

WEBVTT

NOTE duration:"00:14:00.6720000"

NOTE language:en-us

NOTE Confidence: 0.850403249263763

00:00:00.000 --> 00:00:01.784 Hello everybody and thank

NOTE Confidence: 0.850403249263763

00:00:01.784 --> 00:00:04.014 you so much for joining.

NOTE Confidence: 0.850403249263763

00:00:04.020 --> 00:00:05.830 My name is Michelle Grant.

NOTE Confidence: 0.850403249263763

00:00:05.830 --> 00:00:07.640 I'm a licensed massage therapist

NOTE Confidence: 0.850403249263763

00:00:07.640 --> 00:00:09.474 at Smilow Cancer Hospital, Ann.

NOTE Confidence: 0.850403249263763

00:00:09.474 --> 00:00:12.162 It's my honor, pleasure and privilege to

NOTE Confidence: 0.850403249263763

00:00:12.162 --> 00:00:15.312 join you today for some guided meditation

NOTE Confidence: 0.850403249263763

00:00:15.312 --> 00:00:17.786 and some breathwork Important for all

NOTE Confidence: 0.850403249263763

00:00:17.786 --> 00:00:21.230 of us to take the time for ourselves.

NOTE Confidence: 0.850403249263763

00:00:21.230 --> 00:00:24.080 Just to ground and just sort of let go of

NOTE Confidence: 0.850403249263763

00:00:24.155 --> 00:00:27.075 everything that may be going on around us.

NOTE Confidence: 0.850403249263763

00:00:27.080 --> 00:00:30.005 And then we come back to our daily activities

NOTE Confidence: 0.850403249263763

00:00:30.005 --> 00:00:32.923 were better able to cope and deal with them.

NOTE Confidence: 0.850403249263763

00:00:32.930 --> 00:00:35.582 So to begin, just bring yourself

NOTE Confidence: 0.850403249263763
00:00:35.582 --> 00:00:37.350 into a comfortable position.
NOTE Confidence: 0.850403249263763
00:00:37.350 --> 00:00:41.040 Take a moment and allow your body to relax.
NOTE Confidence: 0.850403249263763
00:00:41.040 --> 00:00:42.680 Soften any unnecessary attention
NOTE Confidence: 0.850403249263763
00:00:42.680 --> 00:00:45.140 in your belly and your shoulder,
NOTE Confidence: 0.850403249263763
00:00:45.140 --> 00:00:48.780 and just find a posture that feels
NOTE Confidence: 0.850403249263763
00:00:48.780 --> 00:00:51.878 both relaxed and alert for you.
NOTE Confidence: 0.850403249263763
00:00:51.880 --> 00:00:54.953 Now close your eyes or look downwards
NOTE Confidence: 0.850403249263763
00:00:54.953 --> 00:00:57.828 and rest your hands in an easy,
NOTE Confidence: 0.850403249263763
00:00:57.830 --> 00:00:59.006 effortless way.
NOTE Confidence: 0.850403249263763
00:00:59.006 --> 00:01:01.358 Take a few moments.
NOTE Confidence: 0.850403249263763
00:01:01.360 --> 00:01:04.482 Just scan your where nisc through the
NOTE Confidence: 0.850403249263763
00:01:04.482 --> 00:01:07.427 sensations of your body and wherever
NOTE Confidence: 0.850403249263763
00:01:07.427 --> 00:01:09.972 possible just soften and release
NOTE Confidence: 0.850403249263763
00:01:09.972 --> 00:01:12.670 obvious areas of physical tension.
NOTE Confidence: 0.850403249263763
00:01:12.670 --> 00:01:15.220 Relax your breath.
NOTE Confidence: 0.850403249263763

00:01:15.220 --> 00:01:17.930 Breathe in through your nose.
NOTE Confidence: 0.850403249263763

00:01:17.930 --> 00:01:20.950 And out through your mouth.
NOTE Confidence: 0.850403249263763

00:01:20.950 --> 00:01:22.870 It may feel little unfamiliar,
NOTE Confidence: 0.850403249263763

00:01:22.870 --> 00:01:25.558 but when it's done in a natural,
NOTE Confidence: 0.850403249263763

00:01:25.560 --> 00:01:26.542 easygoing way,
NOTE Confidence: 0.850403249263763

00:01:26.542 --> 00:01:30.470 it could be very relaxing and a comfortable
NOTE Confidence: 0.850403249263763

00:01:30.559 --> 00:01:33.604 way to breathe in through your nose.
NOTE Confidence: 0.850403249263763

00:01:33.610 --> 00:01:35.520 And out through your mouth.
NOTE Confidence: 0.910767376422882

00:01:37.570 --> 00:01:41.110 In through your nose.
NOTE Confidence: 0.910767376422882

00:01:41.110 --> 00:01:44.300 An out through your mouth.
NOTE Confidence: 0.910767376422882

00:01:44.300 --> 00:01:46.676 Now let your belly be soft.
NOTE Confidence: 0.910767376422882

00:01:46.680 --> 00:01:48.660 If the belly is soft,
NOTE Confidence: 0.910767376422882

00:01:48.660 --> 00:01:52.773 more oxygen goes to the bottom of the lungs.
NOTE Confidence: 0.910767376422882

00:01:52.780 --> 00:01:56.520 And there's better oxygen exchange.
NOTE Confidence: 0.910767376422882

00:01:56.520 --> 00:01:59.439 Oxygen moves more easily into the blood
NOTE Confidence: 0.910767376422882

00:01:59.439 --> 00:02:03.149 and it goes to all the cells in the body,

NOTE Confidence: 0.910767376422882

00:02:03.150 --> 00:02:06.237 including the cells in the brain supplying

NOTE Confidence: 0.910767376422882

00:02:06.237 --> 00:02:09.538 your brain with the nourishment it needs.

NOTE Confidence: 0.910767376422882

00:02:09.540 --> 00:02:11.530 If the belly is soft,

NOTE Confidence: 0.910767376422882

00:02:11.530 --> 00:02:15.184 it helps to activate the vagus nerve.

NOTE Confidence: 0.910767376422882

00:02:15.190 --> 00:02:16.402 Vegas means wandering,

NOTE Confidence: 0.910767376422882

00:02:16.402 --> 00:02:18.422 and this nerve wanders up

NOTE Confidence: 0.910767376422882

00:02:18.422 --> 00:02:20.518 through the abdomen and chest,

NOTE Confidence: 0.910767376422882

00:02:20.520 --> 00:02:22.980 back to the central nervous system,

NOTE Confidence: 0.910767376422882

00:02:22.980 --> 00:02:26.655 in the brain and it promotes relaxation.

NOTE Confidence: 0.910767376422882

00:02:26.660 --> 00:02:29.019 It is an antidote to the fight

NOTE Confidence: 0.910767376422882

00:02:29.019 --> 00:02:30.750 or flight stress response.

NOTE Confidence: 0.867196679115295

00:02:33.050 --> 00:02:35.405 Breathing deeply activating the vagus

NOTE Confidence: 0.867196679115295

00:02:35.405 --> 00:02:38.807 nerve helps relaxation to come an as the

NOTE Confidence: 0.867196679115295

00:02:38.807 --> 00:02:41.082 belly is soft and you breathe deeply.

NOTE Confidence: 0.867196679115295

00:02:41.090 --> 00:02:43.922 All the other muscles in the

NOTE Confidence: 0.867196679115295

00:02:43.922 --> 00:02:46.699 body began to relax as well.
NOTE Confidence: 0.867196679115295

00:02:46.700 --> 00:02:49.760 And you can feel that now.
NOTE Confidence: 0.867196679115295

00:02:49.760 --> 00:02:52.322 You may wanna think of the
NOTE Confidence: 0.867196679115295

00:02:52.322 --> 00:02:55.230 word soft as you breathe in.
NOTE Confidence: 0.867196679115295

00:02:55.230 --> 00:02:59.196 And belly as you breathe out.
NOTE Confidence: 0.867196679115295

00:02:59.200 --> 00:03:01.790 See what that feels like for you,
NOTE Confidence: 0.867196679115295

00:03:01.790 --> 00:03:05.360 soft as you breathe in.
NOTE Confidence: 0.867196679115295

00:03:05.360 --> 00:03:08.870 And belly as you breathe out.
NOTE Confidence: 0.867196679115295

00:03:08.870 --> 00:03:10.190 If thoughts come,
NOTE Confidence: 0.867196679115295

00:03:10.190 --> 00:03:12.830 let them go and gently bring
NOTE Confidence: 0.867196679115295

00:03:12.830 --> 00:03:16.087 your mind back to the soft on the
NOTE Confidence: 0.867196679115295

00:03:16.087 --> 00:03:18.549 inhale and belly on the Exhale.
NOTE Confidence: 0.867196679115295

00:03:18.550 --> 00:03:21.690 Soft as you breathe in.
NOTE Confidence: 0.867196679115295

00:03:21.690 --> 00:03:23.616 And belly as you breathe out.
NOTE Confidence: 0.746315121650696

00:03:26.380 --> 00:03:29.670 Soft as you breathe in.
NOTE Confidence: 0.746315121650696

00:03:29.670 --> 00:03:31.626 And belly as you breathe out.

NOTE Confidence: 0.930118143558502
00:03:36.860 --> 00:03:39.650 You may feel that your shoulders
NOTE Confidence: 0.930118143558502
00:03:39.650 --> 00:03:42.400 are a bit more relaxed.
NOTE Confidence: 0.882361769676209
00:03:45.800 --> 00:03:50.336 Just keep that breath going soft and gentle.
NOTE Confidence: 0.882361769676209
00:03:50.340 --> 00:03:54.966 Feel the belly relax breathing through
NOTE Confidence: 0.882361769676209
00:03:54.966 --> 00:03:58.400 your nose. And out through the mouth.
NOTE Confidence: 0.862521529197693
00:04:01.770 --> 00:04:04.370 Sometimes pain can overwhelm us,
NOTE Confidence: 0.862521529197693
00:04:04.370 --> 00:04:07.550 not only physically, but mentally.
NOTE Confidence: 0.862521529197693
00:04:07.550 --> 00:04:09.908 When pain gets out of hand,
NOTE Confidence: 0.862521529197693
00:04:09.910 --> 00:04:13.278 it can become part of our identity or
NOTE Confidence: 0.862521529197693
00:04:13.278 --> 00:04:15.937 even consumer entire sense of self.
NOTE Confidence: 0.862521529197693
00:04:15.940 --> 00:04:19.888 Having entire days revolving around pain.
NOTE Confidence: 0.862521529197693
00:04:19.890 --> 00:04:22.445 Your very life becomes dedicated to paying,
NOTE Confidence: 0.862521529197693
00:04:22.450 --> 00:04:24.362 yet pain is something
NOTE Confidence: 0.862521529197693
00:04:24.362 --> 00:04:27.230 everyone wants to get rid of.
NOTE Confidence: 0.862521529197693
00:04:27.230 --> 00:04:29.568 So why does this happen and how
NOTE Confidence: 0.862521529197693

00:04:29.568 --> 00:04:32.683 can we get our life back when pain
NOTE Confidence: 0.862521529197693

00:04:32.683 --> 00:04:35.270 has become so unbearable at times?
NOTE Confidence: 0.862521529197693

00:04:35.270 --> 00:04:37.555 In order to fully understand
NOTE Confidence: 0.862521529197693

00:04:37.555 --> 00:04:39.840 the true meaning behind pain,
NOTE Confidence: 0.862521529197693

00:04:39.840 --> 00:04:43.557 we must change our perspective on pain.
NOTE Confidence: 0.862521529197693

00:04:43.560 --> 00:04:46.836 And just be open to new approaches.
NOTE Confidence: 0.862521529197693

00:04:46.840 --> 00:04:50.445 So let's just begin this process by
NOTE Confidence: 0.862521529197693

00:04:50.445 --> 00:04:53.691 taking three nice, deeper breaths in,
NOTE Confidence: 0.862521529197693

00:04:53.691 --> 00:04:55.959 now, again maintaining the
NOTE Confidence: 0.862521529197693

00:04:55.959 --> 00:04:59.198 attention to your belly and lungs.
NOTE Confidence: 0.862521529197693

00:04:59.200 --> 00:05:02.038 Expanding them as we do so,
NOTE Confidence: 0.862521529197693

00:05:02.040 --> 00:05:05.688 a breath fully in.
NOTE Confidence: 0.862521529197693

00:05:05.690 --> 00:05:08.246 Exhale and letting your body relax.
NOTE Confidence: 0.822363257408142

00:05:11.200 --> 00:05:16.385 Second breath in. And as you Exhale at
NOTE Confidence: 0.822363257408142

00:05:16.385 --> 00:05:18.749 any worrisome thoughts, just fade away.
NOTE Confidence: 0.841722889741262

00:05:21.140 --> 00:05:22.840 The third breath in.

NOTE Confidence: 0.841722889741262

00:05:22.840 --> 00:05:24.965 Filling your body with as

NOTE Confidence: 0.841722889741262

00:05:24.965 --> 00:05:27.388 much much oxygen as you can,

NOTE Confidence: 0.841722889741262

00:05:27.390 --> 00:05:29.286 and let the SK air escape

NOTE Confidence: 0.841722889741262

00:05:29.286 --> 00:05:31.440 from your body as you exhale,

NOTE Confidence: 0.841722889741262

00:05:31.440 --> 00:05:34.440 relaxing even further. Good.

NOTE Confidence: 0.841722889741262

00:05:34.440 --> 00:05:38.160 Allow your mind to drift in,

NOTE Confidence: 0.841722889741262

00:05:38.160 --> 00:05:41.499 wander to the thought of a small,

NOTE Confidence: 0.841722889741262

00:05:41.500 --> 00:05:43.420 ornate hand built fountain.

NOTE Confidence: 0.883451223373413

00:05:45.580 --> 00:05:48.286 This is the founding of relaxation.

NOTE Confidence: 0.883451223373413

00:05:48.290 --> 00:05:52.970 It is built in a way that the water level

NOTE Confidence: 0.883451223373413

00:05:53.087 --> 00:05:57.767 is waist high and easy for you to access.

NOTE Confidence: 0.883451223373413

00:05:57.770 --> 00:06:01.218 Maybe there is a sculpture that the water

NOTE Confidence: 0.883451223373413

00:06:01.218 --> 00:06:05.127 comes out from splashing down into the basin,

NOTE Confidence: 0.883451223373413

00:06:05.130 --> 00:06:09.330 or perhaps the water just shoots up.

NOTE Confidence: 0.883451223373413

00:06:09.330 --> 00:06:13.749 An out of the water in a beautiful way.

NOTE Confidence: 0.883451223373413

00:06:13.750 --> 00:06:16.048 However you see this fountain picture,
NOTE Confidence: 0.883451223373413

00:06:16.050 --> 00:06:20.760 it very vividly in as much detail as you can.
NOTE Confidence: 0.883451223373413

00:06:20.760 --> 00:06:24.155 You notice the water is crystal clear.
NOTE Confidence: 0.883451223373413

00:06:24.160 --> 00:06:28.885 But it also seems to glow with Golden Light.
NOTE Confidence: 0.883451223373413

00:06:28.890 --> 00:06:31.662 Touch your hand to the side of
NOTE Confidence: 0.883451223373413

00:06:31.662 --> 00:06:34.079 the fountain and feel the way
NOTE Confidence: 0.883451223373413

00:06:34.079 --> 00:06:36.732 it's built and how sturdy it is.
NOTE Confidence: 0.883451223373413

00:06:36.740 --> 00:06:38.724 That dip your fingertips
NOTE Confidence: 0.883451223373413

00:06:38.724 --> 00:06:40.708 into the Golden water.
NOTE Confidence: 0.883451223373413

00:06:40.710 --> 00:06:42.570 And feel a profound relaxation.
NOTE Confidence: 0.883451223373413

00:06:42.570 --> 00:06:44.796 It gives you in your fingers.
NOTE Confidence: 0.840404570102692

00:06:46.840 --> 00:06:50.250 Not dip your entire hand
NOTE Confidence: 0.840404570102692

00:06:50.250 --> 00:06:52.978 into this healing water.
NOTE Confidence: 0.840404570102692

00:06:52.980 --> 00:06:55.626 The pleasure that this water brings you
NOTE Confidence: 0.840404570102692

00:06:55.626 --> 00:06:58.487 is so wonderful that you must have more.
NOTE Confidence: 0.840404570102692

00:06:58.490 --> 00:07:02.362 So gather some in your right hand and

NOTE Confidence: 0.840404570102692
00:07:02.362 --> 00:07:05.907 splash it on to your left forearm.
NOTE Confidence: 0.840404570102692
00:07:05.910 --> 00:07:09.907 Gather some more and cover your upper
NOTE Confidence: 0.840404570102692
00:07:09.907 --> 00:07:13.420 arm and shoulder with this water.
NOTE Confidence: 0.840404570102692
00:07:13.420 --> 00:07:15.670 The moisture on your skin is
NOTE Confidence: 0.840404570102692
00:07:15.670 --> 00:07:17.170 glistening in the sunlight,
NOTE Confidence: 0.840404570102692
00:07:17.170 --> 00:07:21.298 similar to how diamonds reflect light.
NOTE Confidence: 0.840404570102692
00:07:21.300 --> 00:07:24.140 Now do the same with your left hand,
NOTE Confidence: 0.840404570102692
00:07:24.140 --> 00:07:26.240 copying the water and soaking
NOTE Confidence: 0.840404570102692
00:07:26.240 --> 00:07:28.340 your right arm with it.
NOTE Confidence: 0.840404570102692
00:07:28.340 --> 00:07:31.600 And your right shoulder.
NOTE Confidence: 0.840404570102692
00:07:31.600 --> 00:07:34.806 This water is not only extremely soothing,
NOTE Confidence: 0.840404570102692
00:07:34.810 --> 00:07:38.690 but its appearance is stunning.
NOTE Confidence: 0.840404570102692
00:07:38.690 --> 00:07:41.511 Cut both hands together and gather some
NOTE Confidence: 0.840404570102692
00:07:41.511 --> 00:07:44.559 of this glowing substance in your hands.
NOTE Confidence: 0.840404570102692
00:07:44.560 --> 00:07:46.756 Gathering as much as you can,
NOTE Confidence: 0.840404570102692

00:07:46.760 --> 00:07:49.005 watching it slip through your
NOTE Confidence: 0.840404570102692

00:07:49.005 --> 00:07:51.250 fingers a little and spilling
NOTE Confidence: 0.840404570102692

00:07:51.331 --> 00:07:53.539 over the edges of your hands.
NOTE Confidence: 0.840404570102692

00:07:53.540 --> 00:07:54.632 In this time,
NOTE Confidence: 0.840404570102692

00:07:54.632 --> 00:07:57.880 bring the water to your mouth for a drink.
NOTE Confidence: 0.854962408542633

00:08:02.040 --> 00:08:06.016 The water touches your lips and it
NOTE Confidence: 0.854962408542633

00:08:06.016 --> 00:08:09.516 is sublime. This water is heavenly.
NOTE Confidence: 0.854962408542633

00:08:09.516 --> 00:08:13.940 It nourishes you and it locks is you.
NOTE Confidence: 0.854962408542633

00:08:13.940 --> 00:08:17.118 Take another handful and drink some more.
NOTE Confidence: 0.801646173000336

00:08:19.300 --> 00:08:21.332 Gather one more handful
NOTE Confidence: 0.801646173000336

00:08:21.332 --> 00:08:24.380 and splash it on your face.
NOTE Confidence: 0.877693653106689

00:08:26.670 --> 00:08:29.550 The water seems to wash away all the
NOTE Confidence: 0.877693653106689

00:08:29.550 --> 00:08:32.040 worries you've ever carried in your
NOTE Confidence: 0.877693653106689

00:08:32.040 --> 00:08:34.160 facial expression over the years.
NOTE Confidence: 0.89871734380722

00:08:36.290 --> 00:08:37.898 Notice how you feel.
NOTE Confidence: 0.876656949520111

00:08:41.270 --> 00:08:45.806 Now just take a minute and just relax

NOTE Confidence: 0.876656949520111

00:08:45.806 --> 00:08:49.297 somewhere near this fountain feeling

NOTE Confidence: 0.876656949520111

00:08:49.297 --> 00:08:53.838 completely free and clear. An open mind in.

NOTE Confidence: 0.660755097866058

00:08:58.370 --> 00:09:04.270 Pinax is an alert.

NOTE Confidence: 0.660755097866058

00:09:04.270 --> 00:09:11.645 It's similar to an alarm.

NOTE Confidence: 0.660755097866058

00:09:11.650 --> 00:09:13.140 When an alarm goes off,

NOTE Confidence: 0.660755097866058

00:09:13.140 --> 00:09:15.804 you understand what it was asking you to do,

NOTE Confidence: 0.660755097866058

00:09:15.810 --> 00:09:18.640 and you turn it out.

NOTE Confidence: 0.660755097866058

00:09:18.640 --> 00:09:21.020 National alarm that wakes

NOTE Confidence: 0.660755097866058

00:09:21.020 --> 00:09:23.400 you up from sleeping.

NOTE Confidence: 0.660755097866058

00:09:23.400 --> 00:09:25.552 Once you are awake,

NOTE Confidence: 0.660755097866058

00:09:25.552 --> 00:09:28.780 you turn off the alerting sound

NOTE Confidence: 0.660755097866058

00:09:28.891 --> 00:09:32.265 and the alarm has done its duty.

NOTE Confidence: 0.660755097866058

00:09:32.270 --> 00:09:35.074 Pain alerts you that

NOTE Confidence: 0.660755097866058

00:09:35.074 --> 00:09:37.177 something needs attention.

NOTE Confidence: 0.660755097866058

00:09:37.180 --> 00:09:39.466 If you have a traumatic injury,

NOTE Confidence: 0.660755097866058

00:09:39.470 --> 00:09:42.135 the pain tells you the
NOTE Confidence: 0.660755097866058

00:09:42.135 --> 00:09:44.800 wound needs to be mended.
NOTE Confidence: 0.660755097866058

00:09:44.800 --> 00:09:46.700 But what's happening with
NOTE Confidence: 0.660755097866058

00:09:46.700 --> 00:09:49.075 chronic pain that continues for
NOTE Confidence: 0.660755097866058

00:09:49.075 --> 00:09:51.511 years and consumes your mind at
NOTE Confidence: 0.660755097866058

00:09:51.511 --> 00:09:54.129 times is that the source of the
NOTE Confidence: 0.660755097866058

00:09:54.129 --> 00:09:56.103 pain is not being mended in.
NOTE Confidence: 0.660755097866058

00:09:56.110 --> 00:09:59.920 The alarm is constantly going off.
NOTE Confidence: 0.660755097866058

00:09:59.920 --> 00:10:01.760 Our minds are very intelligent
NOTE Confidence: 0.660755097866058

00:10:01.760 --> 00:10:03.600 as well as our bodies.
NOTE Confidence: 0.660755097866058

00:10:03.600 --> 00:10:05.850 When there is something important in
NOTE Confidence: 0.660755097866058

00:10:05.850 --> 00:10:08.128 our mind that we don't acknowledge
NOTE Confidence: 0.660755097866058

00:10:08.128 --> 00:10:10.952 or push away and do not tend to,
NOTE Confidence: 0.660755097866058

00:10:10.960 --> 00:10:12.800 the only option are mine.
NOTE Confidence: 0.660755097866058

00:10:12.800 --> 00:10:15.350 Executes is still alert the
NOTE Confidence: 0.660755097866058

00:10:15.350 --> 00:10:16.880 body through pain.

NOTE Confidence: 0.660755097866058
00:10:16.880 --> 00:10:19.372 So instead of thinking that there is
NOTE Confidence: 0.660755097866058
00:10:19.372 --> 00:10:21.680 something wrong in the body at times,
NOTE Confidence: 0.660755097866058
00:10:21.680 --> 00:10:24.105 ask yourself what needs to
NOTE Confidence: 0.660755097866058
00:10:24.105 --> 00:10:26.530 be addressed in the mind.
NOTE Confidence: 0.660755097866058
00:10:26.530 --> 00:10:28.450 Perhaps you're working a job
NOTE Confidence: 0.660755097866058
00:10:28.450 --> 00:10:29.986 that brings you down,
NOTE Confidence: 0.660755097866058
00:10:29.990 --> 00:10:32.664 but you don't like to admit it.
NOTE Confidence: 0.660755097866058
00:10:32.670 --> 00:10:35.424 Or maybe you already unhappy relationship
NOTE Confidence: 0.660755097866058
00:10:35.424 --> 00:10:38.669 that you continue to sit stagnantly in.
NOTE Confidence: 0.660755097866058
00:10:38.670 --> 00:10:41.610 Or you could even be in a
NOTE Confidence: 0.660755097866058
00:10:41.610 --> 00:10:42.870 very happy relationship,
NOTE Confidence: 0.660755097866058
00:10:42.870 --> 00:10:46.167 but you have allowed too many burdens
NOTE Confidence: 0.660755097866058
00:10:46.167 --> 00:10:48.679 and responsibilities on yourself and
NOTE Confidence: 0.660755097866058
00:10:48.679 --> 00:10:51.745 attempt to please everyone but yourself.
NOTE Confidence: 0.660755097866058
00:10:51.750 --> 00:10:54.230 Unresolved upsets in our lives
NOTE Confidence: 0.660755097866058

00:10:54.230 --> 00:10:56.710 can manifest his body pains
NOTE Confidence: 0.660755097866058

00:10:56.803 --> 00:10:59.629 until we do something about them.
NOTE Confidence: 0.660755097866058

00:10:59.630 --> 00:11:02.766 There are alerts that you have gone
NOTE Confidence: 0.660755097866058

00:11:02.766 --> 00:11:04.658 beyond your instinctual boundaries
NOTE Confidence: 0.660755097866058

00:11:04.658 --> 00:11:07.460 and are not speaking your truth.
NOTE Confidence: 0.660755097866058

00:11:07.460 --> 00:11:08.696 So at times,
NOTE Confidence: 0.660755097866058

00:11:08.696 --> 00:11:10.756 instead of asking what's wrong
NOTE Confidence: 0.660755097866058

00:11:10.756 --> 00:11:13.563 with your body when you experience
NOTE Confidence: 0.660755097866058

00:11:13.563 --> 00:11:15.467 chronic aches and pains,
NOTE Confidence: 0.660755097866058

00:11:15.470 --> 00:11:17.700 ask what in your mind,
NOTE Confidence: 0.660755097866058

00:11:17.700 --> 00:11:20.080 maybe asking for attention,
NOTE Confidence: 0.660755097866058

00:11:20.080 --> 00:11:23.055 but you continue to disregard
NOTE Confidence: 0.660755097866058

00:11:23.055 --> 00:11:25.437 it and push it away.
NOTE Confidence: 0.660755097866058

00:11:25.440 --> 00:11:28.324 When this type of pain presents itself,
NOTE Confidence: 0.660755097866058

00:11:28.330 --> 00:11:31.754 cool directly to your mind and ask what
NOTE Confidence: 0.660755097866058

00:11:31.754 --> 00:11:34.648 emotion am I possibly suppressing and

NOTE Confidence: 0.660755097866058
00:11:34.648 --> 00:11:38.090 what thoughts may I be pushing away?
NOTE Confidence: 0.660755097866058
00:11:38.090 --> 00:11:41.528 This is being true with yourself
NOTE Confidence: 0.660755097866058
00:11:41.528 --> 00:11:43.820 as you always should.
NOTE Confidence: 0.660755097866058
00:11:43.820 --> 00:11:47.066 Truth and chronic pain cannot coexist.
NOTE Confidence: 0.886281192302704
00:11:49.120 --> 00:11:51.661 So once you know the true source
NOTE Confidence: 0.886281192302704
00:11:51.661 --> 00:11:54.549 of your pain by a valuating your
NOTE Confidence: 0.886281192302704
00:11:54.549 --> 00:11:57.117 life experience in an honest way,
NOTE Confidence: 0.886281192302704
00:11:57.120 --> 00:12:01.208 that sort of pain may just disappear.
NOTE Confidence: 0.886281192302704
00:12:01.210 --> 00:12:04.098 It will only rise again as a helpful
NOTE Confidence: 0.886281192302704
00:12:04.098 --> 00:12:06.651 alert that truth and honesty must
NOTE Confidence: 0.886281192302704
00:12:06.651 --> 00:12:09.279 be expressed to yourself and those
NOTE Confidence: 0.886281192302704
00:12:09.357 --> 00:12:11.739 who are important in your life.
NOTE Confidence: 0.894773542881012
00:12:19.120 --> 00:12:22.704 Just left the things that you think you
NOTE Confidence: 0.894773542881012
00:12:22.704 --> 00:12:26.120 shouldn't in go right past the fear and
NOTE Confidence: 0.894773542881012
00:12:26.120 --> 00:12:29.379 just allow your body to release itself.
NOTE Confidence: 0.894773542881012

00:12:29.380 --> 00:12:33.620 When you release those thoughts in your mind.

NOTE Confidence: 0.894773542881012

00:12:33.620 --> 00:12:35.940 It's important that we fully

NOTE Confidence: 0.894773542881012

00:12:35.940 --> 00:12:38.260 trust our body is stronger.

NOTE Confidence: 0.894773542881012

00:12:38.260 --> 00:12:41.380 Then you have ever made it to believe it was.

NOTE Confidence: 0.912140965461731

00:12:45.030 --> 00:12:47.934 When you're ready again, just take

NOTE Confidence: 0.912140965461731

00:12:47.934 --> 00:12:51.790 a deep breath in. Exhale it out.

NOTE Confidence: 0.920719563961029

00:12:54.100 --> 00:12:57.537 Open your eyes if they are closed.

NOTE Confidence: 0.920719563961029

00:12:57.540 --> 00:12:59.549 Stretch your arms out as far as

NOTE Confidence: 0.920719563961029

00:12:59.549 --> 00:13:02.060 you can to the left and the right.

NOTE Confidence: 0.865634739398956

00:13:04.200 --> 00:13:06.880 Put your arms over head.

NOTE Confidence: 0.865634739398956

00:13:06.880 --> 00:13:09.610 An exhale into prayer pose.

NOTE Confidence: 0.906048178672791

00:13:11.800 --> 00:13:14.800 And open your eyes if they are closed.

NOTE Confidence: 0.906048178672791

00:13:14.800 --> 00:13:17.152 I want to thank you again for taking

NOTE Confidence: 0.906048178672791

00:13:17.152 --> 00:13:19.558 this time for yourself and just to

NOTE Confidence: 0.906048178672791

00:13:19.558 --> 00:13:21.930 remind yourself all the sudden you get

NOTE Confidence: 0.906048178672791

00:13:21.930 --> 00:13:24.122 a little funny a get a little funny

NOTE Confidence: 0.906048178672791
00:13:24.130 --> 00:13:26.286 pain here that repeats itself on a
NOTE Confidence: 0.906048178672791
00:13:26.286 --> 00:13:28.478 daily basis or every now and then.
NOTE Confidence: 0.906048178672791
00:13:28.480 --> 00:13:30.346 That same little acre pain and
NOTE Confidence: 0.906048178672791
00:13:30.346 --> 00:13:31.590 just take a moment.
NOTE Confidence: 0.906048178672791
00:13:31.590 --> 00:13:33.456 I just think about what am
NOTE Confidence: 0.906048178672791
00:13:33.456 --> 00:13:34.700 I experiencing right now.
NOTE Confidence: 0.906048178672791
00:13:34.700 --> 00:13:36.494 What thoughts make may I be
NOTE Confidence: 0.906048178672791
00:13:36.494 --> 00:13:38.087 suppressing then I can acknowledge
NOTE Confidence: 0.906048178672791
00:13:38.087 --> 00:13:40.432 and kind of just do something about
NOTE Confidence: 0.906048178672791
00:13:40.432 --> 00:13:42.478 and then release and let it go.
NOTE Confidence: 0.906048178672791
00:13:42.480 --> 00:13:44.657 OK so wishes for everybody for peace,
NOTE Confidence: 0.906048178672791
00:13:44.660 --> 00:13:45.776 health and happiness.
NOTE Confidence: 0.906048178672791
00:13:45.776 --> 00:13:48.380 May the long time sunshine upon you
NOTE Confidence: 0.906048178672791
00:13:48.445 --> 00:13:51.053 all love surround you in the pure light
NOTE Confidence: 0.906048178672791
00:13:51.053 --> 00:13:53.109 within you guide your way on take
NOTE Confidence: 0.906048178672791

00:13:53.109 --> 00:13:55.758 care and I hope to see you again soon.

NOTE Confidence: 0.906048178672791

00:13:55.758 --> 00:13:57.066 Next Thursday at 11:30.