

WEBVTT

NOTE duration:"00:12:15.8080000"

NOTE language:en-us

NOTE Confidence: 0.8563073

00:00:00.000 --> 00:00:01.304 Hello good morning everybody.

NOTE Confidence: 0.8563073

00:00:01.304 --> 00:00:03.796 Thank you so much for joining Michelle

NOTE Confidence: 0.8563073

00:00:03.796 --> 00:00:05.700 Graham licensed massage therapist.

NOTE Confidence: 0.8563073

00:00:05.700 --> 00:00:08.850 I work at Smilow Cancer Hospital and it's my

NOTE Confidence: 0.8563073

00:00:08.850 --> 00:00:11.720 honor and privilege to be with you today.

NOTE Confidence: 0.8563073

00:00:11.720 --> 00:00:14.142 We're going to do a little opening

NOTE Confidence: 0.8563073

00:00:14.142 --> 00:00:16.337 relaxation work leading into our guided

NOTE Confidence: 0.8563073

00:00:16.337 --> 00:00:18.521 meditation and today our guided meditation

NOTE Confidence: 0.8563073

00:00:18.521 --> 00:00:21.274 is going to be about noticing our helpers,

NOTE Confidence: 0.8563073

00:00:21.280 --> 00:00:24.451 our loved ones that may have passed

NOTE Confidence: 0.8563073

00:00:24.451 --> 00:00:27.680 that are still with us and guiding

NOTE Confidence: 0.8563073

00:00:27.680 --> 00:00:29.895 us and offering us love.

NOTE Confidence: 0.8563073

00:00:29.900 --> 00:00:32.576 So as we begin as always,

NOTE Confidence: 0.8563073

00:00:32.580 --> 00:00:35.256 just allow your body to settle.

NOTE Confidence: 0.8563073  
00:00:35.260 --> 00:00:38.578 Give yourself a moment and find  
NOTE Confidence: 0.8563073  
00:00:38.578 --> 00:00:40.790 a comfortable position that  
NOTE Confidence: 0.8563073  
00:00:40.889 --> 00:00:43.607 allows your spine to be long.  
NOTE Confidence: 0.8563073  
00:00:43.610 --> 00:00:46.229 But with the natural curve in your low back.  
NOTE Confidence: 0.85607886  
00:00:49.110 --> 00:00:51.630 You can close your eyes or keep  
NOTE Confidence: 0.85607886  
00:00:51.630 --> 00:00:53.899 them open the soft gaze downward  
NOTE Confidence: 0.85607886  
00:00:53.899 --> 00:00:56.880 just a few feet in front of you.  
NOTE Confidence: 0.8837151  
00:00:59.320 --> 00:01:03.058 Allow your belly and shoulders to relax.  
NOTE Confidence: 0.8710913  
00:01:06.490 --> 00:01:08.090 Take a full breath in.  
NOTE Confidence: 0.7808275  
00:01:10.400 --> 00:01:13.340 Had a long breath out.  
NOTE Confidence: 0.8630792  
00:01:17.300 --> 00:01:21.548 As we begin, will work on opening our  
NOTE Confidence: 0.8630792  
00:01:21.548 --> 00:01:25.906 awareness to whatever arises at the moment.  
NOTE Confidence: 0.8630792  
00:01:25.910 --> 00:01:29.220 Thoughts, sensations, feelings in sounds.  
NOTE Confidence: 0.8724568  
00:01:31.570 --> 00:01:33.838 Still allow them to come and go.  
NOTE Confidence: 0.8790302  
00:01:37.930 --> 00:01:41.602 Cultivate an open awareness by practicing  
NOTE Confidence: 0.8790302

00:01:41.602 --> 00:01:44.759 meeting just whatever comes to you,  
NOTE Confidence: 0.8790302

00:01:44.760 --> 00:01:48.365 trying not to focus on or place  
NOTE Confidence: 0.8790302

00:01:48.365 --> 00:01:52.720 more or less weight on anyone thing.  
NOTE Confidence: 0.93074197

00:01:58.000 --> 00:02:00.936 Just allow yourself to take a breath in.  
NOTE Confidence: 0.80979437

00:02:02.980 --> 00:02:04.690 Gotta breath out.  
NOTE Confidence: 0.87176037

00:02:10.010 --> 00:02:13.377 If you feel yourself following a thought  
NOTE Confidence: 0.87176037

00:02:13.377 --> 00:02:16.349 or feeling labeling it can be helpful.  
NOTE Confidence: 0.83110595

00:02:18.430 --> 00:02:21.930 Labels can include simple words  
NOTE Confidence: 0.83110595

00:02:21.930 --> 00:02:25.988 like thinking, work. Or excitement.  
NOTE Confidence: 0.9023983

00:02:28.980 --> 00:02:31.101 And whenever you realize that you may  
NOTE Confidence: 0.9023983

00:02:31.101 --> 00:02:33.147 have gotten caught up in your thoughts.  
NOTE Confidence: 0.88196343

00:02:35.740 --> 00:02:39.796 Just come back to rest in this simple,  
NOTE Confidence: 0.88196343

00:02:39.800 --> 00:02:43.864 clear awareness of what is here right now.  
NOTE Confidence: 0.9349371

00:02:49.560 --> 00:02:52.400 Just continue to breathe in.  
NOTE Confidence: 0.72918516

00:02:54.430 --> 00:02:55.420 Hang out.  
NOTE Confidence: 0.8798024

00:02:59.710 --> 00:03:01.610 A shorter breath in.

NOTE Confidence: 0.8375969

00:03:04.200 --> 00:03:06.888 Anna longer print out.

NOTE Confidence: 0.9399229

00:03:11.860 --> 00:03:15.320 And just continue to maintain.

NOTE Confidence: 0.9399229

00:03:15.320 --> 00:03:18.830 Your comfort and your presence.

NOTE Confidence: 0.9399229

00:03:18.830 --> 00:03:20.996 In where you sit right now.

NOTE Confidence: 0.9075047

00:03:26.320 --> 00:03:29.893 And just settle into the energy of your mind.

NOTE Confidence: 0.8665051

00:03:37.310 --> 00:03:40.040 And now that you've arrived in

NOTE Confidence: 0.8665051

00:03:40.040 --> 00:03:42.780 a place of presence and calm.

NOTE Confidence: 0.8665051

00:03:42.780 --> 00:03:47.608 Invite in your helpers.

NOTE Confidence: 0.8665051

00:03:47.610 --> 00:03:50.418 Bring to mind anyone who has

NOTE Confidence: 0.8665051

00:03:50.418 --> 00:03:53.389 ever helped you in your life.

NOTE Confidence: 0.8907986

00:03:57.080 --> 00:03:59.376 And as you remember,

NOTE Confidence: 0.8907986

00:03:59.376 --> 00:04:02.820 each one invite them to sit

NOTE Confidence: 0.8907986

00:04:02.947 --> 00:04:05.815 in the Sky ahead of you.

NOTE Confidence: 0.8907986

00:04:05.820 --> 00:04:08.755 And see them there looking

NOTE Confidence: 0.8907986

00:04:08.755 --> 00:04:11.690 down and smiling upon where

NOTE Confidence: 0.8907986

00:04:11.803 --> 00:04:13.867 you are right here.  
NOTE Confidence: 0.8907986

00:04:13.870 --> 00:04:15.130 Anne right now.  
NOTE Confidence: 0.9232608

00:04:17.450 --> 00:04:20.866 Remember all the way back to your  
NOTE Confidence: 0.9232608

00:04:20.866 --> 00:04:23.720 mother and father perhaps? Well,  
NOTE Confidence: 0.9232608

00:04:23.720 --> 00:04:27.360 your family, those who helped raise you.  
NOTE Confidence: 0.8805379

00:04:29.460 --> 00:04:31.530 What call, who it was?  
NOTE Confidence: 0.8805379

00:04:31.530 --> 00:04:34.902 Who taught you the most basic  
NOTE Confidence: 0.8805379

00:04:34.902 --> 00:04:37.150 survival skills in life?  
NOTE Confidence: 0.8805379

00:04:37.150 --> 00:04:41.300 Who taught you? To eat.  
NOTE Confidence: 0.8805379

00:04:41.300 --> 00:04:43.900 How to brush your teeth.  
NOTE Confidence: 0.8805379

00:04:43.900 --> 00:04:47.890 How to tie your shoes.  
NOTE Confidence: 0.8805379

00:04:47.890 --> 00:04:50.442 Recall all the traditional  
NOTE Confidence: 0.8805379

00:04:50.442 --> 00:04:54.270 teachers and helpers in your life.  
NOTE Confidence: 0.8805379

00:04:54.270 --> 00:04:57.959 Remembering who taught you how to read?  
NOTE Confidence: 0.8805379

00:04:57.960 --> 00:05:01.108 How to critically think?  
NOTE Confidence: 0.8805379

00:05:01.110 --> 00:05:03.365 Who taught you how to

NOTE Confidence: 0.8805379

00:05:03.365 --> 00:05:05.169 ask questions or wonder?

NOTE Confidence: 0.88587576

00:05:08.890 --> 00:05:13.209 And then also invite in those who

NOTE Confidence: 0.88587576

00:05:13.209 --> 00:05:15.840 occupy non traditional roles.

NOTE Confidence: 0.88587576

00:05:15.840 --> 00:05:19.403 Someone you know who helped you by

NOTE Confidence: 0.88587576

00:05:19.403 --> 00:05:24.640 simply being an example. Or a listener.

NOTE Confidence: 0.88587576

00:05:24.640 --> 00:05:27.580 Or someone who is an inspiration.

NOTE Confidence: 0.8925284

00:05:31.250 --> 00:05:33.250 And then maybe there have

NOTE Confidence: 0.8925284

00:05:33.250 --> 00:05:35.848 been helpers in your life who

NOTE Confidence: 0.8925284

00:05:35.848 --> 00:05:37.920 appeared in challenging ways.

NOTE Confidence: 0.8925284

00:05:37.920 --> 00:05:39.609 Forceful, even laughable.

NOTE Confidence: 0.8925284

00:05:39.609 --> 00:05:43.550 Perhaps an if you'd like to invite

NOTE Confidence: 0.8925284

00:05:43.648 --> 00:05:47.176 them to to sit up there with the

NOTE Confidence: 0.8925284

00:05:47.176 --> 00:05:49.469 others smiling down upon you.

NOTE Confidence: 0.8776214

00:05:53.110 --> 00:05:56.176 Invited anyone else who deserves a

NOTE Confidence: 0.8776214

00:05:56.176 --> 00:05:59.588 place of honor. Anyone whose life

NOTE Confidence: 0.8776214

00:05:59.588 --> 00:06:03.344 has changed the course of yours.  
NOTE Confidence: 0.8776214

00:06:03.350 --> 00:06:07.510 Anyone who has contributed to Who You are.  
NOTE Confidence: 0.902025

00:06:10.680 --> 00:06:13.837 And once they are all up there,  
NOTE Confidence: 0.902025

00:06:13.840 --> 00:06:16.810 feel their presence.  
NOTE Confidence: 0.902025

00:06:16.810 --> 00:06:19.360 See them smiling upon you,  
NOTE Confidence: 0.902025

00:06:19.360 --> 00:06:23.206 proud of you, and loving you.  
NOTE Confidence: 0.902025

00:06:23.210 --> 00:06:25.775 Feel their support and their  
NOTE Confidence: 0.902025

00:06:25.775 --> 00:06:28.840 love and their care for you.  
NOTE Confidence: 0.8707541

00:06:34.170 --> 00:06:36.730 Visualize that love and  
NOTE Confidence: 0.8707541

00:06:36.730 --> 00:06:40.570 support and care as Rays of  
NOTE Confidence: 0.8707541

00:06:40.697 --> 00:06:43.957 light shining down on you.  
NOTE Confidence: 0.8707541

00:06:43.960 --> 00:06:47.978 Allow it to seep into your body.  
NOTE Confidence: 0.8707541

00:06:47.980 --> 00:06:50.168 And feel its warmth.  
NOTE Confidence: 0.8601972

00:06:53.060 --> 00:06:57.100 Feel the warmth of that light both within  
NOTE Confidence: 0.8601972

00:06:57.100 --> 00:07:01.488 you an like a blanket surrounding you.  
NOTE Confidence: 0.8601972

00:07:01.490 --> 00:07:05.194 And allow for your body to be held

NOTE Confidence: 0.8601972

00:07:05.194 --> 00:07:08.829 by all that love and kindness.

NOTE Confidence: 0.8601972

00:07:08.830 --> 00:07:11.975 And recognize where it is

NOTE Confidence: 0.8601972

00:07:11.975 --> 00:07:15.120 that you are here meditating.

NOTE Confidence: 0.8601972

00:07:15.120 --> 00:07:17.919 Continuing to grow.

NOTE Confidence: 0.8601972

00:07:17.919 --> 00:07:20.718 Continuing to learn.

NOTE Confidence: 0.8601972

00:07:20.720 --> 00:07:23.737 And walking the path of self improvement.

NOTE Confidence: 0.88840955

00:07:29.530 --> 00:07:32.260 Recognize how precious and how

NOTE Confidence: 0.88840955

00:07:32.260 --> 00:07:35.380 special and how where that is.

NOTE Confidence: 0.88840955

00:07:35.380 --> 00:07:39.412 And recognize how each one of your helpers

NOTE Confidence: 0.88840955

00:07:39.412 --> 00:07:42.615 has somehow contributed to your arrival

NOTE Confidence: 0.88840955

00:07:42.615 --> 00:07:46.320 right here in this place and time.

NOTE Confidence: 0.8637808

00:07:51.760 --> 00:07:54.665 As you feel their warmth

NOTE Confidence: 0.8637808

00:07:54.665 --> 00:07:56.989 shining down upon you.

NOTE Confidence: 0.8637808

00:07:56.990 --> 00:08:02.066 Remember that you are never alone.

NOTE Confidence: 0.8637808

00:08:02.070 --> 00:08:05.234 And that these helpers in some sense,

NOTE Confidence: 0.8637808



00:08:05.240 --> 00:08:09.020 are always with you.  
NOTE Confidence: 0.8637808

00:08:09.020 --> 00:08:11.732 Feel their warmth in  
NOTE Confidence: 0.8637808

00:08:11.732 --> 00:08:14.444 your heart in particular.  
NOTE Confidence: 0.8637808

00:08:14.450 --> 00:08:18.044 And generate a deep sense of  
NOTE Confidence: 0.8637808

00:08:18.044 --> 00:08:22.120 gratitude for each of your helpers.  
NOTE Confidence: 0.8637808

00:08:22.120 --> 00:08:27.349 Of all the light that shining down upon you.  
NOTE Confidence: 0.8637808

00:08:27.350 --> 00:08:31.733 Of all the light that seeping into your body.  
NOTE Confidence: 0.8637808

00:08:31.740 --> 00:08:34.989 Anne, your heart?  
NOTE Confidence: 0.8637808

00:08:34.990 --> 00:08:38.838 Send some of that light back out to  
NOTE Confidence: 0.8637808

00:08:38.838 --> 00:08:42.508 your helpers from your heart to theirs.  
NOTE Confidence: 0.93215245

00:08:46.710 --> 00:08:49.622 And just take a moment and in  
NOTE Confidence: 0.93215245

00:08:49.622 --> 00:08:52.834 your own way, in your own words,  
NOTE Confidence: 0.93215245

00:08:52.834 --> 00:08:56.540 in your own thoughts. Thank your helpers.  
NOTE Confidence: 0.86467785

00:09:03.470 --> 00:09:05.690 And as you think them,  
NOTE Confidence: 0.86467785

00:09:05.690 --> 00:09:09.266 send them light from your heart.  
NOTE Confidence: 0.86467785

00:09:09.270 --> 00:09:11.966 Smiling back upon them.

NOTE Confidence: 0.86467785

00:09:11.966 --> 00:09:16.010 As they smiled down on you.

NOTE Confidence: 0.86256176

00:09:19.050 --> 00:09:22.354 And then take a moment and visualize

NOTE Confidence: 0.86256176

00:09:22.354 --> 00:09:25.259 each and everyone of your helpers.

NOTE Confidence: 0.86256176

00:09:25.260 --> 00:09:28.710 And all the light surrounding them.

NOTE Confidence: 0.89255077

00:09:32.590 --> 00:09:35.943 And take that light and dissolve it

NOTE Confidence: 0.89255077

00:09:35.943 --> 00:09:39.908 into one bright, shining ball of gold.

NOTE Confidence: 0.89255077

00:09:39.908 --> 00:09:45.259 A Globe of pure light vibrating and glowing.

NOTE Confidence: 0.8643649

00:09:50.190 --> 00:09:53.179 Feel that light slowly descend from the

NOTE Confidence: 0.8643649

00:09:53.179 --> 00:09:56.799 Sky above you to the center of your heart.

NOTE Confidence: 0.85462576

00:10:00.110 --> 00:10:02.960 Feel its warmth, the warmth of

NOTE Confidence: 0.85462576

00:10:02.960 --> 00:10:05.260 your countless helpers within you.

NOTE Confidence: 0.8450001

00:10:11.840 --> 00:10:15.170 And stay connected to that warmth

NOTE Confidence: 0.8450001

00:10:15.170 --> 00:10:18.570 as you slowly open your eyes.

NOTE Confidence: 0.8951597

00:10:21.040 --> 00:10:23.614 And remember all of your helpers

NOTE Confidence: 0.8951597

00:10:23.614 --> 00:10:26.310 in that light within your heart.

NOTE Confidence: 0.8951597

00:10:26.310 --> 00:10:29.208 As you move about your day.  
NOTE Confidence: 0.883464

00:10:35.240 --> 00:10:38.256 Take a deep breath in through your nose.  
NOTE Confidence: 0.8847432

00:10:41.290 --> 00:10:46.210 I had a long exhale through your mouth.  
NOTE Confidence: 0.8847432

00:10:46.210 --> 00:10:49.052 Take your arms and spread them to  
NOTE Confidence: 0.8847432

00:10:49.052 --> 00:10:51.843 both sides and we each stretch  
NOTE Confidence: 0.8847432

00:10:51.843 --> 00:10:54.323 with clear your wish surrounds.  
NOTE Confidence: 0.8847432

00:10:54.330 --> 00:10:57.030 Take your arms and make circles.  
NOTE Confidence: 0.8847432

00:10:57.030 --> 00:11:00.828 Take your wrists and make circles  
NOTE Confidence: 0.8847432

00:11:00.828 --> 00:11:05.140 with your hands. Stretch.  
NOTE Confidence: 0.8847432

00:11:05.140 --> 00:11:07.576 And bring your arms above your head.  
NOTE Confidence: 0.7290627

00:11:09.770 --> 00:11:15.590 Bend down. In Superpose.  
NOTE Confidence: 0.7290627

00:11:15.590 --> 00:11:18.698 And open your eyes if they're closed.  
NOTE Confidence: 0.7290627

00:11:18.700 --> 00:11:21.448 Just take a moment to give  
NOTE Confidence: 0.7290627

00:11:21.448 --> 00:11:23.280 yourself some gratitude for  
NOTE Confidence: 0.7290627

00:11:23.366 --> 00:11:26.075 taking the time out of your day.  
NOTE Confidence: 0.7290627

00:11:26.080 --> 00:11:29.615 Your busy day to just ground to

NOTE Confidence: 0.7290627  
00:11:29.615 --> 00:11:32.161 remember how important you are  
NOTE Confidence: 0.7290627  
00:11:32.161 --> 00:11:34.963 with all that swirls around you.  
NOTE Confidence: 0.7290627  
00:11:34.970 --> 00:11:36.173 Being pulled sometimes  
NOTE Confidence: 0.7290627  
00:11:36.173 --> 00:11:37.376 in different directions,  
NOTE Confidence: 0.7290627  
00:11:37.380 --> 00:11:39.786 just know how important you are.  
NOTE Confidence: 0.7290627  
00:11:39.790 --> 00:11:43.006 All the helpers that you have around you,  
NOTE Confidence: 0.7290627  
00:11:43.010 --> 00:11:46.538 all the people and places that have guided  
NOTE Confidence: 0.7290627  
00:11:46.538 --> 00:11:50.848 you to where you are in this present moment.  
NOTE Confidence: 0.7290627  
00:11:50.850 --> 00:11:53.386 There with you at all times in a,  
NOTE Confidence: 0.7290627  
00:11:53.390 --> 00:11:56.162 in a light, in a positive light  
NOTE Confidence: 0.7290627  
00:11:56.162 --> 00:11:58.859 and in the guiding motion.  
NOTE Confidence: 0.7290627  
00:11:58.860 --> 00:12:00.054 Hugs to you.  
NOTE Confidence: 0.7290627  
00:12:00.054 --> 00:12:01.248 Hugs to yourself.  
NOTE Confidence: 0.7290627  
00:12:01.250 --> 00:12:03.275 Always remember made along time  
NOTE Confidence: 0.7290627  
00:12:03.275 --> 00:12:05.782 sun shine upon you and all  
NOTE Confidence: 0.7290627

00:12:05.782 --> 00:12:07.807 love surround you pure light

NOTE Confidence: 0.7290627

00:12:07.807 --> 00:12:10.029 within you guide your way on.

NOTE Confidence: 0.8740399

00:12:12.410 --> 00:12:14.222 Thank you all, just a reminder

NOTE Confidence: 0.8740399

00:12:14.222 --> 00:12:15.808 we're not going to have.