

WEBVTT

NOTE duration:"00:15:51.4560000"

NOTE language:en-us

NOTE Confidence: 0.8876278

00:00:00.000 --> 00:00:01.612 OK, Good morning everybody.

NOTE Confidence: 0.8876278

00:00:01.612 --> 00:00:04.949 Thank you so much for joining it's Monday.

NOTE Confidence: 0.8876278

00:00:04.950 --> 00:00:07.225 I hope you all had a wonderful

NOTE Confidence: 0.8876278

00:00:07.225 --> 00:00:09.335 weekend and I'm glad you're taking

NOTE Confidence: 0.8876278

00:00:09.335 --> 00:00:11.806 this time now to just start the

NOTE Confidence: 0.8876278

00:00:11.885 --> 00:00:13.892 week in a peaceful, ungrounded way.

NOTE Confidence: 0.8876278

00:00:13.892 --> 00:00:15.547 Again, on Michelle Grand Massage

NOTE Confidence: 0.8876278

00:00:15.547 --> 00:00:17.369 therapist at Smilow Cancer Hospital.

NOTE Confidence: 0.8876278

00:00:17.370 --> 00:00:21.610 It's my pleasure to be with you today.

NOTE Confidence: 0.8876278

00:00:21.610 --> 00:00:24.136 We're gonna start with just a

NOTE Confidence: 0.8876278

00:00:24.136 --> 00:00:25.399 relaxing grounding meditation,

NOTE Confidence: 0.8876278

00:00:25.400 --> 00:00:28.011 and then we're going to go into

NOTE Confidence: 0.8876278

00:00:28.011 --> 00:00:30.186 a guided meditation about giving

NOTE Confidence: 0.8876278

00:00:30.186 --> 00:00:32.138 yourself love and kindness.

NOTE Confidence: 0.8876278

00:00:32.140 --> 00:00:34.666 So as always, just bring yourself

NOTE Confidence: 0.8876278

00:00:34.666 --> 00:00:36.350 into a comfortable position.

NOTE Confidence: 0.8876278

00:00:36.350 --> 00:00:38.450 Whatever is comfortable for you,

NOTE Confidence: 0.8876278

00:00:38.450 --> 00:00:40.134 whether it's sitting down,

NOTE Confidence: 0.8876278

00:00:40.134 --> 00:00:42.239 feet grounded on the floor,

NOTE Confidence: 0.8876278

00:00:42.240 --> 00:00:44.730 cross legged or laying down and

NOTE Confidence: 0.8876278

00:00:44.730 --> 00:00:47.289 keep your eyes open or closed,

NOTE Confidence: 0.8876278

00:00:47.290 --> 00:00:49.738 whatever you prefer.

NOTE Confidence: 0.8876278

00:00:49.740 --> 00:00:51.690 Let's take a deep breath in

NOTE Confidence: 0.8876278

00:00:51.690 --> 00:00:52.665 through your nose.

NOTE Confidence: 0.8393896

00:00:54.910 --> 00:00:56.980 And Exhale through your mouth.

NOTE Confidence: 0.91625416

00:01:01.920 --> 00:01:04.656 The past has already gone and

NOTE Confidence: 0.91625416

00:01:04.656 --> 00:01:07.359 the future is yet to come.

NOTE Confidence: 0.91625416

00:01:07.360 --> 00:01:09.810 You're concentrating on being peaceful,

NOTE Confidence: 0.91625416

00:01:09.810 --> 00:01:13.226 happy, and free in this present moment,

NOTE Confidence: 0.91625416

00:01:13.230 --> 00:01:15.870 just again concentrating on  
NOTE Confidence: 0.91625416

00:01:15.870 --> 00:01:19.170 being aware of each breath.  
NOTE Confidence: 0.91625416

00:01:19.170 --> 00:01:24.014 Your attention on the breath is continuous.  
NOTE Confidence: 0.91625416

00:01:24.020 --> 00:01:26.582 You follow the breath as it begins  
NOTE Confidence: 0.91625416

00:01:26.582 --> 00:01:30.659 in your abdomen, starts to expand.  
NOTE Confidence: 0.91625416

00:01:30.660 --> 00:01:33.509 Continue to pay attention is your abdomen  
NOTE Confidence: 0.91625416

00:01:33.509 --> 00:01:36.180 rises and falls with each breath like  
NOTE Confidence: 0.91625416

00:01:36.180 --> 00:01:39.099 a child going high and low on a swing.  
NOTE Confidence: 0.89120865

00:01:41.630 --> 00:01:43.706 Like a swing, your breath slows  
NOTE Confidence: 0.89120865

00:01:43.706 --> 00:01:46.055 down at each end and you follow  
NOTE Confidence: 0.89120865

00:01:46.055 --> 00:01:48.560 it all the way as it slows down.  
NOTE Confidence: 0.8920443

00:01:50.920 --> 00:01:53.908 And starts again.  
NOTE Confidence: 0.8920443

00:01:53.910 --> 00:01:55.554 Your mind keeps producing  
NOTE Confidence: 0.8920443

00:01:55.554 --> 00:01:57.609 thoughts and that's its nature.  
NOTE Confidence: 0.8920443

00:01:57.610 --> 00:02:00.487 But you do not follow the thoughts,  
NOTE Confidence: 0.8920443

00:02:00.490 --> 00:02:02.950 you just concentrate on the breath.

NOTE Confidence: 0.8920443

00:02:02.950 --> 00:02:06.700 Feeling comfortable and at ease.

NOTE Confidence: 0.8920443

00:02:06.700 --> 00:02:10.396 With each breath, just let go of tension

NOTE Confidence: 0.8920443

00:02:10.396 --> 00:02:13.068 somewhere in your body and mind.

NOTE Confidence: 0.8920443

00:02:13.070 --> 00:02:16.040 If you hear sounds you don't react to them,

NOTE Confidence: 0.8920443

00:02:16.040 --> 00:02:20.156 just notice them and let them go.

NOTE Confidence: 0.8920443

00:02:20.160 --> 00:02:25.206 And continue to enjoy breathing peacefully.

NOTE Confidence: 0.8920443

00:02:25.210 --> 00:02:27.545 Focusing on your breath keeps

NOTE Confidence: 0.8920443

00:02:27.545 --> 00:02:30.660 you from getting lost in thought.

NOTE Confidence: 0.8920443

00:02:30.660 --> 00:02:33.236 If you notice sounds and skin sensations,

NOTE Confidence: 0.8920443

00:02:33.240 --> 00:02:36.490 just don't react to them.

NOTE Confidence: 0.8920443

00:02:36.490 --> 00:02:39.538 Smile it disturbances such as Memories,

NOTE Confidence: 0.8920443

00:02:39.540 --> 00:02:42.480 Little Itches and noises because smile

NOTE Confidence: 0.8920443

00:02:42.480 --> 00:02:45.630 relaxes you and you feel content.

NOTE Confidence: 0.85657984

00:02:47.670 --> 00:02:49.386 With each breath just

NOTE Confidence: 0.85657984

00:02:49.386 --> 00:02:51.960 arrive in the here and now.

NOTE Confidence: 0.85657984

00:02:51.960 --> 00:02:53.080 Spreading comfortably,  
NOTE Confidence: 0.85657984

00:02:53.080 --> 00:02:54.760 remind is peaceful.  
NOTE Confidence: 0.85657984

00:02:54.760 --> 00:02:59.140 Your body is free of tension.  
NOTE Confidence: 0.85657984

00:02:59.140 --> 00:03:01.088 And your common rested.  
NOTE Confidence: 0.85657984

00:03:01.088 --> 00:03:04.620 Can you feel free and at home?  
NOTE Confidence: 0.8972606

00:03:09.680 --> 00:03:12.130 Just continue to feel grounded.  
NOTE Confidence: 0.8972606

00:03:12.130 --> 00:03:15.736 If you're sitting in a chair.  
NOTE Confidence: 0.8972606

00:03:15.740 --> 00:03:18.330 Just feel the back of the chair.  
NOTE Confidence: 0.8972606

00:03:18.330 --> 00:03:20.890 Support your lower back.  
NOTE Confidence: 0.8972606

00:03:20.890 --> 00:03:24.338 Just ground your feet flat on the floor.  
NOTE Confidence: 0.60581595

00:03:26.510 --> 00:03:28.880 Failure spine upright.  
NOTE Confidence: 0.81737655

00:03:31.310 --> 00:03:33.362 Your neck in the Crown of  
NOTE Confidence: 0.81737655

00:03:33.362 --> 00:03:34.730 your head pulled skyward.  
NOTE Confidence: 0.8832243

00:03:36.760 --> 00:03:38.840 Gently pull your shoulder  
NOTE Confidence: 0.8832243

00:03:38.840 --> 00:03:40.920 blades back and down.  
NOTE Confidence: 0.8832243

00:03:40.920 --> 00:03:43.220 Raising your rib cage slightly.

NOTE Confidence: 0.82967836

00:03:45.730 --> 00:03:49.034 These small ships will create a true

NOTE Confidence: 0.82967836

00:03:49.034 --> 00:03:51.430 physical openness for your heart.

NOTE Confidence: 0.82967836

00:03:51.430 --> 00:03:54.652 And open this consistent with the

NOTE Confidence: 0.82967836

00:03:54.652 --> 00:03:58.080 positive emotions you aim to cultivate.

NOTE Confidence: 0.82967836

00:03:58.080 --> 00:04:00.411 Gently lower your gaze to reduce any

NOTE Confidence: 0.82967836

00:04:00.411 --> 00:04:02.439 distractions and a few comfortable.

NOTE Confidence: 0.82967836

00:04:02.440 --> 00:04:05.339 If your eyes are open, close your eyes.

NOTE Confidence: 0.8870974

00:04:08.340 --> 00:04:10.783 Take a few deep breaths and bring

NOTE Confidence: 0.8870974

00:04:10.783 --> 00:04:12.660 your awareness to your heart.

NOTE Confidence: 0.8270359

00:04:17.180 --> 00:04:20.560 Visualize how each in breath

NOTE Confidence: 0.8270359

00:04:20.560 --> 00:04:23.264 affects your heart physically.

NOTE Confidence: 0.8270359

00:04:23.270 --> 00:04:25.774 Just breathe normally now,

NOTE Confidence: 0.8270359

00:04:25.774 --> 00:04:28.904 making no special effort to

NOTE Confidence: 0.8270359

00:04:28.904 --> 00:04:31.857 breathe in any particular way.

NOTE Confidence: 0.8270359

00:04:31.860 --> 00:04:33.992 Continue to rest your

NOTE Confidence: 0.8270359

00:04:33.992 --> 00:04:36.657 where NIS on your heart.  
NOTE Confidence: 0.8270359

00:04:36.660 --> 00:04:39.335 Consider how each in breath  
NOTE Confidence: 0.8270359

00:04:39.335 --> 00:04:42.840 nurses you as your heart drinks.  
NOTE Confidence: 0.8270359

00:04:42.840 --> 00:04:46.748 In pressing precious oxygen.  
NOTE Confidence: 0.8270359

00:04:46.750 --> 00:04:49.318 This passage of oxygen from the  
NOTE Confidence: 0.8270359

00:04:49.318 --> 00:04:51.970 nearby air through your lungs and  
NOTE Confidence: 0.8270359

00:04:51.970 --> 00:04:54.538 then into your beating heart and  
NOTE Confidence: 0.8270359

00:04:54.538 --> 00:04:57.254 blood stream is the most basic  
NOTE Confidence: 0.8270359

00:04:57.254 --> 00:04:59.030 and constant connection between  
NOTE Confidence: 0.8270359

00:04:59.030 --> 00:05:01.680 you and the world around you.  
NOTE Confidence: 0.9096347

00:05:04.440 --> 00:05:07.386 This simple act of breathing mix  
NOTE Confidence: 0.9096347

00:05:07.386 --> 00:05:10.418 together all that is within you  
NOTE Confidence: 0.9096347

00:05:10.418 --> 00:05:13.806 with all that lies beyond your skin.  
NOTE Confidence: 0.84057933

00:05:16.380 --> 00:05:19.872 Each new Brad creates a unity of life as  
NOTE Confidence: 0.84057933

00:05:19.872 --> 00:05:23.482 all people share the nourishment that  
NOTE Confidence: 0.84057933

00:05:23.482 --> 00:05:26.612 the Earth's atmosphere freely offers.

NOTE Confidence: 0.904118  
00:05:29.710 --> 00:05:33.850 Check in now with how your body is feeling.  
NOTE Confidence: 0.904118  
00:05:33.850 --> 00:05:39.020 Do you have any eggs? Any pains?  
NOTE Confidence: 0.904118  
00:05:39.020 --> 00:05:43.886 Any worries or areas of tension?  
NOTE Confidence: 0.904118  
00:05:43.890 --> 00:05:48.012 Or are you excited caught up  
NOTE Confidence: 0.904118  
00:05:48.012 --> 00:05:50.760 in an eager anticipation?  
NOTE Confidence: 0.904118  
00:05:50.760 --> 00:05:52.431 Whatever the feeling,  
NOTE Confidence: 0.904118  
00:05:52.431 --> 00:05:56.330 there's no need to push it aside.  
NOTE Confidence: 0.904118  
00:05:56.330 --> 00:05:59.788 Pleasant or not, let that feeling in,  
NOTE Confidence: 0.904118  
00:05:59.790 --> 00:06:03.010 except it as part of what it  
NOTE Confidence: 0.904118  
00:06:03.010 --> 00:06:06.700 means to be you at this moment.  
NOTE Confidence: 0.7452301  
00:06:09.450 --> 00:06:14.228 Meet the feeling with Curiosity. An open NIS.  
NOTE Confidence: 0.8582559  
00:06:16.470 --> 00:06:19.585 Note how it registers in your body  
NOTE Confidence: 0.8582559  
00:06:19.585 --> 00:06:22.107 and how those sensations change  
NOTE Confidence: 0.8582559  
00:06:22.107 --> 00:06:25.929 subtly from one moment to the next.  
NOTE Confidence: 0.86708647  
00:06:28.760 --> 00:06:30.888 Whether your current experience  
NOTE Confidence: 0.86708647



00:06:30.888 --> 00:06:33.016 is pleasant or unpleasant,  
NOTE Confidence: 0.86708647

00:06:33.020 --> 00:06:35.690 just witness and accept it.  
NOTE Confidence: 0.8819525

00:06:39.080 --> 00:06:42.867 Weather events in your life are presenting  
NOTE Confidence: 0.8819525

00:06:42.867 --> 00:06:47.110 you with good or bad fortune these days.  
NOTE Confidence: 0.8819525

00:06:47.110 --> 00:06:50.464 Just witnessed an except those events  
NOTE Confidence: 0.8819525

00:06:50.464 --> 00:06:55.257 see them as part of the inevitable ups  
NOTE Confidence: 0.8819525

00:06:55.257 --> 00:06:58.923 and downs that all people experience.  
NOTE Confidence: 0.8819525

00:06:58.930 --> 00:07:01.480 Just as surely as all people  
NOTE Confidence: 0.8819525

00:07:01.480 --> 00:07:04.020 face good and bad fortune.  
NOTE Confidence: 0.8819525

00:07:04.020 --> 00:07:07.956 All people, all the world over,  
NOTE Confidence: 0.8819525

00:07:07.960 --> 00:07:11.250 yearn to feel good, safe,  
NOTE Confidence: 0.8819525

00:07:11.250 --> 00:07:13.218 peaceful and healthy.  
NOTE Confidence: 0.8365199

00:07:16.110 --> 00:07:18.278 Alongside your awareness of  
NOTE Confidence: 0.8365199

00:07:18.278 --> 00:07:20.446 suffering and the fundamental  
NOTE Confidence: 0.8365199

00:07:20.446 --> 00:07:22.479 sameness of all people.  
NOTE Confidence: 0.8365199

00:07:22.480 --> 00:07:26.414 You can choose to wish yourself well.

NOTE Confidence: 0.8365199  
00:07:26.420 --> 00:07:29.010 You deserve this kind NIS  
NOTE Confidence: 0.8365199  
00:07:29.010 --> 00:07:31.600 as much as anyone else.  
NOTE Confidence: 0.82731116  
00:07:35.390 --> 00:07:38.565 Begin to lightly call to  
NOTE Confidence: 0.82731116  
00:07:38.565 --> 00:07:41.740 mind your own good qualities.  
NOTE Confidence: 0.82731116  
00:07:41.740 --> 00:07:43.852 Let these qualities remind  
NOTE Confidence: 0.82731116  
00:07:43.852 --> 00:07:47.020 you of what's good in you.  
NOTE Confidence: 0.8787039  
00:07:49.980 --> 00:07:53.520 What touches your heart about yourself?  
NOTE Confidence: 0.879555592727273  
00:07:59.780 --> 00:08:03.356 Then gently offer. The classic wishes  
NOTE Confidence: 0.879555592727273  
00:08:03.356 --> 00:08:06.760 of loving kindness to yourself.  
NOTE Confidence: 0.879555592727273  
00:08:06.760 --> 00:08:08.743 Choosing phrases that  
NOTE Confidence: 0.879555592727273  
00:08:08.743 --> 00:08:12.048 best speak to your heart.  
NOTE Confidence: 0.879555592727273  
00:08:12.050 --> 00:08:16.910 May I feel safe? And protected.  
NOTE Confidence: 0.879555592727273  
00:08:16.910 --> 00:08:21.308 May I feel happy and peaceful?  
NOTE Confidence: 0.879555592727273  
00:08:21.310 --> 00:08:25.660 May I feel healthy and strong?  
NOTE Confidence: 0.879555592727273  
00:08:25.660 --> 00:08:29.380 May I live with ease?  
NOTE Confidence: 0.879555592727273

00:08:29.380 --> 00:08:32.045 See yourself as being a  
NOTE Confidence: 0.879555592727273

00:08:32.045 --> 00:08:34.177 dear friend to yourself.  
NOTE Confidence: 0.8622565

00:08:37.360 --> 00:08:40.090 It might help to 1st imagine  
NOTE Confidence: 0.8622565

00:08:40.090 --> 00:08:41.910 the warmth and tenderness.  
NOTE Confidence: 0.8622565

00:08:41.910 --> 00:08:44.286 You might feel Tord an infant  
NOTE Confidence: 0.8622565

00:08:44.286 --> 00:08:47.014 or a kitten as innocent as  
NOTE Confidence: 0.8622565

00:08:47.014 --> 00:08:49.649 these small creatures can be.  
NOTE Confidence: 0.78235215

00:08:52.810 --> 00:08:57.240 Experience how your face softens.  
NOTE Confidence: 0.78235215

00:08:57.240 --> 00:09:00.740 And your heart expands in their presence.  
NOTE Confidence: 0.8569252

00:09:10.820 --> 00:09:13.315 Now imagine directing these same  
NOTE Confidence: 0.8569252

00:09:13.315 --> 00:09:15.810 feelings ever more of warmth  
NOTE Confidence: 0.8569252

00:09:15.891 --> 00:09:18.099 and tenderness to yourself.  
NOTE Confidence: 0.8569252

00:09:18.100 --> 00:09:23.028 May I feel safe? May I feel happy?  
NOTE Confidence: 0.8569252

00:09:23.030 --> 00:09:25.486 May I feel healthy?  
NOTE Confidence: 0.8569252

00:09:25.486 --> 00:09:28.556 May I live with ease?  
NOTE Confidence: 0.8815843

00:09:31.810 --> 00:09:32.920 Between each phrase,

NOTE Confidence: 0.8815843

00:09:32.920 --> 00:09:35.510 pause for just a moment to drop

NOTE Confidence: 0.8815843

00:09:35.588 --> 00:09:37.940 your awareness down to your body,

NOTE Confidence: 0.8815843

00:09:37.940 --> 00:09:40.500 to your heart in particular.

NOTE Confidence: 0.8815843

00:09:40.500 --> 00:09:44.705 And note and accept whatever

NOTE Confidence: 0.8815843

00:09:44.705 --> 00:09:47.228 sensations arise there.

NOTE Confidence: 0.8815843

00:09:47.230 --> 00:09:48.978 May I feel safe?

NOTE Confidence: 0.89441866

00:09:51.700 --> 00:09:57.930 May I feel happy? May I feel healthy?

NOTE Confidence: 0.9287841

00:10:00.130 --> 00:10:02.740 May I live with ease?

NOTE Confidence: 0.86950433

00:10:07.380 --> 00:10:09.924 Know that this practice is more

NOTE Confidence: 0.86950433

00:10:09.924 --> 00:10:12.529 than the mere repetition of phrases.

NOTE Confidence: 0.86950433

00:10:12.530 --> 00:10:15.242 The phrases simply open the door

NOTE Confidence: 0.86950433

00:10:15.242 --> 00:10:18.534 to a chance for you to condition

NOTE Confidence: 0.86950433

00:10:18.534 --> 00:10:21.300 your heart to be more open.

NOTE Confidence: 0.86950433

00:10:21.300 --> 00:10:24.279 Excepting. Anne Kinder

NOTE Confidence: 0.86551154

00:10:27.040 --> 00:10:29.560 becoming aware of your heart

NOTE Confidence: 0.86551154

00:10:29.560 --> 00:10:32.080 region allows you to witness  
NOTE Confidence: 0.86551154

00:10:32.176 --> 00:10:35.006 this conditioning as it unfolds.  
NOTE Confidence: 0.86551154

00:10:35.010 --> 00:10:41.026 May I feel safe? May I feel happy?  
NOTE Confidence: 0.86551154

00:10:41.030 --> 00:10:43.582 May I feel healthy?  
NOTE Confidence: 0.86551154

00:10:43.582 --> 00:10:46.772 May I live with ease?  
NOTE Confidence: 0.8281173

00:10:51.810 --> 00:10:54.624 At times you'll find that your  
NOTE Confidence: 0.8281173

00:10:54.624 --> 00:10:57.579 attention has strayed from the phrases.  
NOTE Confidence: 0.9216079

00:10:59.590 --> 00:11:01.640 This may happen a lot,  
NOTE Confidence: 0.9216079

00:11:01.640 --> 00:11:04.940 but don't worry, it's normal.  
NOTE Confidence: 0.9216079

00:11:04.940 --> 00:11:08.390 Simply Begin again by gently bringing  
NOTE Confidence: 0.9216079

00:11:08.390 --> 00:11:11.939 your awareness back to the phrases.  
NOTE Confidence: 0.89687693

00:11:14.530 --> 00:11:21.088 May I feel safe? May I feel happy?  
NOTE Confidence: 0.89687693

00:11:21.090 --> 00:11:28.190 May I feel healthy? May I live with ease?  
NOTE Confidence: 0.8755332

00:11:31.640 --> 00:11:34.376 Each new moment of beginning again  
NOTE Confidence: 0.8755332

00:11:34.376 --> 00:11:36.770 presents another chance to experiment  
NOTE Confidence: 0.8755332

00:11:36.770 --> 00:11:39.716 with the spirit of loving kindness.

NOTE Confidence: 0.85826796  
00:11:44.260 --> 00:11:46.640 Can you acknowledge your laps  
NOTE Confidence: 0.85826796  
00:11:46.640 --> 00:11:49.696 while at the same time gently  
NOTE Confidence: 0.85826796  
00:11:49.696 --> 00:11:52.036 returning to the phrases?  
NOTE Confidence: 0.85826796  
00:11:52.040 --> 00:11:55.880 What would it take to set aside all  
NOTE Confidence: 0.85826796  
00:11:55.880 --> 00:11:59.926 harshness and begin again with a kind  
NOTE Confidence: 0.85826796  
00:11:59.926 --> 00:12:02.911 and loving attitude towards yourself?  
NOTE Confidence: 0.85826796  
00:12:02.920 --> 00:12:08.092 May I feel safe? May I feel happy?  
NOTE Confidence: 0.85826796  
00:12:08.092 --> 00:12:10.624 May I feel healthy?  
NOTE Confidence: 0.85826796  
00:12:10.630 --> 00:12:13.050 May I live with ease?  
NOTE Confidence: 0.8960515  
00:12:17.330 --> 00:12:19.150 As you end this practice,  
NOTE Confidence: 0.8960515  
00:12:19.150 --> 00:12:20.905 know that it's completely natural  
NOTE Confidence: 0.8960515  
00:12:20.905 --> 00:12:23.140 for you to treat yourself kindly,  
NOTE Confidence: 0.8960515  
00:12:23.140 --> 00:12:26.770 even if you may forget to do so quite often.  
NOTE Confidence: 0.8483496  
00:12:28.780 --> 00:12:31.714 Know that you can generate this  
NOTE Confidence: 0.8483496  
00:12:31.714 --> 00:12:34.335 tender an loving attitude towards  
NOTE Confidence: 0.8483496

00:12:34.335 --> 00:12:37.210 yourself anytime just by reminding  
NOTE Confidence: 0.8483496

00:12:37.210 --> 00:12:40.200 yourself that this dance exists.  
NOTE Confidence: 0.8483496

00:12:40.200 --> 00:12:44.344 And how it is it makes you feel.  
NOTE Confidence: 0.8483496

00:12:44.350 --> 00:12:48.358 Difficulties and obstacles will still arise.  
NOTE Confidence: 0.8483496

00:12:48.360 --> 00:12:49.404 Suffering happens,  
NOTE Confidence: 0.8483496

00:12:49.404 --> 00:12:53.580 but you need not add to that suffering  
NOTE Confidence: 0.8483496

00:12:53.680 --> 00:12:56.340 by treating yourself harshly.  
NOTE Confidence: 0.8483496

00:12:56.340 --> 00:12:59.892 You can instead offer the ancient  
NOTE Confidence: 0.8483496

00:12:59.892 --> 00:13:02.260 wishes of loving kindness.  
NOTE Confidence: 0.8483496

00:13:02.260 --> 00:13:04.870 To yourself.  
NOTE Confidence: 0.8483496

00:13:04.870 --> 00:13:07.300 And we end once again.  
NOTE Confidence: 0.91326153

00:13:10.290 --> 00:13:18.020 May I feel safe? May I feel happy?  
NOTE Confidence: 0.91326153

00:13:18.020 --> 00:13:24.800 May I feel healthy? May I live with ease?  
NOTE Confidence: 0.9214308

00:13:28.240 --> 00:13:29.608 When you're ready, you  
NOTE Confidence: 0.9214308

00:13:29.608 --> 00:13:31.660 can take a deep breath in.  
NOTE Confidence: 0.78441066

00:13:36.350 --> 00:13:43.220 Then slowly Exhale. And again I breath in.

NOTE Confidence: 0.84609836  
00:13:46.020 --> 00:13:52.004 And slowly. Exhale. Stretch  
NOTE Confidence: 0.84609836  
00:13:52.004 --> 00:13:55.112 your arms out to the left and  
NOTE Confidence: 0.84609836  
00:13:55.112 --> 00:13:58.625 to the weight as far as you can.  
NOTE Confidence: 0.71456534  
00:14:00.780 --> 00:14:02.240 Arms overhead.  
NOTE Confidence: 0.70399636  
00:14:06.020 --> 00:14:10.170 Head down into prayer pose.  
NOTE Confidence: 0.70399636  
00:14:10.170 --> 00:14:12.150 And when you're ready,  
NOTE Confidence: 0.70399636  
00:14:12.150 --> 00:14:14.625 you can open your eyes.  
NOTE Confidence: 0.70399636  
00:14:14.630 --> 00:14:16.215 And just take a moment  
NOTE Confidence: 0.70399636  
00:14:16.215 --> 00:14:17.800 and come back to yourself.  
NOTE Confidence: 0.909105960000001  
00:14:19.850 --> 00:14:22.604 And just acknowledge that we can  
NOTE Confidence: 0.909105960000001  
00:14:22.604 --> 00:14:25.888 always take that time to know what is  
NOTE Confidence: 0.909105960000001  
00:14:25.888 --> 00:14:28.543 going on around us to be realistic  
NOTE Confidence: 0.909105960000001  
00:14:28.543 --> 00:14:31.705 with what our limitations are with  
NOTE Confidence: 0.909105960000001  
00:14:31.705 --> 00:14:34.354 what our external influences are.  
NOTE Confidence: 0.909105960000001  
00:14:34.354 --> 00:14:38.610 But we can always be kind to ourselves  
NOTE Confidence: 0.909105960000001



00:14:38.711 --> 00:14:42.155 and offer ourselves a bit of peace.  
NOTE Confidence: 0.909105960000001

00:14:42.160 --> 00:14:45.200 I want you to take your fist and  
NOTE Confidence: 0.909105960000001

00:14:45.200 --> 00:14:48.402 put it over your heart and take  
NOTE Confidence: 0.909105960000001

00:14:48.402 --> 00:14:51.729 your other hand and Cup that fist  
NOTE Confidence: 0.909105960000001

00:14:51.729 --> 00:14:54.837 and just press in for a moment.  
NOTE Confidence: 0.909105960000001

00:14:54.840 --> 00:14:57.896 And just kind of feel your own strength.  
NOTE Confidence: 0.9002269

00:14:59.920 --> 00:15:02.266 Just take a moment, I'm relax.  
NOTE Confidence: 0.88211787

00:15:04.520 --> 00:15:07.070 And just feel your inner strength.  
NOTE Confidence: 0.9215078

00:15:15.330 --> 00:15:19.360 Excellent and open your eyes.  
NOTE Confidence: 0.9215078

00:15:19.360 --> 00:15:22.128 I thank you so much for being here  
NOTE Confidence: 0.9215078

00:15:22.128 --> 00:15:25.110 today for taking the time to yourself.  
NOTE Confidence: 0.9215078

00:15:25.110 --> 00:15:27.539 May the long time sun shine upon  
NOTE Confidence: 0.9215078

00:15:27.539 --> 00:15:30.079 you and all love surround you.  
NOTE Confidence: 0.9215078

00:15:30.080 --> 00:15:32.635 The pure light within you guide your  
NOTE Confidence: 0.9215078

00:15:32.635 --> 00:15:35.449 way on guide your way on everybody.  
NOTE Confidence: 0.9215078

00:15:35.450 --> 00:15:37.360 Have a wonderful week as

NOTE Confidence: 0.9215078

00:15:37.360 --> 00:15:38.888 we move into September.

NOTE Confidence: 0.9215078

00:15:38.890 --> 00:15:41.557 Will be doing our guided meditation on

NOTE Confidence: 0.9215078

00:15:41.557 --> 00:15:44.260 Mondays just on Mondays now at 10:30.

NOTE Confidence: 0.9215078

00:15:44.260 --> 00:15:46.955 So I hope to see you throughout

NOTE Confidence: 0.9215078

00:15:46.955 --> 00:15:49.318 the month and just be well.

NOTE Confidence: 0.9215078

00:15:49.320 --> 00:15:50.830 And take care of yourselves.

NOTE Confidence: 0.9215078

00:15:50.830 --> 00:15:51.456 Thank you.