs love and caring.
NOTE Confidence: 0.92739874124527

00:06:30.290 --> 00:06:32.498 And the word for this breath.
NOTE Confidence: 0.92739874124527

00:06:32.500 --> 00:06:34.340 Is Cravings.
NOTE Confidence: 0.936200976371765

00:06:36.950 --> 00:06:39.128 In every moment of life there
NOTE Confidence: 0.936200976371765

00:06:39.128 --> 00:06:41.030 are infinite reasons to suffer
NOTE Confidence: 0.936200976371765

00:06:41.030 --> 00:06:43.316 an infinite reasons to be happy.
NOTE Confidence: 0.936200976371765

00:06:43.320 --> 00:06:46.675 What matters is where we're
NOTE Confidence: 0.936200976371765

00:06:46.675 --> 00:06:48.688 putting our attention.

NOTE Confidence: 0.936200976371765
00:06:48.690 --> 00:06:50.494 With the six breath,
NOTE Confidence: 0.936200976371765
00:06:50.494 --> 00:06:53.668 become aware that everything you need to
NOTE Confidence: 0.936200976371765
00:06:53.668 --> 00:06:56.772 be happy is already present in the moment.
NOTE Confidence: 0.936200976371765
00:06:56.780 --> 00:06:59.768 All of the conditions that are
NOTE Confidence: 0.936200976371765
00:06:59.768 --> 00:07:02.743 needed for peace, joy and freedom,
NOTE Confidence: 0.936200976371765
00:07:02.743 --> 00:07:06.760 or already here in every moment of life.
NOTE Confidence: 0.936200976371765
00:07:06.760 --> 00:07:11.849 There are infinite reasons to be happy.
NOTE Confidence: 0.936200976371765
00:07:11.850 --> 00:07:14.840 What matters is where we're
NOTE Confidence: 0.936200976371765
00:07:14.840 --> 00:07:16.634 putting our attention.
NOTE Confidence: 0.936200976371765
00:07:16.640 --> 00:07:19.340 Let's no longer ignore the positive
NOTE Confidence: 0.936200976371765
00:07:19.340 --> 00:07:22.249 conditions that are available in this moment.
NOTE Confidence: 0.936200976371765
00:07:22.250 --> 00:07:23.870 Problems do exist,
NOTE Confidence: 0.936200976371765
00:07:23.870 --> 00:07:27.650 but they are not all that exists.
NOTE Confidence: 0.936200976371765
00:07:27.650 --> 00:07:31.700 For this one breath focus on
NOTE Confidence: 0.936200976371765
00:07:31.700 --> 00:07:35.569 everything in life that is good.
NOTE Confidence: 0.936200976371765

00:07:35.570 --> 00:07:38.330 We are no longer regretting the
NOTE Confidence: 0.936200976371765
00:07:38.330 --> 00:07:41.200 past or worrying about the future.
NOTE Confidence: 0.936200976371765
00:07:41.200 --> 00:07:44.332 We are here and present to
NOTE Confidence: 0.936200976371765
00:07:44.332 --> 00:07:46.420 the miracles of life.
NOTE Confidence: 0.936200976371765
00:07:46.420 --> 00:07:48.940 And the word for this breath.
NOTE Confidence: 0.936200976371765
00:07:48.940 --> 00:07:50.629 Is letting go.
NOTE Confidence: 0.930311858654022
00:07:55.650 --> 00:07:57.626 With the 7th breath,
NOTE Confidence: 0.930311858654022
00:07:57.626 --> 00:08:00.698 become aware that you are alive.
NOTE Confidence: 0.930311858654022
00:08:00.700 --> 00:08:04.060 As you breathe, feel the energy
NOTE Confidence: 0.930311858654022
00:08:04.060 --> 00:08:06.820 of life moving through you.
NOTE Confidence: 0.930311858654022
00:08:06.820 --> 00:08:08.458 With this breath,
NOTE Confidence: 0.930311858654022
00:08:08.458 --> 00:08:12.280 we recognize the miracle of being alive.
NOTE Confidence: 0.930311858654022
00:08:12.280 --> 00:08:15.780 We become fully awake to the experience
NOTE Confidence: 0.930311858654022
00:08:15.780 --> 00:08:19.604 of being alive in the present moment and
NOTE Confidence: 0.930311858654022
00:08:19.604 --> 00:08:23.218 we see what a precious thing this is.
NOTE Confidence: 0.930311858654022
00:08:23.220 --> 00:08:26.658 If you had just a few minutes to live,

NOTE Confidence: 0.930311858654022
00:08:26.660 --> 00:08:29.708 it would be so clear that 24 hours
NOTE Confidence: 0.930311858654022
00:08:29.708 --> 00:08:32.648 of life is incredibly precious.
NOTE Confidence: 0.930311858654022
00:08:32.650 --> 00:08:35.750 Let's not ignore this truth.
NOTE Confidence: 0.930311858654022
00:08:35.750 --> 00:08:39.357 And the word for this breath is alive.
NOTE Confidence: 0.920021295547485
00:08:42.450 --> 00:08:44.340 With this 8th breath,
NOTE Confidence: 0.920021295547485
00:08:44.340 --> 00:08:47.310 become aware of all of the
NOTE Confidence: 0.920021295547485
00:08:47.310 --> 00:08:49.729 beauty within an around you.
NOTE Confidence: 0.920021295547485
00:08:49.730 --> 00:08:53.146 As soon as we let go of our desires
NOTE Confidence: 0.920021295547485
00:08:53.146 --> 00:08:56.427 and wake up to the present moment,
NOTE Confidence: 0.920021295547485
00:08:56.430 --> 00:08:59.646 we see that reality itself is
NOTE Confidence: 0.920021295547485
00:08:59.646 --> 00:09:00.718 indescribably beautiful.
NOTE Confidence: 0.920021295547485
00:09:00.720 --> 00:09:04.654 All of our senses are a sight,
NOTE Confidence: 0.920021295547485
00:09:04.660 --> 00:09:06.775 sound, smell, taste,
NOTE Confidence: 0.920021295547485
00:09:06.775 --> 00:09:10.300 touch and mental perception delivered
NOTE Confidence: 0.920021295547485
00:09:10.300 --> 00:09:14.529 this beauty to us like a precious gift.
NOTE Confidence: 0.920021295547485

00:09:14.530 --> 00:09:17.260 All we have to do is enjoy
NOTE Confidence: 0.920021295547485

00:09:17.260 --> 00:09:20.139 and the word for this breath.
NOTE Confidence: 0.920021295547485

00:09:20.140 --> 00:09:21.240 His beauty
NOTE Confidence: 0.886338472366333

00:09:26.330 --> 00:09:29.715 So we can practice the eight
NOTE Confidence: 0.886338472366333

00:09:29.715 --> 00:09:32.600 breasts of joy like this.
NOTE Confidence: 0.886338472366333

00:09:32.600 --> 00:09:34.880 Our first breath in his
NOTE Confidence: 0.886338472366333

00:09:34.880 --> 00:09:37.540 breath take a deep breath in.
NOTE Confidence: 0.801005005836487

00:09:39.970 --> 00:09:45.540 Breath. Angry doubt.
NOTE Confidence: 0.801005005836487

00:09:45.540 --> 00:09:48.876 Our next breath is body breath in.
NOTE Confidence: 0.416907072067261

00:09:52.550 --> 00:09:53.460 An out
NOTE Confidence: 0.839114904403687

00:09:56.650 --> 00:09:59.710 I third breath is released. Breath in.
NOTE Confidence: 0.795322060585022

00:10:02.470 --> 00:10:03.940 And breath out.
NOTE Confidence: 0.810183465480804

00:10:06.690 --> 00:10:09.828 Our 4th breath is love breath in.
NOTE Confidence: 0.82123214006424

00:10:12.740 --> 00:10:14.060 And breath out.
NOTE Confidence: 0.876451015472412

00:10:18.420 --> 00:10:21.336 Our next breath is craving breath in.
NOTE Confidence: 0.794841051101685

00:10:24.020 --> 00:10:25.199 And breath out.

NOTE Confidence: 0.776363253593445
00:10:29.430 --> 00:10:32.200 Six breath in is letting.
NOTE Confidence: 0.776363253593445
00:10:32.200 --> 00:10:34.140 Letting go breath in.
NOTE Confidence: 0.799967348575592
00:10:37.500 --> 00:10:38.480 Breath out.
NOTE Confidence: 0.833257973194122
00:10:42.510 --> 00:10:45.946 7th breath in is alive breath in.
NOTE Confidence: 0.595517754554749
00:10:48.580 --> 00:10:52.640 Impressive. Had our 8th and final
NOTE Confidence: 0.595517754554749
00:10:52.640 --> 00:10:54.770 breath in his beauty breath in.
NOTE Confidence: 0.688389718532562
00:10:57.040 --> 00:10:59.280 And breath out.
NOTE Confidence: 0.935296714305878
00:11:02.660 --> 00:11:05.060 Excellent job.
NOTE Confidence: 0.935296714305878
00:11:05.060 --> 00:11:07.860 Very good if your eyes are closed.
NOTE Confidence: 0.935296714305878
00:11:07.860 --> 00:11:11.136 You can open your eyes now that was a
NOTE Confidence: 0.935296714305878
00:11:11.136 --> 00:11:14.880 lot of work that was beautiful grounding.
NOTE Confidence: 0.935296714305878
00:11:14.880 --> 00:11:17.960 Getting in touch with our power to
NOTE Confidence: 0.935296714305878
00:11:17.960 --> 00:11:20.636 control our thoughts and and the
NOTE Confidence: 0.935296714305878
00:11:20.636 --> 00:11:23.180 value of just appreciating each and
NOTE Confidence: 0.935296714305878
00:11:23.180 --> 00:11:26.010 every day in each and every moment.
NOTE Confidence: 0.935296714305878

00:11:26.010 --> 00:11:28.032 So we're going to stretch your
NOTE Confidence: 0.935296714305878

00:11:28.032 --> 00:11:30.269 arms out as far as you can.
NOTE Confidence: 0.935296714305878

00:11:30.270 --> 00:11:32.980 Weather in over your head.
NOTE Confidence: 0.935296714305878

00:11:32.980 --> 00:11:36.178 Madame X Collation.
NOTE Confidence: 0.935296714305878

00:11:36.180 --> 00:11:38.665 Excellent if you have some water nearby,
NOTE Confidence: 0.935296714305878

00:11:38.670 --> 00:11:40.716 you may just want to stop
NOTE Confidence: 0.935296714305878

00:11:40.716 --> 00:11:42.939 and take a sip of water.
NOTE Confidence: 0.935296714305878

00:11:42.940 --> 00:11:44.715 Very important to hydrate when
NOTE Confidence: 0.935296714305878

00:11:44.715 --> 00:11:46.860 you do meditation and breath work.
NOTE Confidence: 0.927145957946777

00:11:49.110 --> 00:11:52.701 And now we're going to transition into
NOTE Confidence: 0.927145957946777

00:11:52.701 --> 00:11:55.437 a brief meditation loving kindness
NOTE Confidence: 0.927145957946777

00:11:55.437 --> 00:11:58.743 for ourselves and our loved ones.
NOTE Confidence: 0.927145957946777

00:11:58.750 --> 00:12:01.700 Such as resume once again
NOTE Confidence: 0.927145957946777

00:12:01.700 --> 00:12:03.470 you're comfortable position.
NOTE Confidence: 0.927145957946777

00:12:03.470 --> 00:12:07.390 If you like, you can put your hand over.
NOTE Confidence: 0.927145957946777

00:12:07.390 --> 00:12:10.390 Your heart was just another location

NOTE Confidence: 0.927145957946777
00:12:10.390 --> 00:12:13.080 that soothing just a reminder
NOTE Confidence: 0.927145957946777
00:12:13.080 --> 00:12:16.075 to bring awareness to ourselves.
NOTE Confidence: 0.927145957946777
00:12:16.080 --> 00:12:19.126 Now bring to mind a person or other
NOTE Confidence: 0.927145957946777
00:12:19.126 --> 00:12:21.782 living being who naturally makes you
NOTE Confidence: 0.927145957946777
00:12:21.782 --> 00:12:24.668 smile could be a child grandparent.
NOTE Confidence: 0.927145957946777
00:12:24.670 --> 00:12:26.840 Your cat or your dog?
NOTE Confidence: 0.927145957946777
00:12:26.840 --> 00:12:29.320 Whoever naturally brings happiness
NOTE Confidence: 0.927145957946777
00:12:29.320 --> 00:12:31.180 to your heart.
NOTE Confidence: 0.927145957946777
00:12:31.180 --> 00:12:33.148 And let yourself feel what it's
NOTE Confidence: 0.927145957946777
00:12:33.148 --> 00:12:36.070 like to be in not being's presence.
NOTE Confidence: 0.927145957946777
00:12:36.070 --> 00:12:40.879 Allow yourself to enjoy the good company.
NOTE Confidence: 0.927145957946777
00:12:40.880 --> 00:12:43.605 Now create a vivid image of
NOTE Confidence: 0.927145957946777
00:12:43.605 --> 00:12:46.480 this being in your mind's eye.
NOTE Confidence: 0.927145957946777
00:12:46.480 --> 00:12:49.168 Recognized how much being with them makes
NOTE Confidence: 0.927145957946777
00:12:49.168 --> 00:12:52.037 you feel happy and free from suffering.
NOTE Confidence: 0.905240952968597

00:12:55.510 --> 00:12:58.800 Repeat these words and feel their importance.

NOTE Confidence: 0.912848949432373

00:13:01.800 --> 00:13:04.073 May you be happy.

NOTE Confidence: 0.912848949432373

00:13:04.073 --> 00:13:06.597 May you be peaceful.

NOTE Confidence: 0.912848949432373

00:13:06.600 --> 00:13:08.180 May you be healthy and

NOTE Confidence: 0.912848949432373

00:13:08.180 --> 00:13:09.760 may you live with ease.

NOTE Confidence: 0.916060924530029

00:13:15.530 --> 00:13:18.344 Now add yourself to the circle of goodwill.

NOTE Confidence: 0.916060924530029

00:13:18.350 --> 00:13:21.185 Create an image of yourself in the

NOTE Confidence: 0.916060924530029

00:13:21.185 --> 00:13:24.207 presence of your loved one and now

NOTE Confidence: 0.916060924530029

00:13:24.207 --> 00:13:26.367 visualize both of you together.

NOTE Confidence: 0.916060924530029

00:13:26.370 --> 00:13:29.590 And you say, may we be happy?

NOTE Confidence: 0.916060924530029

00:13:29.590 --> 00:13:31.490 May we be peaceful?

NOTE Confidence: 0.916060924530029

00:13:31.490 --> 00:13:33.865 May we be healthy and.

NOTE Confidence: 0.916060924530029

00:13:33.870 --> 00:13:37.780 May we live with ease?

NOTE Confidence: 0.916060924530029

00:13:37.780 --> 00:13:40.260 Now let go of the image of the

NOTE Confidence: 0.916060924530029

00:13:40.260 --> 00:13:42.946 other and let your full attention

NOTE Confidence: 0.916060924530029

00:13:42.946 --> 00:13:44.926 focus directly on yourself.

NOTE Confidence: 0.897596001625061

00:13:47.340 --> 00:13:49.866 Visualize your whole body in your

NOTE Confidence: 0.897596001625061

00:13:49.866 --> 00:13:52.553 mind's eye and notice any stressor

NOTE Confidence: 0.897596001625061

00:13:52.553 --> 00:13:55.313 uneasiness that may be lingering within

NOTE Confidence: 0.897596001625061

00:13:55.313 --> 00:13:58.378 you and offer yourself the phrases.

NOTE Confidence: 0.897596001625061

00:13:58.380 --> 00:14:03.878 May I be healthy? May I be peaceful?

NOTE Confidence: 0.897596001625061

00:14:03.880 --> 00:14:07.710 May I be happy in May I live with ease?

NOTE Confidence: 0.875768005847931

00:14:10.280 --> 00:14:15.118 Finally, take a long deep breath.

NOTE Confidence: 0.504950741926829

00:14:16.300 --> 00:14:21.950 In Get out. And

NOTE Confidence: 0.902763187885284

00:14:21.950 --> 00:14:24.315 just rest quietly for a

NOTE Confidence: 0.902763187885284

00:14:24.315 --> 00:14:26.680 moment in your own body.

NOTE Confidence: 0.902763187885284

00:14:26.680 --> 00:14:29.049 And accept whatever your experience

NOTE Confidence: 0.902763187885284

00:14:29.049 --> 00:14:32.370 is exactly as it is right now.

NOTE Confidence: 0.857519328594208

00:14:54.870 --> 00:14:58.110 And when you're ready.

NOTE Confidence: 0.93469250202179

00:14:58.110 --> 00:15:00.534 Slowly open your eyes,

NOTE Confidence: 0.93469250202179

00:15:00.534 --> 00:15:02.958 just bring yourself back.

NOTE Confidence: 0.93469250202179

00:15:02.960 --> 00:15:04.672 To the present moment,
NOTE Confidence: 0.93469250202179

00:15:04.672 --> 00:15:07.810 feel your feet grounded on the floor.
NOTE Confidence: 0.856495499610901

00:15:10.570 --> 00:15:14.392 And a final breath in.
NOTE Confidence: 0.856495499610901

00:15:14.392 --> 00:15:18.750 An out OK, that was just beautiful an you
NOTE Confidence: 0.856495499610901

00:15:18.750 --> 00:15:21.060 all did excellent excellent work today.
NOTE Confidence: 0.856495499610901

00:15:21.060 --> 00:15:24.048 I hope that starts your day in a peaceful
NOTE Confidence: 0.856495499610901

00:15:24.048 --> 00:15:26.711 way and whatever comes up on you
NOTE Confidence: 0.856495499610901

00:15:26.711 --> 00:15:29.770 throughout the day and throughout the week,
NOTE Confidence: 0.856495499610901

00:15:29.770 --> 00:15:33.354 you're able to just sort of accept and
NOTE Confidence: 0.856495499610901

00:15:33.354 --> 00:15:37.263 absorb and kind of go on in a positive way.
NOTE Confidence: 0.856495499610901

00:15:37.270 --> 00:15:39.310 So we say as we conclude,
NOTE Confidence: 0.856495499610901

00:15:39.310 --> 00:15:41.206 made a long time sunshine upon
NOTE Confidence: 0.856495499610901

00:15:41.206 --> 00:15:43.621 you and all love surround you and
NOTE Confidence: 0.856495499610901

00:15:43.621 --> 00:15:45.426 the pure light within you.
NOTE Confidence: 0.856495499610901

00:15:45.430 --> 00:15:46.790 Guide your way on,
NOTE Confidence: 0.856495499610901

00:15:46.790 --> 00:15:48.830 guide your way on KB well,

NOTE Confidence: 0.856495499610901

00:15:48.830 --> 00:15:51.550 and I'll see you on Thursday at 1:30.

NOTE Confidence: 0.856495499610901

00:15:51.550 --> 00:15:53.215 Take care everybody.