

WEBVTT

NOTE duration:"00:21:34.5920000"

NOTE language:en-us

NOTE Confidence: 0.92458725

00:00:00.000 --> 00:00:01.736 But again, welcome everybody

NOTE Confidence: 0.92458725

00:00:01.736 --> 00:00:03.038 and Good afternoon.

NOTE Confidence: 0.92458725

00:00:03.040 --> 00:00:05.973 My name is Michelle Grand Am licensed

NOTE Confidence: 0.92458725

00:00:05.973 --> 00:00:09.018 massage therapist and I work with the

NOTE Confidence: 0.92458725

00:00:09.018 --> 00:00:11.580 oncology patients at Smilow Cancer hospital.

NOTE Confidence: 0.92458725

00:00:11.580 --> 00:00:14.569 Today we're going to do some again,

NOTE Confidence: 0.92458725

00:00:14.570 --> 00:00:17.318 some Breathwork leading into a guided

NOTE Confidence: 0.92458725

00:00:17.318 --> 00:00:20.709 meditation and then a grounding exercise.

NOTE Confidence: 0.92458725

00:00:20.710 --> 00:00:22.789 So, as always before we get begin,

NOTE Confidence: 0.92458725

00:00:22.790 --> 00:00:24.270 just make sure if you'd

NOTE Confidence: 0.92458725

00:00:24.270 --> 00:00:25.454 like some water nearby,

NOTE Confidence: 0.92458725

00:00:25.460 --> 00:00:27.056 it's good to have some water

NOTE Confidence: 0.92458725

00:00:27.056 --> 00:00:29.029 'cause as we do the breathing,

NOTE Confidence: 0.92458725

00:00:29.030 --> 00:00:31.039 sometimes it's stimulating and we need to

NOTE Confidence: 0.92458725
00:00:31.039 --> 00:00:33.460 Hydrate a little bit and then just bring
NOTE Confidence: 0.92458725
00:00:33.460 --> 00:00:34.970 yourself into a comfortable position.
NOTE Confidence: 0.92458725
00:00:34.970 --> 00:00:37.430 Whatever is comfortable for you.
NOTE Confidence: 0.92458725
00:00:37.430 --> 00:00:39.884 Whether it's sitting down with your
NOTE Confidence: 0.92458725
00:00:39.884 --> 00:00:42.317 feet planted firmly on the ground
NOTE Confidence: 0.92458725
00:00:42.317 --> 00:00:44.483 or in a cross legged position,
NOTE Confidence: 0.92458725
00:00:44.490 --> 00:00:46.814 or even laying back,
NOTE Confidence: 0.92458725
00:00:46.814 --> 00:00:50.300 closing your eyes if you prefer.
NOTE Confidence: 0.92458725
00:00:50.300 --> 00:00:51.975 Breathing is the most natural
NOTE Confidence: 0.92458725
00:00:51.975 --> 00:00:53.315 thing in the world,
NOTE Confidence: 0.92458725
00:00:53.320 --> 00:00:55.540 yet sometimes we forget about
NOTE Confidence: 0.92458725
00:00:55.540 --> 00:00:57.316 it throughout our days.
NOTE Confidence: 0.92458725
00:00:57.320 --> 00:01:00.008 So let's honor our breath now and
NOTE Confidence: 0.92458725
00:01:00.008 --> 00:01:02.754 how it brings us in the present
NOTE Confidence: 0.92458725
00:01:02.754 --> 00:01:05.590 moment so that we're able to relax.
NOTE Confidence: 0.92458725

00:01:05.590 --> 00:01:07.565 We're gonna take five significant
NOTE Confidence: 0.92458725

00:01:07.565 --> 00:01:08.750 and purposeful breaths.
NOTE Confidence: 0.912997023076923

00:01:10.970 --> 00:01:13.145 One full inhalation.
NOTE Confidence: 0.912997023076923

00:01:13.145 --> 00:01:16.045 Expanding your belly and
NOTE Confidence: 0.912997023076923

00:01:16.045 --> 00:01:19.700 chest as much as you can.
NOTE Confidence: 0.912997023076923

00:01:19.700 --> 00:01:21.160 Hold it for a moment.
NOTE Confidence: 0.9051836

00:01:23.700 --> 00:01:26.703 And as you Exhale, feel a wave
NOTE Confidence: 0.9051836

00:01:26.703 --> 00:01:28.849 of relaxation sleep over you.
NOTE Confidence: 0.7150412

00:01:32.820 --> 00:01:35.460 Again, we're gonna in how?
NOTE Confidence: 0.7150412

00:01:35.460 --> 00:01:38.252 Fill your entire breathing
NOTE Confidence: 0.7150412

00:01:38.252 --> 00:01:41.140 system with oxygen. Hold it.
NOTE Confidence: 0.8873405

00:01:43.400 --> 00:01:46.464 How to Exhale and feel the wave of
NOTE Confidence: 0.8873405

00:01:46.464 --> 00:01:48.378 relaxation, gently sweeping over you.
NOTE Confidence: 0.89667

00:01:51.130 --> 00:01:54.168 We're gonna take a third in house
NOTE Confidence: 0.89667

00:01:54.168 --> 00:01:57.198 so that you're brimming with air.
NOTE Confidence: 0.89667

00:01:57.200 --> 00:02:01.778 Hold it and soak in the oxygen.

NOTE Confidence: 0.89667
00:02:01.780 --> 00:02:04.840 And Exhale has your body relaxed,
NOTE Confidence: 0.89667
00:02:04.840 --> 00:02:08.920 is in all different areas without any effort.
NOTE Confidence: 0.86877962
00:02:12.400 --> 00:02:15.120 Take a fourth inhalation.
NOTE Confidence: 0.86877962
00:02:15.120 --> 00:02:17.160 Feeling the breath,
NOTE Confidence: 0.86877962
00:02:17.160 --> 00:02:19.120 purifying your entire body.
NOTE Confidence: 0.6954259
00:02:21.970 --> 00:02:26.483 Who did? Exhale and just
NOTE Confidence: 0.6954259
00:02:26.483 --> 00:02:29.047 notice how you're feeling.
NOTE Confidence: 0.832737
00:02:31.950 --> 00:02:35.370 And finally, take a fifth inhalation.
NOTE Confidence: 0.832737
00:02:35.370 --> 00:02:38.250 A beautiful breath coming in.
NOTE Confidence: 0.832737
00:02:38.250 --> 00:02:41.918 Hold it and feeling invigorated from oxygen.
NOTE Confidence: 0.8496791525
00:02:44.160 --> 00:02:46.590 And Exhale. Allowing
NOTE Confidence: 0.8496791525
00:02:46.590 --> 00:02:50.640 relaxation to sleep over you.
NOTE Confidence: 0.8496791525
00:02:50.640 --> 00:02:52.620 Now take note of how you
NOTE Confidence: 0.8496791525
00:02:52.620 --> 00:02:54.570 feel at this very moment.
NOTE Confidence: 0.8496791525
00:02:54.570 --> 00:02:58.518 You now have an abundance of oxygen.
NOTE Confidence: 0.8496791525

00:02:58.520 --> 00:03:02.568 This is how we are created to feel.
NOTE Confidence: 0.8496791525

00:03:02.570 --> 00:03:06.302 Breathing deeply and fully is an
NOTE Confidence: 0.8496791525

00:03:06.302 --> 00:03:08.790 expression of self compassion.
NOTE Confidence: 0.8496791525

00:03:08.790 --> 00:03:11.718 Now let your breath become natural
NOTE Confidence: 0.8496791525

00:03:11.718 --> 00:03:15.209 and just notice how abundance feels.
NOTE Confidence: 0.5100478

00:03:18.440 --> 00:03:19.070 Good.
NOTE Confidence: 0.85580635

00:03:25.860 --> 00:03:29.316 How I'd like you to focus on the
NOTE Confidence: 0.85580635

00:03:29.316 --> 00:03:32.259 sensations at the top of your head.
NOTE Confidence: 0.85580635

00:03:32.260 --> 00:03:34.110 Just notice how the very
NOTE Confidence: 0.85580635

00:03:34.110 --> 00:03:35.960 top of your head feels.
NOTE Confidence: 0.87238944

00:03:40.450 --> 00:03:43.438 And let the focus now move
NOTE Confidence: 0.87238944

00:03:43.438 --> 00:03:45.430 down towards your eyes.
NOTE Confidence: 0.87238944

00:03:45.430 --> 00:03:48.022 Just notice how your eyes feel
NOTE Confidence: 0.87238944

00:03:48.022 --> 00:03:50.660 and ask your eyes to relax.
NOTE Confidence: 0.83396125

00:03:53.460 --> 00:03:57.065 Any small I'd movements you may notice?
NOTE Confidence: 0.83396125

00:03:57.070 --> 00:04:00.535 Just allow them to help you to feel calm.

NOTE Confidence: 0.91484
00:04:07.910 --> 00:04:10.222 Notice how the back of your head feels
NOTE Confidence: 0.91484
00:04:10.222 --> 00:04:13.828 against any surface. It may be touching.
NOTE Confidence: 0.91484
00:04:13.830 --> 00:04:16.838 How heavy does your head feel right now?
NOTE Confidence: 0.9071941
00:04:20.760 --> 00:04:23.518 Let your focus move to your nose,
NOTE Confidence: 0.9071941
00:04:23.520 --> 00:04:25.866 filling the slight sensations of the
NOTE Confidence: 0.9071941
00:04:25.866 --> 00:04:29.027 air moving in and out with your breath.
NOTE Confidence: 0.92703855
00:04:36.710 --> 00:04:38.565 When you breathe in, imagine
NOTE Confidence: 0.92703855
00:04:38.565 --> 00:04:40.989 that you're being filled with a
NOTE Confidence: 0.92703855
00:04:40.989 --> 00:04:42.477 natural medicinal phenomenon.
NOTE Confidence: 0.93218595
00:04:45.030 --> 00:04:47.714 And when you breathe out, imagine your
NOTE Confidence: 0.93218595
00:04:47.714 --> 00:04:50.006 body feels light and deeply relaxed.
NOTE Confidence: 0.8778329
00:04:52.670 --> 00:04:53.690 Very good.
NOTE Confidence: 0.9071378
00:04:57.830 --> 00:05:00.030 Now focus on your ears.
NOTE Confidence: 0.9071378
00:05:00.030 --> 00:05:03.020 Notice how they feel and
NOTE Confidence: 0.9071378
00:05:03.020 --> 00:05:06.010 what they hear around you.
NOTE Confidence: 0.9071378

00:05:06.010 --> 00:05:08.608 Try to hear every single noise.
NOTE Confidence: 0.89874804

00:05:16.710 --> 00:05:19.116 When sounds come into your ears,
NOTE Confidence: 0.89874804

00:05:19.120 --> 00:05:21.520 they act as little waves of
NOTE Confidence: 0.89874804

00:05:21.520 --> 00:05:23.528 relaxation, taking you even deeper.
NOTE Confidence: 0.92118394

00:05:29.570 --> 00:05:32.306 Notice all other sounds passing through,
NOTE Confidence: 0.92118394

00:05:32.310 --> 00:05:36.405 only take you deeper into a state of healing.
NOTE Confidence: 0.85340834

00:05:42.230 --> 00:05:45.544 Now focus on your mouth. How does
NOTE Confidence: 0.85340834

00:05:45.544 --> 00:05:48.043 it feel and what do you notice?
NOTE Confidence: 0.94110465

00:05:50.720 --> 00:05:52.604 Perhaps you can imagine biting into
NOTE Confidence: 0.94110465

00:05:52.604 --> 00:05:55.138 a fresh piece of your favorite fruit.
NOTE Confidence: 0.9267204

00:05:57.200 --> 00:05:59.408 And notice how your mouth waters.
NOTE Confidence: 0.923725

00:06:04.590 --> 00:06:06.640 Now move your focus down
NOTE Confidence: 0.923725

00:06:06.640 --> 00:06:08.690 to your neck and shoulders,
NOTE Confidence: 0.923725

00:06:08.690 --> 00:06:11.150 and if there's any tension along
NOTE Confidence: 0.923725

00:06:11.150 --> 00:06:14.020 the way, just ask it to release.
NOTE Confidence: 0.923816

00:06:19.740 --> 00:06:22.932 Move your attention slowly going down each

NOTE Confidence: 0.923816
00:06:22.932 --> 00:06:26.749 arm all the way down to each finger tip.
NOTE Confidence: 0.92359865
00:06:29.530 --> 00:06:32.698 Feel the sensations on your fingertips.
NOTE Confidence: 0.8233183
00:06:36.470 --> 00:06:41.278 Allow your focus to go to your chest.
NOTE Confidence: 0.8233183
00:06:41.280 --> 00:06:43.340 Relaxing this area as
NOTE Confidence: 0.8233183
00:06:43.340 --> 00:06:45.915 well as your upper back.
NOTE Confidence: 0.8982643
00:06:48.150 --> 00:06:50.730 And if you notice any attention,
NOTE Confidence: 0.8982643
00:06:50.730 --> 00:06:52.880 just ask it to release.
NOTE Confidence: 0.93667054
00:06:58.260 --> 00:07:00.165 Now imagine you're focusing on
NOTE Confidence: 0.93667054
00:07:00.165 --> 00:07:03.069 your heart and you could feel it
NOTE Confidence: 0.93667054
00:07:03.069 --> 00:07:04.917 beating strongly supporting you.
NOTE Confidence: 0.8925917
00:07:08.440 --> 00:07:10.425 Relax your heart an notice
NOTE Confidence: 0.8925917
00:07:10.425 --> 00:07:13.010 how good it feels to do so.
NOTE Confidence: 0.9211172
00:07:19.380 --> 00:07:21.942 Now focus on your lungs and
NOTE Confidence: 0.9211172
00:07:21.942 --> 00:07:24.252 feel them gently expanding and
NOTE Confidence: 0.9211172
00:07:24.252 --> 00:07:26.340 contracting with your breath.
NOTE Confidence: 0.9211172

00:07:26.340 --> 00:07:29.220 Delivering oxygen to your body.
NOTE Confidence: 0.94631624

00:07:31.970 --> 00:07:35.162 Allow your focus to move through your
NOTE Confidence: 0.94631624

00:07:35.162 --> 00:07:38.050 vital organs and digestive system.
NOTE Confidence: 0.8815872

00:07:40.310 --> 00:07:43.544 Just notice your belly an observant
NOTE Confidence: 0.8815872

00:07:43.544 --> 00:07:45.700 digesting effortlessly for you.
NOTE Confidence: 0.8754316

00:07:48.700 --> 00:07:51.172 Notice your low back and how
NOTE Confidence: 0.8754316

00:07:51.172 --> 00:07:53.550 it presses against the surface.
NOTE Confidence: 0.8754316

00:07:53.550 --> 00:07:58.350 You're on an if you feel any tension.
NOTE Confidence: 0.8754316

00:07:58.350 --> 00:08:00.598 Just let it relax.
NOTE Confidence: 0.90341437

00:08:04.230 --> 00:08:07.302 Focus now on your pelvis and hips and
NOTE Confidence: 0.90341437

00:08:07.302 --> 00:08:10.630 notice any sensations you're having there.
NOTE Confidence: 0.90112793

00:08:12.650 --> 00:08:15.576 This takes you deeper into a state
NOTE Confidence: 0.90112793

00:08:15.576 --> 00:08:19.669 of relaxation, which heals you.
NOTE Confidence: 0.90112793

00:08:19.670 --> 00:08:22.883 Allowing your focus to move down each
NOTE Confidence: 0.90112793

00:08:22.883 --> 00:08:26.388 leg now slowly relaxing those as well.
NOTE Confidence: 0.9200625

00:08:28.960 --> 00:08:31.402 Your legs have been taking you

NOTE Confidence: 0.9200625

00:08:31.402 --> 00:08:33.971 so many places over the years

NOTE Confidence: 0.9200625

00:08:33.971 --> 00:08:36.533 and they deserve to fully relax.

NOTE Confidence: 0.9130127

00:08:39.520 --> 00:08:41.620 This wonderful wave of relaxation

NOTE Confidence: 0.9130127

00:08:41.620 --> 00:08:44.439 moves over your knees and down your

NOTE Confidence: 0.9130127

00:08:44.439 --> 00:08:46.999 lower legs all the way to your feet

NOTE Confidence: 0.9130127

00:08:47.079 --> 00:08:49.287 and to the very tip of each to.

NOTE Confidence: 0.91947716

00:08:55.090 --> 00:08:57.140 Good you're doing so well.

NOTE Confidence: 0.930803

00:09:02.510 --> 00:09:05.443 Now we're going to take our focus

NOTE Confidence: 0.930803

00:09:05.443 --> 00:09:08.290 back up the same way we can,

NOTE Confidence: 0.930803

00:09:08.290 --> 00:09:10.732 but this time imagine you're slowly

NOTE Confidence: 0.930803

00:09:10.732 --> 00:09:12.840 pulling in your favorite color.

NOTE Confidence: 0.9262951

00:09:16.180 --> 00:09:18.700 Think about your favorite color.

NOTE Confidence: 0.9003012

00:09:21.760 --> 00:09:25.316 This color is a deeply healing substance.

NOTE Confidence: 0.9003012

00:09:25.320 --> 00:09:28.416 Now imagine your favorite color coming

NOTE Confidence: 0.9003012

00:09:28.416 --> 00:09:32.228 in through your toes and into your feet.

NOTE Confidence: 0.9003012

00:09:32.230 --> 00:09:36.214 Goes up your legs, passing up your knees.
NOTE Confidence: 0.9003012

00:09:36.220 --> 00:09:39.280 Into your pelvis and hips.
NOTE Confidence: 0.9003012

00:09:39.280 --> 00:09:42.466 This beautiful color is filling up
NOTE Confidence: 0.9003012

00:09:42.466 --> 00:09:45.210 your digestive system and belly.
NOTE Confidence: 0.9003012

00:09:45.210 --> 00:09:47.535 It fills your vital organs
NOTE Confidence: 0.9003012

00:09:47.535 --> 00:09:49.860 and continues into your lungs.
NOTE Confidence: 0.9003012

00:09:49.860 --> 00:09:52.760 This beneficial color is
NOTE Confidence: 0.9003012

00:09:52.760 --> 00:09:54.935 profoundly healing you.
NOTE Confidence: 0.9003012

00:09:54.940 --> 00:09:58.895 It glows as it fills your heart.
NOTE Confidence: 0.9003012

00:09:58.900 --> 00:10:00.684 And notice how happy.
NOTE Confidence: 0.9003012

00:10:00.684 --> 00:10:03.360 You can't become while doing this.
NOTE Confidence: 0.9003012

00:10:03.360 --> 00:10:06.570 The huge travels across your shoulders
NOTE Confidence: 0.9003012

00:10:06.570 --> 00:10:10.370 down each arm to your fingertips.
NOTE Confidence: 0.9003012

00:10:10.370 --> 00:10:13.394 This invigorating color moves up your neck.
NOTE Confidence: 0.9003012

00:10:13.400 --> 00:10:15.998 Now mending you as it goes,
NOTE Confidence: 0.9003012

00:10:16.000 --> 00:10:18.598 it blankets your mouth, your ears,

NOTE Confidence: 0.9003012

00:10:18.600 --> 00:10:22.310 your nose in your eyes.

NOTE Confidence: 0.9003012

00:10:22.310 --> 00:10:24.878 It instantly fills every tiny space

NOTE Confidence: 0.9003012

00:10:24.878 --> 00:10:27.350 in your brain encompassing your mind,

NOTE Confidence: 0.9003012

00:10:27.350 --> 00:10:28.898 healing it as well.

NOTE Confidence: 0.9003012

00:10:28.898 --> 00:10:32.135 It moves all the way to the very

NOTE Confidence: 0.9003012

00:10:32.135 --> 00:10:35.005 top of your head where we began.

NOTE Confidence: 0.9003012

00:10:35.010 --> 00:10:38.090 Enveloping you in healing experience.

NOTE Confidence: 0.818392

00:10:40.520 --> 00:10:44.592 Good. Notice how completely relaxed

NOTE Confidence: 0.818392

00:10:44.592 --> 00:10:47.730 your entire body feels right now.

NOTE Confidence: 0.82555866

00:10:56.240 --> 00:10:59.250 We're going to begin a

NOTE Confidence: 0.82555866

00:10:59.250 --> 00:11:00.454 manifestation meditation.

NOTE Confidence: 0.82555866

00:11:00.460 --> 00:11:03.934 That will allow you to amplify

NOTE Confidence: 0.82555866

00:11:03.934 --> 00:11:06.250 your positive attracting power.

NOTE Confidence: 0.82555866

00:11:06.250 --> 00:11:08.795 The ability to manifest lies

NOTE Confidence: 0.82555866

00:11:08.795 --> 00:11:11.340 within every one of us.

NOTE Confidence: 0.82555866

00:11:11.340 --> 00:11:13.734 All it takes is a learning
NOTE Confidence: 0.82555866

00:11:13.734 --> 00:11:15.330 simple techniques in mindfulness
NOTE Confidence: 0.82555866

00:11:15.399 --> 00:11:16.692 through meditations like
NOTE Confidence: 0.82555866

00:11:16.692 --> 00:11:18.847 this to awaken this power.
NOTE Confidence: 0.90375865

00:11:21.350 --> 00:11:22.678 This meditation is not
NOTE Confidence: 0.90375865

00:11:22.678 --> 00:11:24.006 about clearing your mind.
NOTE Confidence: 0.90375865

00:11:24.010 --> 00:11:27.475 We have a mind for a reason.
NOTE Confidence: 0.90375865

00:11:27.480 --> 00:11:30.672 But meditation is a training to
NOTE Confidence: 0.90375865

00:11:30.672 --> 00:11:34.090 perform exactly how we intended to.
NOTE Confidence: 0.90375865

00:11:34.090 --> 00:11:37.540 Allowing the mind to relax and
NOTE Confidence: 0.90375865

00:11:37.540 --> 00:11:41.848 be free and not drag us around.
NOTE Confidence: 0.90375865

00:11:41.850 --> 00:11:44.154 The most helpful thing that we
NOTE Confidence: 0.90375865

00:11:44.154 --> 00:11:46.952 all have to access at anytime is
NOTE Confidence: 0.90375865

00:11:46.952 --> 00:11:49.304 our breaths are breath has been
NOTE Confidence: 0.90375865

00:11:49.304 --> 00:11:51.976 here since the moment we're born.
NOTE Confidence: 0.90375865

00:11:51.980 --> 00:11:55.390 An everyday keeping us alive.

NOTE Confidence: 0.90375865

00:11:55.390 --> 00:11:58.216 So by now honoring our breath.

NOTE Confidence: 0.90375865

00:11:58.220 --> 00:12:01.237 When we are ready to set intentions,

NOTE Confidence: 0.90375865

00:12:01.240 --> 00:12:04.258 we can create a powerful experience

NOTE Confidence: 0.90375865

00:12:04.258 --> 00:12:07.406 and now we're going to begin

NOTE Confidence: 0.90375865

00:12:07.406 --> 00:12:10.011 by setting the intention to

NOTE Confidence: 0.90375865

00:12:10.011 --> 00:12:12.859 manifest the desires we intend to.

NOTE Confidence: 0.90375865

00:12:12.860 --> 00:12:15.096 We say to ourselves,

NOTE Confidence: 0.90375865

00:12:15.096 --> 00:12:19.370 I manifest the changes I now desire.

NOTE Confidence: 0.90375865

00:12:19.370 --> 00:12:22.107 Let's honor our breath now by taking

NOTE Confidence: 0.90375865

00:12:22.107 --> 00:12:24.590 five significant and dedicated breaths.

NOTE Confidence: 0.8422459

00:12:27.280 --> 00:12:32.130 Span the belly and chest. And Exhale.

NOTE Confidence: 0.85909504

00:12:34.740 --> 00:12:36.399 Again, in how?

NOTE Confidence: 0.65051645

00:12:39.570 --> 00:12:40.840 And Exhale.

NOTE Confidence: 0.8390469

00:12:44.380 --> 00:12:46.300 A third inhalation in.

NOTE Confidence: 0.9254547

00:12:50.790 --> 00:12:53.310 And feeling the breast,

NOTE Confidence: 0.9254547

00:12:53.310 --> 00:12:55.830 purifying the entire body.
NOTE Confidence: 0.9254547

00:12:55.830 --> 00:12:57.450 And as we exhale,
NOTE Confidence: 0.9254547

00:12:57.450 --> 00:13:00.320 not trying to do anything at all,
NOTE Confidence: 0.9254547

00:13:00.320 --> 00:13:02.355 just simply notice how we're
NOTE Confidence: 0.9254547

00:13:02.355 --> 00:13:03.983 feeling a fifth inhalation.
NOTE Confidence: 0.86216134

00:13:07.230 --> 00:13:09.510 And Exhale feeling the good
NOTE Confidence: 0.86216134

00:13:09.510 --> 00:13:11.790 NIS of this simple task.
NOTE Confidence: 0.90965825

00:13:13.990 --> 00:13:16.495 Just note how you're feeling
NOTE Confidence: 0.90965825

00:13:16.495 --> 00:13:18.499 in this very moment.
NOTE Confidence: 0.90965825

00:13:18.500 --> 00:13:20.887 You now have an abundance of oxygen.
NOTE Confidence: 0.74121964

00:13:26.490 --> 00:13:28.060 And when you feel ready.
NOTE Confidence: 0.90755224

00:13:30.100 --> 00:13:31.780 Just take a pause.
NOTE Confidence: 0.9087002

00:13:33.880 --> 00:13:36.430 And feel the clarity within you.
NOTE Confidence: 0.92038256

00:13:41.910 --> 00:13:45.084 Manifesting is easy once you know
NOTE Confidence: 0.92038256

00:13:45.084 --> 00:13:48.729 the recipe and all we need to do.
NOTE Confidence: 0.92038256

00:13:48.730 --> 00:13:51.770 Our three simple things desire.

NOTE Confidence: 0.92038256
00:13:51.770 --> 00:13:56.120 Dedication and trust.
NOTE Confidence: 0.92038256
00:13:56.120 --> 00:13:59.188 Desire is the first
NOTE Confidence: 0.92038256
00:13:59.188 --> 00:14:01.489 ingredient in manifestation.
NOTE Confidence: 0.92038256
00:14:01.490 --> 00:14:04.394 You must know what you want and desire
NOTE Confidence: 0.92038256
00:14:04.394 --> 00:14:07.734 it so greatly that you clearly see any
NOTE Confidence: 0.92038256
00:14:07.734 --> 00:14:11.240 path that you need to take to get there.
NOTE Confidence: 0.92038256
00:14:11.240 --> 00:14:14.805 Knowing exactly what you are
NOTE Confidence: 0.92038256
00:14:14.805 --> 00:14:17.657 manifesting is very important.
NOTE Confidence: 0.92038256
00:14:17.660 --> 00:14:19.844 The more details you can add
NOTE Confidence: 0.92038256
00:14:19.844 --> 00:14:21.660 to your desire, the better.
NOTE Confidence: 0.90564406
00:14:26.880 --> 00:14:30.000 Take a moment to think about
NOTE Confidence: 0.90564406
00:14:30.000 --> 00:14:32.652 your dreams an aspiration's and
NOTE Confidence: 0.90564406
00:14:32.652 --> 00:14:35.514 see as many details as possible.
NOTE Confidence: 0.9398728
00:14:39.100 --> 00:14:42.166 Take a few moments and just think
NOTE Confidence: 0.9398728
00:14:42.166 --> 00:14:44.599 about your dreams and desires.
NOTE Confidence: 0.60842776

00:14:56.620 --> 00:15:01.588 Good. Dedication is the 2nd
NOTE Confidence: 0.60842776

00:15:01.588 --> 00:15:03.619 ingredient in manifestation.
NOTE Confidence: 0.60842776

00:15:03.620 --> 00:15:06.483 Only you can put any effort to
NOTE Confidence: 0.60842776

00:15:06.483 --> 00:15:08.889 take steps towards your desires.
NOTE Confidence: 0.60842776

00:15:08.890 --> 00:15:10.747 Network with others.
NOTE Confidence: 0.60842776

00:15:10.747 --> 00:15:13.842 Motivate yourself to practice these
NOTE Confidence: 0.60842776

00:15:13.842 --> 00:15:15.880 meditation techniques everyday.
NOTE Confidence: 0.60842776

00:15:15.880 --> 00:15:17.890 You must dedicate time every single
NOTE Confidence: 0.60842776

00:15:17.890 --> 00:15:20.254 day to do something that takes you
NOTE Confidence: 0.60842776

00:15:20.254 --> 00:15:22.162 closer to getting what you seek.
NOTE Confidence: 0.92982554

00:15:24.300 --> 00:15:27.080 Only you can do this.
NOTE Confidence: 0.92982554

00:15:27.080 --> 00:15:30.958 Nobody else can be dedicated for you.
NOTE Confidence: 0.92982554

00:15:30.960 --> 00:15:33.180 Manifestations starts with you.
NOTE Confidence: 0.89957965

00:15:35.670 --> 00:15:40.746 Good. Just notice how you feel.
NOTE Confidence: 0.89957965

00:15:40.750 --> 00:15:43.060 Take a few moments to feel what
NOTE Confidence: 0.89957965

00:15:43.060 --> 00:15:45.199 are your desires and what is

NOTE Confidence: 0.89957965
00:15:45.199 --> 00:15:46.989 the dedication to those desires
NOTE Confidence: 0.89957965
00:15:46.989 --> 00:15:49.287 that you can make for yourself.
NOTE Confidence: 0.9096898
00:15:55.300 --> 00:15:57.224 The last ingredient for
NOTE Confidence: 0.9096898
00:15:57.224 --> 00:15:58.667 manifestation is trust.
NOTE Confidence: 0.9271396
00:16:00.890 --> 00:16:03.986 This is the easiest part because
NOTE Confidence: 0.9271396
00:16:03.986 --> 00:16:07.740 you just simply let it go and trust.
NOTE Confidence: 0.9271396
00:16:07.740 --> 00:16:09.890 Understand what are your desires.
NOTE Confidence: 0.9271396
00:16:09.890 --> 00:16:12.060 Have a dedication to achieve
NOTE Confidence: 0.9271396
00:16:12.060 --> 00:16:15.147 them and then let go and trust
NOTE Confidence: 0.9271396
00:16:15.147 --> 00:16:17.607 that this will come to you.
NOTE Confidence: 0.944257499999999
00:16:20.330 --> 00:16:22.466 You completely let go of thinking
NOTE Confidence: 0.944257499999999
00:16:22.466 --> 00:16:24.932 too hard about the things you have
NOTE Confidence: 0.944257499999999
00:16:24.932 --> 00:16:27.186 to do to bring it all together.
NOTE Confidence: 0.944257499999999
00:16:27.190 --> 00:16:29.782 You have the confidence that things
NOTE Confidence: 0.944257499999999
00:16:29.782 --> 00:16:32.360 will fall into place perfectly.
NOTE Confidence: 0.944257499999999

00:16:32.360 --> 00:16:34.855 You must know with certainty
NOTE Confidence: 0.9442574999999999

00:16:34.855 --> 00:16:37.350 that your goal is attainable.
NOTE Confidence: 0.9442574999999999

00:16:37.350 --> 00:16:39.490 So you have the faith.
NOTE Confidence: 0.9261684

00:16:42.120 --> 00:16:45.592 Take a few moments now to really trust
NOTE Confidence: 0.9261684

00:16:45.592 --> 00:16:48.920 in your desires becoming reality.
NOTE Confidence: 0.8233686

00:17:02.300 --> 00:17:05.726 Notice how you're feeling right now.
NOTE Confidence: 0.8233686

00:17:05.730 --> 00:17:07.318 No say to yourself.
NOTE Confidence: 0.8233686

00:17:07.318 --> 00:17:10.910 I know I can achieve my aspirations.
NOTE Confidence: 0.8233686

00:17:10.910 --> 00:17:13.270 I deeply believe in myself.
NOTE Confidence: 0.8233686

00:17:13.270 --> 00:17:16.612 I see clearly how my goals
NOTE Confidence: 0.8233686

00:17:16.612 --> 00:17:18.840 and aspirations are attained.
NOTE Confidence: 0.8233686

00:17:18.840 --> 00:17:22.396 I have a great desire to manifest
NOTE Confidence: 0.8233686

00:17:22.396 --> 00:17:25.068 my aspiration's I put in daily
NOTE Confidence: 0.8233686

00:17:25.068 --> 00:17:27.540 dedication that is required of me.
NOTE Confidence: 0.8233686

00:17:27.540 --> 00:17:30.996 And I always believe in myself.
NOTE Confidence: 0.8233686

00:17:31.000 --> 00:17:34.776 I trust the loving energy of the universe.

NOTE Confidence: 0.5467476
00:17:40.580 --> 00:17:44.058 Good. Visualizing is an extremely
NOTE Confidence: 0.5467476
00:17:44.058 --> 00:17:45.866 powerful way to manifest.
NOTE Confidence: 0.5467476
00:17:45.870 --> 00:17:48.852 So imagine now that you have
NOTE Confidence: 0.5467476
00:17:48.852 --> 00:17:51.640 attained all that you desire.
NOTE Confidence: 0.5467476
00:17:51.640 --> 00:17:54.556 See yourself vividly in your mind.
NOTE Confidence: 0.5467476
00:17:54.560 --> 00:17:57.108 Having already achieved the
NOTE Confidence: 0.5467476
00:17:57.108 --> 00:18:00.930 goals you have set for yourself.
NOTE Confidence: 0.5467476
00:18:00.930 --> 00:18:03.315 Visualize with great detail yourself
NOTE Confidence: 0.5467476
00:18:03.315 --> 00:18:05.223 with your intentions fulfills.
NOTE Confidence: 0.92830914
00:18:07.890 --> 00:18:10.660 Notice what you look like.
NOTE Confidence: 0.92830914
00:18:10.660 --> 00:18:13.383 Who you're talking to and the more
NOTE Confidence: 0.92830914
00:18:13.383 --> 00:18:15.720 details you can add, the better.
NOTE Confidence: 0.8940346
00:18:18.230 --> 00:18:19.715 See the surroundings.
NOTE Confidence: 0.8940346
00:18:19.715 --> 00:18:22.685 Urine, such as where you are.
NOTE Confidence: 0.8940346
00:18:22.690 --> 00:18:25.546 The places you go and who you're around.
NOTE Confidence: 0.8986649

00:18:28.450 --> 00:18:31.992 Take several moments to vividly see yourself
NOTE Confidence: 0.8986649

00:18:31.992 --> 00:18:34.658 having manifested all that you wish.
NOTE Confidence: 0.74871224

00:18:50.210 --> 00:18:54.438 Very good. This is changing your
NOTE Confidence: 0.74871224

00:18:54.438 --> 00:18:57.388 life for the better. So remember,
NOTE Confidence: 0.74871224

00:18:57.388 --> 00:18:59.933 honor your breath every single
NOTE Confidence: 0.74871224

00:18:59.933 --> 00:19:03.346 day by taking a moment to fully
NOTE Confidence: 0.74871224

00:19:03.346 --> 00:19:06.028 breathe in an out several times.
NOTE Confidence: 0.9348501

00:19:09.100 --> 00:19:11.048 When you breathe deeply,
NOTE Confidence: 0.9348501

00:19:11.048 --> 00:19:13.483 you automatically relax and being
NOTE Confidence: 0.9348501

00:19:13.483 --> 00:19:16.134 relaxed is the first step in being
NOTE Confidence: 0.9348501

00:19:16.134 --> 00:19:18.559 control of your life and emotions.
NOTE Confidence: 0.9060499

00:19:20.990 --> 00:19:24.910 Now take these words that we've repeated
NOTE Confidence: 0.9060499

00:19:24.910 --> 00:19:28.468 today and visualize with our meditation
NOTE Confidence: 0.9060499

00:19:28.468 --> 00:19:32.020 an remember them throughout your day.
NOTE Confidence: 0.9060499

00:19:32.020 --> 00:19:39.560 Desire. Dedication. And Trust.
NOTE Confidence: 0.9060499

00:19:39.560 --> 00:19:42.736 And repeat them to yourself whenever you can.

NOTE Confidence: 0.8445001

00:19:47.630 --> 00:19:52.294 In closing, put your hand over your heart.

NOTE Confidence: 0.8445001

00:19:52.300 --> 00:19:56.248 Who's your eyes if there open?

NOTE Confidence: 0.8445001

00:19:56.250 --> 00:19:58.116 Feel the warmth and gentle pressure

NOTE Confidence: 0.8445001

00:19:58.116 --> 00:20:00.100 of your hand on your heart.

NOTE Confidence: 0.89491455

00:20:05.650 --> 00:20:08.070 And say to yourself.

NOTE Confidence: 0.89491455

00:20:08.070 --> 00:20:11.998 May I be happy? May I be peaceful?

NOTE Confidence: 0.872388544

00:20:14.080 --> 00:20:18.770 May I be healthy? And may I live with ease.

NOTE Confidence: 0.94188945

00:20:22.690 --> 00:20:25.222 And when you're ready.

NOTE Confidence: 0.94188945

00:20:25.222 --> 00:20:27.754 Can open your eyes.

NOTE Confidence: 0.94188945

00:20:27.760 --> 00:20:29.686 With a breath stretch out your

NOTE Confidence: 0.94188945

00:20:29.686 --> 00:20:32.546 arms as far as you can to the left

NOTE Confidence: 0.94188945

00:20:32.546 --> 00:20:34.759 and the right with all your arm.

NOTE Confidence: 0.94188945

00:20:34.760 --> 00:20:37.190 Your list in your fingers

NOTE Confidence: 0.94188945

00:20:37.190 --> 00:20:39.620 and just shake your arms.

NOTE Confidence: 0.94188945

00:20:39.620 --> 00:20:43.286 Bring your hands over your head.

NOTE Confidence: 0.94188945

00:20:43.290 --> 00:20:45.830 And Exhale into prayer pose.
NOTE Confidence: 0.9200985

00:20:48.560 --> 00:20:51.700 And open your eyes.
NOTE Confidence: 0.9200985

00:20:51.700 --> 00:20:54.780 And just think yourself so much for taking
NOTE Confidence: 0.9200985

00:20:54.780 --> 00:20:57.673 the time to breathe to manifest your
NOTE Confidence: 0.9200985

00:20:57.673 --> 00:21:00.700 desires and your goals and your wishes.
NOTE Confidence: 0.9200985

00:21:00.700 --> 00:21:03.700 And just know that we are in control
NOTE Confidence: 0.9200985

00:21:03.700 --> 00:21:06.418 of what we need for ourselves.
NOTE Confidence: 0.9200985

00:21:06.420 --> 00:21:10.935 And you've expressed that to yourself today.
NOTE Confidence: 0.9200985

00:21:10.940 --> 00:21:13.502 So ioffer you, I'm closing made a
NOTE Confidence: 0.9200985

00:21:13.502 --> 00:21:15.683 longtime sunshine upon you and all
NOTE Confidence: 0.9200985

00:21:15.683 --> 00:21:17.717 love surround you know pure light
NOTE Confidence: 0.9200985

00:21:17.717 --> 00:21:19.828 within you guide your way on God.
NOTE Confidence: 0.9200985

00:21:19.830 --> 00:21:21.006 You weigh on Thursday.
NOTE Confidence: 0.9200985

00:21:21.006 --> 00:21:23.638 I wish you all peace and health and
NOTE Confidence: 0.9200985

00:21:23.638 --> 00:21:25.648 happiness and a wonderful weekend.
NOTE Confidence: 0.9200985

00:21:25.650 --> 00:21:28.538 I think it's gonna be very hot so

NOTE Confidence: 0.9200985

00:21:28.538 --> 00:21:30.875 keep hydrating and I hope to see

NOTE Confidence: 0.9200985

00:21:30.875 --> 00:21:33.169 you all again on Monday at 10:30.

NOTE Confidence: 0.9200985

00:21:33.170 --> 00:21:34.592 Be well.