

WEBVTT

NOTE duration:"00:13:15.6800000"

NOTE language:en-us

NOTE Confidence: 0.860795080661774

00:00:00.000 --> 00:00:01.512 Thank you everybody for

NOTE Confidence: 0.860795080661774

00:00:01.512 --> 00:00:03.024 joining our guided imagery.

NOTE Confidence: 0.860795080661774

00:00:03.030 --> 00:00:05.286 Zan breathwork session today my name

NOTE Confidence: 0.860795080661774

00:00:05.286 --> 00:00:08.123 is Michelle Grand and I am a licensed

NOTE Confidence: 0.860795080661774

00:00:08.123 --> 00:00:10.025 massage therapist and I work with

NOTE Confidence: 0.860795080661774

00:00:10.096 --> 00:00:12.426 the cancer smilow hospital patients.

NOTE Confidence: 0.860795080661774

00:00:12.430 --> 00:00:15.006 Today we're going to just take a

NOTE Confidence: 0.860795080661774

00:00:15.006 --> 00:00:17.630 few minutes to ground and sort of

NOTE Confidence: 0.860795080661774

00:00:17.630 --> 00:00:20.255 get a focal and focus point for

NOTE Confidence: 0.860795080661774

00:00:20.255 --> 00:00:22.553 ourselves and then we're going to

NOTE Confidence: 0.860795080661774

00:00:22.553 --> 00:00:25.458 lead into a guided meditation on our

NOTE Confidence: 0.860795080661774

00:00:25.458 --> 00:00:28.080 inner voice and finding that place.

NOTE Confidence: 0.860795080661774

00:00:28.080 --> 00:00:30.859 So as we begin, just bring yourself

NOTE Confidence: 0.860795080661774

00:00:30.859 --> 00:00:32.790 into a comfortable position.

NOTE Confidence: 0.860795080661774
00:00:32.790 --> 00:00:36.190 Whatever is comfortable for you.
NOTE Confidence: 0.860795080661774
00:00:36.190 --> 00:00:38.284 Relax your shoulders.
NOTE Confidence: 0.860795080661774
00:00:38.284 --> 00:00:43.170 Just put your spine into an upright.
NOTE Confidence: 0.860795080661774
00:00:43.170 --> 00:00:45.930 Position.
NOTE Confidence: 0.860795080661774
00:00:45.930 --> 00:00:49.704 If you can put yourself across
NOTE Confidence: 0.860795080661774
00:00:49.704 --> 00:00:53.726 from a wall or something that
NOTE Confidence: 0.860795080661774
00:00:53.726 --> 00:00:58.507 you can look at and focus on.
NOTE Confidence: 0.860795080661774
00:00:58.510 --> 00:01:03.172 Now set your gaze on the wall at a
NOTE Confidence: 0.860795080661774
00:01:03.172 --> 00:01:07.068 comfortable height in your line of sight.
NOTE Confidence: 0.860795080661774
00:01:07.070 --> 00:01:11.004 Don't look too far up or too
NOTE Confidence: 0.860795080661774
00:01:11.004 --> 00:01:13.520 far down the wall.
NOTE Confidence: 0.860795080661774
00:01:13.520 --> 00:01:18.434 But just softly focus your gaze on the wall.
NOTE Confidence: 0.860795080661774
00:01:18.440 --> 00:01:22.082 And don't try to stare through
NOTE Confidence: 0.860795080661774
00:01:22.082 --> 00:01:25.849 it and don't strain your eyes.
NOTE Confidence: 0.860795080661774
00:01:25.850 --> 00:01:29.130 But just find a spot on that wall
NOTE Confidence: 0.860795080661774

00:01:29.130 --> 00:01:31.959 across from where you're sitting.
NOTE Confidence: 0.876755893230438

00:01:34.380 --> 00:01:37.464 And bring your awareness to your
NOTE Confidence: 0.876755893230438

00:01:37.464 --> 00:01:39.520 breath following each inhale
NOTE Confidence: 0.876755893230438

00:01:39.607 --> 00:01:42.218 and Exhale for a count of five.
NOTE Confidence: 0.821419596672058

00:01:44.820 --> 00:01:52.200 Deep breath in. Then Exhale out.
NOTE Confidence: 0.821419596672058

00:01:52.200 --> 00:01:59.908 Deep breath in. And Exhale out.
NOTE Confidence: 0.821419596672058

00:01:59.910 --> 00:02:03.950 Now with your focus set on the wall,
NOTE Confidence: 0.821419596672058

00:02:03.950 --> 00:02:07.475 continue to breathe in it
NOTE Confidence: 0.821419596672058

00:02:07.475 --> 00:02:09.590 relaxed natural pattern.
NOTE Confidence: 0.821419596672058

00:02:09.590 --> 00:02:13.343 You may find that your eyes want to dart
NOTE Confidence: 0.821419596672058

00:02:13.343 --> 00:02:16.597 around or focus intently on one thing.
NOTE Confidence: 0.821419596672058

00:02:16.600 --> 00:02:19.960 Our our eyes always seem to want to
NOTE Confidence: 0.821419596672058

00:02:19.960 --> 00:02:22.600 interpret the world and pay attention
NOTE Confidence: 0.821419596672058

00:02:22.600 --> 00:02:26.120 to what our mind thinks is important.
NOTE Confidence: 0.821419596672058

00:02:26.120 --> 00:02:29.984 What our purpose here today is to
NOTE Confidence: 0.821419596672058

00:02:29.984 --> 00:02:32.849 maintain a consistent soft focus,

NOTE Confidence: 0.821419596672058
00:02:32.850 --> 00:02:34.893 remaining completely aware
NOTE Confidence: 0.821419596672058
00:02:34.893 --> 00:02:37.617 of the present moment.
NOTE Confidence: 0.821419596672058
00:02:37.620 --> 00:02:39.452 If your eyes move,
NOTE Confidence: 0.821419596672058
00:02:39.452 --> 00:02:42.200 bring them back to that focal
NOTE Confidence: 0.821419596672058
00:02:42.296 --> 00:02:45.537 point on the wall across from you.
NOTE Confidence: 0.821419596672058
00:02:45.540 --> 00:02:47.796 If your mind begins to wander,
NOTE Confidence: 0.821419596672058
00:02:47.800 --> 00:02:50.978 asked what am I doing or thinks?
NOTE Confidence: 0.821419596672058
00:02:50.980 --> 00:02:52.381 This is boring.
NOTE Confidence: 0.821419596672058
00:02:52.381 --> 00:02:55.650 Simply come back to your focal point.
NOTE Confidence: 0.816251618521554
00:02:58.600 --> 00:03:04.417 Maintain. An easy relaxed inhale and Exhale.
NOTE Confidence: 0.930021941661835
00:03:07.650 --> 00:03:10.856 It may help to say I am
NOTE Confidence: 0.930021941661835
00:03:10.856 --> 00:03:12.920 looking over and over.
NOTE Confidence: 0.930021941661835
00:03:12.920 --> 00:03:15.164 In my mind, and if distractions
NOTE Confidence: 0.930021941661835
00:03:15.164 --> 00:03:17.180 pull away from your focus,
NOTE Confidence: 0.930021941661835
00:03:17.180 --> 00:03:19.496 just come back to your breath.
NOTE Confidence: 0.759510457515717

00:03:22.080 --> 00:03:24.102 Lumena passive observer
NOTE Confidence: 0.759510457515717
00:03:24.102 --> 00:03:26.798 in the present moment.
NOTE Confidence: 0.759510457515717
00:03:26.800 --> 00:03:28.712 And just observe the
NOTE Confidence: 0.759510457515717
00:03:28.712 --> 00:03:30.624 sensations in your body.
NOTE Confidence: 0.759510457515717
00:03:30.630 --> 00:03:34.158 Observe what your eyes want to do.
NOTE Confidence: 0.759510457515717
00:03:34.160 --> 00:03:35.716 The interaction between your
NOTE Confidence: 0.759510457515717
00:03:35.716 --> 00:03:38.050 minds and breath and the thoughts
NOTE Confidence: 0.759510457515717
00:03:38.114 --> 00:03:40.059 that clamor for your attention.
NOTE Confidence: 0.901983261108398
00:03:43.530 --> 00:03:46.158 Just continue and easy breath and
NOTE Confidence: 0.901983261108398
00:03:46.158 --> 00:03:49.138 just maintain a soft focus on that
NOTE Confidence: 0.901983261108398
00:03:49.138 --> 00:03:51.805 spot on the wall across from you.
NOTE Confidence: 0.911510527133942
00:03:55.100 --> 00:03:59.975 I just continue to take
NOTE Confidence: 0.911510527133942
00:03:59.975 --> 00:04:03.088 deep breaths. In and out.
NOTE Confidence: 0.835518777370453
00:04:06.440 --> 00:04:09.900 Now begin to allow
NOTE Confidence: 0.835518777370453
00:04:09.900 --> 00:04:13.360 spaciousness in your chest.
NOTE Confidence: 0.835518777370453
00:04:13.360 --> 00:04:16.300 By slightly shifting your

NOTE Confidence: 0.835518777370453

00:04:16.300 --> 00:04:19.240 shoulders down and back.

NOTE Confidence: 0.835518777370453

00:04:19.240 --> 00:04:22.621 And let your arms relax with your

NOTE Confidence: 0.835518777370453

00:04:22.621 --> 00:04:25.218 palm's resting easily at your lap.

NOTE Confidence: 0.835518777370453

00:04:25.220 --> 00:04:28.377 At this point you can gently close

NOTE Confidence: 0.835518777370453

00:04:28.377 --> 00:04:31.970 your eyes if they're open or just

NOTE Confidence: 0.835518777370453

00:04:31.970 --> 00:04:34.640 maintain a lowered easy gaze.

NOTE Confidence: 0.835518777370453

00:04:34.640 --> 00:04:37.895 Breathe in and out through your nose.

NOTE Confidence: 0.835518777370453

00:04:37.900 --> 00:04:39.768 I notice your breath.

NOTE Confidence: 0.855660974979401

00:04:42.540 --> 00:04:46.428 Just continue to settle in as you feel

NOTE Confidence: 0.855660974979401

00:04:46.428 --> 00:04:50.087 the breath moving from your nostrils.

NOTE Confidence: 0.855660974979401

00:04:50.090 --> 00:04:52.575 Feel the breath up towards the Crown

NOTE Confidence: 0.855660974979401

00:04:52.575 --> 00:04:55.625 of your head and down past your throat

NOTE Confidence: 0.855660974979401

00:04:55.625 --> 00:04:58.802 past your chest, down into your belly.

NOTE Confidence: 0.855660974979401

00:04:58.802 --> 00:05:01.850 And maintaining easy and relaxed breath.

NOTE Confidence: 0.829373002052307

00:05:04.110 --> 00:05:10.487 Now draw an awareness to your throat.

NOTE Confidence: 0.829373002052307

00:05:10.490 --> 00:05:14.291 Visualize a warm and glowing red or
NOTE Confidence: 0.829373002052307

00:05:14.291 --> 00:05:18.029 blue light at the throat chakra.
NOTE Confidence: 0.829373002052307

00:05:18.030 --> 00:05:22.223 The throat Chakra is located behind your
NOTE Confidence: 0.829373002052307

00:05:22.223 --> 00:05:26.589 Adams Apple and in front of your spine.
NOTE Confidence: 0.829373002052307

00:05:26.590 --> 00:05:29.544 Or wherever you feel a tiny amount
NOTE Confidence: 0.829373002052307

00:05:29.544 --> 00:05:32.340 of energy in the throat area.
NOTE Confidence: 0.825055718421936

00:05:35.970 --> 00:05:39.960 Picture this light here as alive,
NOTE Confidence: 0.825055718421936

00:05:39.960 --> 00:05:41.682 pulsating and vibrating.
NOTE Confidence: 0.825055718421936

00:05:41.682 --> 00:05:45.700 A red or Blue Orb of energy,
NOTE Confidence: 0.825055718421936

00:05:45.700 --> 00:05:49.704 like a horizontal disc made of light.
NOTE Confidence: 0.825055718421936

00:05:49.710 --> 00:05:53.077 And then hold awareness in this area
NOTE Confidence: 0.825055718421936

00:05:53.077 --> 00:05:57.736 as you make your way through the
NOTE Confidence: 0.825055718421936

00:05:57.736 --> 00:06:00.844 following commitments and contemplations.
NOTE Confidence: 0.825055718421936

00:06:00.850 --> 00:06:05.530 Begin by silently saying to yourself.
NOTE Confidence: 0.825055718421936

00:06:05.530 --> 00:06:11.718 I commit to always telling the truth.
NOTE Confidence: 0.825055718421936

00:06:11.720 --> 00:06:15.188 Contemplate what that means to you.

NOTE Confidence: 0.825055718421936
00:06:15.190 --> 00:06:19.312 All the while aware of sensation
NOTE Confidence: 0.825055718421936
00:06:19.312 --> 00:06:24.210 in your body an in the throat.
NOTE Confidence: 0.825055718421936
00:06:24.210 --> 00:06:27.780 Notice what arises as you
NOTE Confidence: 0.825055718421936
00:06:27.780 --> 00:06:30.636 promised to be truthful.
NOTE Confidence: 0.825055718421936
00:06:30.640 --> 00:06:33.168 Notice if there's resistance
NOTE Confidence: 0.825055718421936
00:06:33.168 --> 00:06:36.328 or tightness in the body.
NOTE Confidence: 0.825055718421936
00:06:36.330 --> 00:06:39.210 Is there any closing off?
NOTE Confidence: 0.825055718421936
00:06:39.210 --> 00:06:40.899 And notice too,
NOTE Confidence: 0.825055718421936
00:06:40.899 --> 00:06:43.714 if there's a feeling of
NOTE Confidence: 0.825055718421936
00:06:43.714 --> 00:06:46.230 lightness opening spaciousness.
NOTE Confidence: 0.907088577747345
00:06:48.500 --> 00:06:52.497 I commit to always telling the truth.
NOTE Confidence: 0.872743964195251
00:06:56.140 --> 00:06:58.978 And now say silently to yourself.
NOTE Confidence: 0.872743964195251
00:06:58.980 --> 00:07:02.166 I commit to using my words
NOTE Confidence: 0.872743964195251
00:07:02.166 --> 00:07:04.290 to bring people together.
NOTE Confidence: 0.872743964195251
00:07:04.290 --> 00:07:09.050 And I will refrain from divisive speech.
NOTE Confidence: 0.872743964195251

00:07:09.050 --> 00:07:13.106 Contemplate what that means to you.
NOTE Confidence: 0.872743964195251

00:07:13.110 --> 00:07:16.267 What it means to speak in ways
NOTE Confidence: 0.872743964195251

00:07:16.267 --> 00:07:18.800 that connect rather than divide?
NOTE Confidence: 0.87854528427124

00:07:20.960 --> 00:07:23.372 And notice any sensation
NOTE Confidence: 0.87854528427124

00:07:23.372 --> 00:07:26.387 that arises in your body.
NOTE Confidence: 0.87854528427124

00:07:26.390 --> 00:07:30.026 Stay free from any stories related
NOTE Confidence: 0.87854528427124

00:07:30.026 --> 00:07:33.218 to this commitment and play
NOTE Confidence: 0.87854528427124

00:07:33.218 --> 00:07:36.498 from judging yourself or others.
NOTE Confidence: 0.87854528427124

00:07:36.500 --> 00:07:40.012 Just notice what happens when you say I
NOTE Confidence: 0.87854528427124

00:07:40.012 --> 00:07:43.577 commit to refrain from divisive speech.
NOTE Confidence: 0.87854528427124

00:07:43.580 --> 00:07:48.220 I will use words to bring people together.
NOTE Confidence: 0.880585134029388

00:07:51.320 --> 00:07:54.010 And say silently to yourself.
NOTE Confidence: 0.880585134029388

00:07:54.010 --> 00:07:56.685 I commit to speaking kindly
NOTE Confidence: 0.880585134029388

00:07:56.685 --> 00:08:00.031 and gently, never yelling or
NOTE Confidence: 0.880585134029388

00:08:00.031 --> 00:08:04.573 using my words to hurt others.
NOTE Confidence: 0.880585134029388

00:08:04.580 --> 00:08:08.768 Contemplate what that means to you.

NOTE Confidence: 0.845668196678162
00:08:12.960 --> 00:08:15.846 As you deepen awareness of the
NOTE Confidence: 0.845668196678162
00:08:15.846 --> 00:08:19.373 letter blue light at your throat will
NOTE Confidence: 0.845668196678162
00:08:19.373 --> 00:08:22.873 reflect upon the tone of your voice.
NOTE Confidence: 0.845668196678162
00:08:22.880 --> 00:08:25.360 The volume of your voice,
NOTE Confidence: 0.845668196678162
00:08:25.360 --> 00:08:27.840 the tempo of your voice,
NOTE Confidence: 0.845668196678162
00:08:27.840 --> 00:08:31.305 and notice what arises in your body,
NOTE Confidence: 0.845668196678162
00:08:31.310 --> 00:08:33.598 as you say, silently,
NOTE Confidence: 0.845668196678162
00:08:33.598 --> 00:08:36.458 I commit to speaking gently.
NOTE Confidence: 0.845668196678162
00:08:36.460 --> 00:08:40.030 Never using my words to hurt myself.
NOTE Confidence: 0.845668196678162
00:08:40.030 --> 00:08:41.060 Or others.
NOTE Confidence: 0.83978271484375
00:08:46.230 --> 00:08:48.442 Say silently to yourself.
NOTE Confidence: 0.83978271484375
00:08:48.442 --> 00:08:52.850 I commit to only speaking when necessary,
NOTE Confidence: 0.83978271484375
00:08:52.850 --> 00:08:57.064 and I will refrain from idle chatter.
NOTE Confidence: 0.83978271484375
00:08:57.070 --> 00:09:01.660 Contemplate what that means to you.
NOTE Confidence: 0.83978271484375
00:09:01.660 --> 00:09:05.930 In what ways do you speak unnecessarily?
NOTE Confidence: 0.83978271484375

00:09:05.930 --> 00:09:08.978 In what ways do you speak
NOTE Confidence: 0.83978271484375

00:09:08.978 --> 00:09:12.174 simply to fill silence to avoid
NOTE Confidence: 0.83978271484375

00:09:12.174 --> 00:09:15.348 something or to serve your ego?
NOTE Confidence: 0.83978271484375

00:09:15.350 --> 00:09:19.046 Hold awareness of the body as a whole
NOTE Confidence: 0.83978271484375

00:09:19.046 --> 00:09:21.670 and especially the throat chakra.
NOTE Confidence: 0.83978271484375

00:09:21.670 --> 00:09:25.040 As you contemplate this commitment.
NOTE Confidence: 0.83978271484375

00:09:25.040 --> 00:09:27.480 I will speak Meaningfully, Ann.
NOTE Confidence: 0.83978271484375

00:09:27.480 --> 00:09:29.910 I will avoid useless speech.
NOTE Confidence: 0.853125929832459

00:09:34.200 --> 00:09:36.545 And now feel back into
NOTE Confidence: 0.853125929832459

00:09:36.545 --> 00:09:38.890 the area of your throat.
NOTE Confidence: 0.853125929832459

00:09:38.890 --> 00:09:42.495 The orb or disc of red or
NOTE Confidence: 0.853125929832459

00:09:42.495 --> 00:09:45.519 blue lights feel its warmth.
NOTE Confidence: 0.853125929832459

00:09:45.520 --> 00:09:50.020 Its aliveness Its energy.
NOTE Confidence: 0.853125929832459

00:09:50.020 --> 00:09:52.800 See the posting pulsing and
NOTE Confidence: 0.853125929832459

00:09:52.800 --> 00:09:55.580 vibrating with every cycle of
NOTE Confidence: 0.853125929832459

00:09:55.683 --> 00:09:58.708 breath or with every heartbeat.

NOTE Confidence: 0.853125929832459
00:09:58.710 --> 00:10:02.838 Feel back into the breath itself.
NOTE Confidence: 0.853125929832459
00:10:02.840 --> 00:10:06.982 Feel. Watch notice the breath
NOTE Confidence: 0.853125929832459
00:10:06.982 --> 00:10:10.900 as it comes in through the nose.
NOTE Confidence: 0.853125929832459
00:10:10.900 --> 00:10:13.434 It moves upwards towards the Crown of
NOTE Confidence: 0.853125929832459
00:10:13.434 --> 00:10:16.160 your head and down past your throat,
NOTE Confidence: 0.853125929832459
00:10:16.160 --> 00:10:18.799 into your chest and into your belly.
NOTE Confidence: 0.838401079177856
00:10:22.140 --> 00:10:26.484 Let the area of your throat
NOTE Confidence: 0.838401079177856
00:10:26.484 --> 00:10:28.656 feel spacious unobstructed.
NOTE Confidence: 0.838401079177856
00:10:28.660 --> 00:10:33.019 Alive and vibrant.
NOTE Confidence: 0.838401079177856
00:10:33.020 --> 00:10:36.656 Notice how smoothly the breath flows.
NOTE Confidence: 0.838401079177856
00:10:36.660 --> 00:10:41.526 Up And down past this space.
NOTE Confidence: 0.811391830444336
00:10:43.610 --> 00:10:46.964 Just to take a moment and
NOTE Confidence: 0.811391830444336
00:10:46.964 --> 00:10:49.200 rest in this spaciousness.
NOTE Confidence: 0.811391830444336
00:10:49.200 --> 00:10:53.436 That you have created within yourself.
NOTE Confidence: 0.811391830444336
00:10:53.440 --> 00:10:57.460 Remember your commitments
NOTE Confidence: 0.889965236186981

00:11:05.490 --> 00:11:10.846 those commitments. Annular mindfulness
NOTE Confidence: 0.889965236186981

00:11:10.846 --> 00:11:18.880 into the West of your day.
NOTE Confidence: 0.919192552566528

00:11:21.590 --> 00:11:23.350 And when you're ready,
NOTE Confidence: 0.919192552566528

00:11:23.350 --> 00:11:25.550 if your eyes are closed,
NOTE Confidence: 0.919192552566528

00:11:25.550 --> 00:11:27.425 open your eyes.
NOTE Confidence: 0.919192552566528

00:11:27.425 --> 00:11:30.550 Take a deep breath in.
NOTE Confidence: 0.919192552566528

00:11:30.550 --> 00:11:32.274 Extend your arms to
NOTE Confidence: 0.919192552566528

00:11:32.274 --> 00:11:34.429 the left and the right.
NOTE Confidence: 0.857269823551178

00:11:37.370 --> 00:11:42.110 In hell with arms overhead.
NOTE Confidence: 0.857269823551178

00:11:42.110 --> 00:11:46.549 Trying to Exhale. Into prayer pose.
NOTE Confidence: 0.909287929534912

00:11:49.890 --> 00:11:55.280 And when you're ready, open your eyes.
NOTE Confidence: 0.909287929534912

00:11:55.280 --> 00:11:58.888 Take a grounding breath.
NOTE Confidence: 0.909287929534912

00:11:58.890 --> 00:12:02.128 Give yourself a deep thank you. Anna hug.
NOTE Confidence: 0.909287929534912

00:12:02.128 --> 00:12:05.080 You took the time today to stop all
NOTE Confidence: 0.909287929534912

00:12:05.167 --> 00:12:08.035 that's going on without around you.
NOTE Confidence: 0.909287929534912

00:12:08.040 --> 00:12:10.595 Take a moment to give yourself the

NOTE Confidence: 0.909287929534912
00:12:10.595 --> 00:12:13.604 time and the grounding that you need
NOTE Confidence: 0.909287929534912
00:12:13.604 --> 00:12:16.352 to maintain a sense of Presentness.
NOTE Confidence: 0.909287929534912
00:12:16.360 --> 00:12:19.153 And remember who you are and when
NOTE Confidence: 0.909287929534912
00:12:19.153 --> 00:12:21.715 we think about our inner voice
NOTE Confidence: 0.909287929534912
00:12:21.715 --> 00:12:24.265 and speaking in a mindful way,
NOTE Confidence: 0.909287929534912
00:12:24.270 --> 00:12:25.906 it's good to remember.
NOTE Confidence: 0.909287929534912
00:12:25.906 --> 00:12:27.951 Sometimes we lose the focus
NOTE Confidence: 0.909287929534912
00:12:27.951 --> 00:12:29.700 because we get passionate.
NOTE Confidence: 0.909287929534912
00:12:29.700 --> 00:12:31.570 Passionate about what we're saying,
NOTE Confidence: 0.909287929534912
00:12:31.570 --> 00:12:33.826 passionate about our relationship with others
NOTE Confidence: 0.909287929534912
00:12:33.826 --> 00:12:36.059 passionate about our voices and opinions.
NOTE Confidence: 0.909287929534912
00:12:36.060 --> 00:12:37.930 And that's a good thing,
NOTE Confidence: 0.909287929534912
00:12:37.930 --> 00:12:40.373 but sometimes we lose a little control
NOTE Confidence: 0.909287929534912
00:12:40.373 --> 00:12:42.651 of that inner voice and it takes
NOTE Confidence: 0.909287929534912
00:12:42.651 --> 00:12:45.020 over a little bit of our interactions
NOTE Confidence: 0.909287929534912

00:12:45.020 --> 00:12:47.280 in relationships with others.
NOTE Confidence: 0.909287929534912

00:12:47.280 --> 00:12:49.392 So that's when we come back
NOTE Confidence: 0.909287929534912

00:12:49.392 --> 00:12:51.390 to ourselves in that moment.
NOTE Confidence: 0.909287929534912

00:12:51.390 --> 00:12:55.017 And we just stop and we just ground and
NOTE Confidence: 0.909287929534912

00:12:55.017 --> 00:12:59.075 we just got a place of peace once again.
NOTE Confidence: 0.909287929534912

00:12:59.080 --> 00:13:01.913 So as always, I wish you peace, health,
NOTE Confidence: 0.909287929534912

00:13:01.913 --> 00:13:03.678 happiness, safety made along time.
NOTE Confidence: 0.909287929534912

00:13:03.680 --> 00:13:05.450 Sun shine upon you all.
NOTE Confidence: 0.909287929534912

00:13:05.450 --> 00:13:06.725 Love surround you.
NOTE Confidence: 0.909287929534912

00:13:06.725 --> 00:13:09.275 The pure light within you guide
NOTE Confidence: 0.909287929534912

00:13:09.275 --> 00:13:11.717 your way on guide your way on.
NOTE Confidence: 0.909287929534912

00:13:11.720 --> 00:13:13.610 Paint me well and I hope to
NOTE Confidence: 0.909287929534912

00:13:13.610 --> 00:13:14.820 see you again soon.
NOTE Confidence: 0.909287929534912

00:13:14.820 --> 00:13:15.678 Take care everybody.