

WEBVTT

NOTE duration:"00:15:49.1200000"

NOTE language:en-us

NOTE Confidence: 0.8395748

00:00:00.000 --> 00:00:02.904 Morning once again I am Michelle

NOTE Confidence: 0.8395748

00:00:02.904 --> 00:00:05.279 Grand licensed massage therapist at

NOTE Confidence: 0.8395748

00:00:05.279 --> 00:00:07.463 Smilow Cancer Hospital and I thank

NOTE Confidence: 0.8395748

00:00:07.463 --> 00:00:10.358 you so much for joining today in

NOTE Confidence: 0.8395748

00:00:10.358 --> 00:00:12.508 a session of guided meditation.

NOTE Confidence: 0.8395748

00:00:12.510 --> 00:00:15.275 As we close out this year and

NOTE Confidence: 0.8395748

00:00:15.275 --> 00:00:17.699 look forward to the new year.

NOTE Confidence: 0.8395748

00:00:17.700 --> 00:00:19.884 This is a nice time just to

NOTE Confidence: 0.8395748

00:00:19.884 --> 00:00:22.259 sort of set an intention for.

NOTE Confidence: 0.8395748

00:00:22.260 --> 00:00:24.703 Maybe one thing we definitely want to

NOTE Confidence: 0.8395748

00:00:24.703 --> 00:00:27.551 let go of and something we definitely

NOTE Confidence: 0.8395748

00:00:27.551 --> 00:00:30.879 want to maybe manifest for the new year.

NOTE Confidence: 0.8395748

00:00:30.880 --> 00:00:33.157 So it's not something you need to do right

NOTE Confidence: 0.8395748

00:00:33.157 --> 00:00:35.277 now at the beginning of this session,

NOTE Confidence: 0.8395748

00:00:35.280 --> 00:00:37.728 but just to think about over the next

NOTE Confidence: 0.8395748

00:00:37.728 --> 00:00:39.967 couple of days before January 1st.

NOTE Confidence: 0.8395748

00:00:39.970 --> 00:00:44.210 Then just put that out there for yourself.

NOTE Confidence: 0.8395748

00:00:44.210 --> 00:00:46.430 So for today to begin.

NOTE Confidence: 0.8395748

00:00:46.430 --> 00:00:48.158 Just bring yourself into

NOTE Confidence: 0.8395748

00:00:48.158 --> 00:00:49.454 a comfortable position.

NOTE Confidence: 0.8395748

00:00:49.460 --> 00:00:51.560 Just shift your weight so

NOTE Confidence: 0.8395748

00:00:51.560 --> 00:00:54.184 you're allowing your body to be

NOTE Confidence: 0.8395748

00:00:54.184 --> 00:00:56.389 fully supported with your head,

NOTE Confidence: 0.8395748

00:00:56.390 --> 00:00:57.256 your neck,

NOTE Confidence: 0.8395748

00:00:57.256 --> 00:00:58.988 and your spine aligned.

NOTE Confidence: 0.84164834

00:01:02.840 --> 00:01:06.886 Take a couple of deep cleansing breaths.

NOTE Confidence: 0.84164834

00:01:06.890 --> 00:01:10.096 Inhaling as fully as you comfortably can.

NOTE Confidence: 0.84576255

00:01:12.810 --> 00:01:15.547 And sending the warm energy of your

NOTE Confidence: 0.84576255

00:01:15.547 --> 00:01:18.555 breath to any part of your body that

NOTE Confidence: 0.84576255

00:01:18.555 --> 00:01:21.190 may be tense or tight right now.
NOTE Confidence: 0.79603124

00:01:23.500 --> 00:01:25.990 An release the disc discomfort you
NOTE Confidence: 0.79603124

00:01:25.990 --> 00:01:28.902 may feel on your exhale so that
NOTE Confidence: 0.79603124

00:01:28.902 --> 00:01:31.242 you can feel your breath going
NOTE Confidence: 0.79603124

00:01:31.242 --> 00:01:35.190 to all the tight, tense places.
NOTE Confidence: 0.79603124

00:01:35.190 --> 00:01:37.717 Just start to loosen and soften them.
NOTE Confidence: 0.85146266

00:01:40.360 --> 00:01:44.070 And then gathering up all the tension.
NOTE Confidence: 0.85146266

00:01:44.070 --> 00:01:46.795 And again, just breathing it
NOTE Confidence: 0.85146266

00:01:46.795 --> 00:01:51.393 out so that more and more of you
NOTE Confidence: 0.85146266

00:01:51.393 --> 00:01:54.313 can feel safe and comfortable.
NOTE Confidence: 0.85146266

00:01:54.320 --> 00:01:58.522 Relaxed and easy. Just watching
NOTE Confidence: 0.85146266

00:01:58.522 --> 00:02:01.228 the cleansing action of the breath.
NOTE Confidence: 0.85146266

00:02:01.230 --> 00:02:04.410 With a friendly but detached awareness.
NOTE Confidence: 0.8117601

00:02:07.890 --> 00:02:09.838 Anne, any unwelcome thoughts
NOTE Confidence: 0.8117601

00:02:09.838 --> 00:02:12.273 or feelings you might have?
NOTE Confidence: 0.8117601

00:02:12.280 --> 00:02:16.368 Those two are sent out with the breath.

NOTE Confidence: 0.8117601

00:02:16.370 --> 00:02:20.738 So that inside you can still be quiet.

NOTE Confidence: 0.8117601

00:02:20.740 --> 00:02:24.256 Like a Lake. With no ripples.

NOTE Confidence: 0.87366045

00:02:29.190 --> 00:02:32.060 And now, imagining a place

NOTE Confidence: 0.87366045

00:02:32.060 --> 00:02:34.356 either inside or outdoors,

NOTE Confidence: 0.87366045

00:02:34.360 --> 00:02:39.824 where you feel safe and peaceful and easy.

NOTE Confidence: 0.87366045

00:02:39.830 --> 00:02:44.100 A place either make, believe or real.

NOTE Confidence: 0.87366045

00:02:44.100 --> 00:02:46.956 Could be a place from your past.

NOTE Confidence: 0.87366045

00:02:46.960 --> 00:02:48.336 Or maybe somewhere that

NOTE Confidence: 0.87366045

00:02:48.336 --> 00:02:50.056 you've always wanted to go.

NOTE Confidence: 0.87366045

00:02:50.060 --> 00:02:52.409 It doesn't matter.

NOTE Confidence: 0.87366045

00:02:52.410 --> 00:02:54.826 Just so that it's a place that feels

NOTE Confidence: 0.87366045

00:02:54.826 --> 00:02:57.180 good and safe and peaceful to you.

NOTE Confidence: 0.8579257

00:03:02.450 --> 00:03:05.672 Now allowing the place to become

NOTE Confidence: 0.8579257

00:03:05.672 --> 00:03:09.114 real to you. Looking around you.

NOTE Confidence: 0.8579257

00:03:09.114 --> 00:03:13.370 Taking the place in with your eyes.

NOTE Confidence: 0.8579257

00:03:13.370 --> 00:03:18.560 Enjoying the colors. This scenery.
NOTE Confidence: 0.8579257

00:03:18.560 --> 00:03:24.140 Appreciating every detail with your eyes.
NOTE Confidence: 0.8579257

00:03:24.140 --> 00:03:26.250 Looking over to your right.
NOTE Confidence: 0.8732996

00:03:28.400 --> 00:03:30.028 Over to your left.
NOTE Confidence: 0.9094255

00:03:32.650 --> 00:03:36.850 And listening to the sounds of the place.
NOTE Confidence: 0.9094255

00:03:36.850 --> 00:03:41.064 The music of moving wind or water.
NOTE Confidence: 0.9094255

00:03:41.070 --> 00:03:43.242 Birds or crickets.
NOTE Confidence: 0.9094255

00:03:43.242 --> 00:03:46.138 Soft, nice night sounds.
NOTE Confidence: 0.9094255

00:03:46.140 --> 00:03:49.570 Perhaps this steady thundering of
NOTE Confidence: 0.9094255

00:03:49.570 --> 00:03:53.640 Wayne on the roof. It doesn't matter.
NOTE Confidence: 0.9094255

00:03:53.640 --> 00:03:56.280 Just so your ears can enjoy
NOTE Confidence: 0.9094255

00:03:56.280 --> 00:03:58.659 the sounds of your place.
NOTE Confidence: 0.9094255

00:03:58.660 --> 00:04:00.620 That is so safe.
NOTE Confidence: 0.9094255

00:04:00.620 --> 00:04:02.580 And peaceful to you.
NOTE Confidence: 0.8820922

00:04:05.580 --> 00:04:08.075 And feeling whatever you were
NOTE Confidence: 0.8820922

00:04:08.075 --> 00:04:10.570 sitting against or lying upon.

NOTE Confidence: 0.8820922

00:04:10.570 --> 00:04:13.235 Or perhaps feeling the quality

NOTE Confidence: 0.8820922

00:04:13.235 --> 00:04:16.470 of the ground beneath your feet.

NOTE Confidence: 0.8820922

00:04:16.470 --> 00:04:21.438 Whether it's sand or pine needles or grass.

NOTE Confidence: 0.8820922

00:04:21.440 --> 00:04:25.076 Or you might be in a cozy arm chair.

NOTE Confidence: 0.8820922

00:04:25.080 --> 00:04:29.310 Or sitting on a nice warm rock in the sun.

NOTE Confidence: 0.85402346

00:04:31.730 --> 00:04:35.090 And feeling the air on your skin,

NOTE Confidence: 0.85402346

00:04:35.090 --> 00:04:39.666 either brisk and breezy. Or soft and still.

NOTE Confidence: 0.79614365

00:04:41.760 --> 00:04:46.220 Crisp and dry Bonnie Ann what?

NOTE Confidence: 0.83991355

00:04:48.270 --> 00:04:51.840 Or perhaps you're indoors feeling the warmth

NOTE Confidence: 0.83991355

00:04:51.840 --> 00:04:56.105 of a cozy fire on your face and hands.

NOTE Confidence: 0.7701496

00:04:59.130 --> 00:05:02.424 Or maybe you're outdoors and there's

NOTE Confidence: 0.7701496

00:05:02.424 --> 00:05:05.970 just the subtilis caress of a fragrant,

NOTE Confidence: 0.7701496

00:05:05.970 --> 00:05:10.544 gentle breeze. So just enjoying the

NOTE Confidence: 0.7701496

00:05:10.544 --> 00:05:13.750 feel of the place. On your skin.

NOTE Confidence: 0.88832116

00:05:17.250 --> 00:05:19.906 And as you become more and more attuned

NOTE Confidence: 0.88832116

00:05:19.906 --> 00:05:22.957 to the safety and beauty of this place,
NOTE Confidence: 0.88832116

00:05:22.960 --> 00:05:26.635 building thankful and happy to be there.
NOTE Confidence: 0.88832116

00:05:26.640 --> 00:05:30.576 You begin to feel a kind of tingling.
NOTE Confidence: 0.88832116

00:05:30.580 --> 00:05:32.980 A pleasant energizing something
NOTE Confidence: 0.88832116

00:05:32.980 --> 00:05:36.580 in the air all around you.
NOTE Confidence: 0.88832116

00:05:36.580 --> 00:05:40.412 Something that contains expectancy,
NOTE Confidence: 0.88832116

00:05:40.412 --> 00:05:42.328 an excitement.
NOTE Confidence: 0.88832116

00:05:42.330 --> 00:05:45.450 A sense that something is wonderful.
NOTE Confidence: 0.88832116

00:05:45.450 --> 00:05:47.977 Is going to be happening anytime soon.
NOTE Confidence: 0.90522116

00:05:50.470 --> 00:05:53.654 And you look out in front of you.
NOTE Confidence: 0.90522116

00:05:53.660 --> 00:05:55.622 And you begin to discern there
NOTE Confidence: 0.90522116

00:05:55.622 --> 00:05:58.460 is a kind of transparent screen,
NOTE Confidence: 0.90522116

00:05:58.460 --> 00:06:00.380 shimmering there.
NOTE Confidence: 0.90522116

00:06:00.380 --> 00:06:04.076 It gets more and more opaque and solid.
NOTE Confidence: 0.90522116

00:06:04.080 --> 00:06:05.280 As you look at it.
NOTE Confidence: 0.8965828

00:06:08.110 --> 00:06:10.819 And as you watch the screen with

NOTE Confidence: 0.8965828

00:06:10.819 --> 00:06:13.829 a kind of peaceful curiosity,

NOTE Confidence: 0.8965828

00:06:13.830 --> 00:06:17.364 you gradually become aware of a

NOTE Confidence: 0.8965828

00:06:17.364 --> 00:06:20.459 form beginning to appear on it.

NOTE Confidence: 0.8965828

00:06:20.460 --> 00:06:24.670 Becoming more and more defined.

NOTE Confidence: 0.8965828

00:06:24.670 --> 00:06:27.141 Ann, you realize that this is the

NOTE Confidence: 0.8965828

00:06:27.141 --> 00:06:30.010 form of a very special someone.

NOTE Confidence: 0.91576904

00:06:32.640 --> 00:06:35.410 Perhaps it is someone who

NOTE Confidence: 0.91576904

00:06:35.410 --> 00:06:38.850 loved you well from your past.

NOTE Confidence: 0.91576904

00:06:38.850 --> 00:06:42.210 Maybe a special guide or teacher?

NOTE Confidence: 0.91576904

00:06:42.210 --> 00:06:45.798 A parent or grandparent.

NOTE Confidence: 0.91576904

00:06:45.800 --> 00:06:49.818 And maybe someone who once loved you

NOTE Confidence: 0.91576904

00:06:49.818 --> 00:06:54.817 very much or someone in your life still.

NOTE Confidence: 0.91576904

00:06:54.820 --> 00:06:58.148 It could be an Angel or spirit or

NOTE Confidence: 0.91576904

00:06:58.148 --> 00:07:01.620 special power animal, doesn't matter.

NOTE Confidence: 0.91576904

00:07:01.620 --> 00:07:06.668 Just so it's someone or something that you

NOTE Confidence: 0.91576904

00:07:06.668 --> 00:07:12.355 know is good and wise and kind and loving.
NOTE Confidence: 0.91576904

00:07:12.360 --> 00:07:15.384 With the ability to see from the
NOTE Confidence: 0.91576904

00:07:15.384 --> 00:07:18.887 heart into the truth of things deeply.
NOTE Confidence: 0.91576904

00:07:18.890 --> 00:07:20.120 I'm clearly.
NOTE Confidence: 0.8809386

00:07:24.780 --> 00:07:27.936 So you watch as this special
NOTE Confidence: 0.8809386

00:07:27.936 --> 00:07:30.617 someone or something becomes more
NOTE Confidence: 0.8809386

00:07:30.617 --> 00:07:33.467 and more defined on the screen.
NOTE Confidence: 0.8809386

00:07:33.470 --> 00:07:36.974 Until the three dimensional
NOTE Confidence: 0.8809386

00:07:36.974 --> 00:07:40.478 image is quite clear.
NOTE Confidence: 0.8809386

00:07:40.480 --> 00:07:43.606 In whatever characteristic posture they have,
NOTE Confidence: 0.8809386

00:07:43.610 --> 00:07:47.264 wearing whatever it is that they wear,
NOTE Confidence: 0.8809386

00:07:47.270 --> 00:07:51.589 doing whatever it is that they do.
NOTE Confidence: 0.8809386

00:07:51.590 --> 00:07:53.495 Crisp and clear.
NOTE Confidence: 0.8809386

00:07:53.495 --> 00:07:55.400 In every dimension.
NOTE Confidence: 0.81062835

00:08:01.620 --> 00:08:03.945 And you can softly and
NOTE Confidence: 0.81062835

00:08:03.945 --> 00:08:05.805 easily enter the screen,

NOTE Confidence: 0.81062835
00:08:05.810 --> 00:08:09.050 fill yourself drawn to them.
NOTE Confidence: 0.81062835
00:08:09.050 --> 00:08:12.968 Wanting to have a closer look.
NOTE Confidence: 0.81062835
00:08:12.970 --> 00:08:16.498 Undetected by them you can slip
NOTE Confidence: 0.81062835
00:08:16.498 --> 00:08:20.160 into the screen safely and easily.
NOTE Confidence: 0.81062835
00:08:20.160 --> 00:08:22.680 Able to have a slow,
NOTE Confidence: 0.81062835
00:08:22.680 --> 00:08:25.888 respectful walk around them.
NOTE Confidence: 0.81062835
00:08:25.888 --> 00:08:29.898 Seeing them from every angle.
NOTE Confidence: 0.81062835
00:08:29.900 --> 00:08:32.700 The expression on the face.
NOTE Confidence: 0.899827375
00:08:35.470 --> 00:08:38.958 The profile. I'm back.
NOTE Confidence: 0.8425765
00:08:41.060 --> 00:08:45.074 And sensing the feel of the air around them.
NOTE Confidence: 0.8425765
00:08:45.080 --> 00:08:48.210 This special energy surrounding them.
NOTE Confidence: 0.8944155
00:08:51.310 --> 00:08:54.566 The sounds of the breathing or their voice.
NOTE Confidence: 0.86703044
00:08:57.160 --> 00:08:59.897 The scent of the air around them.
NOTE Confidence: 0.8850425
00:09:02.150 --> 00:09:05.966 So just slowly moving around them.
NOTE Confidence: 0.8850425
00:09:05.970 --> 00:09:09.150 Please do experience a full.
NOTE Confidence: 0.8850425

00:09:09.150 --> 00:09:12.330 Which sensory awareness of them.
NOTE Confidence: 0.843757072

00:09:16.030 --> 00:09:18.630 Anne now. In the magical
NOTE Confidence: 0.843757072

00:09:18.630 --> 00:09:21.230 safe space of this screen,
NOTE Confidence: 0.843757072

00:09:21.230 --> 00:09:25.268 somehow for just a short while.
NOTE Confidence: 0.843757072

00:09:25.270 --> 00:09:27.814 Sliding past the boundaries and slipping
NOTE Confidence: 0.843757072

00:09:27.814 --> 00:09:30.859 into the body of this other being.
NOTE Confidence: 0.843757072

00:09:30.860 --> 00:09:33.578 Entering this other body and breathing
NOTE Confidence: 0.843757072

00:09:33.578 --> 00:09:36.449 with their breath for just a while.
NOTE Confidence: 0.86393183

00:09:42.460 --> 00:09:46.456 And if there is any resistance to doing this,
NOTE Confidence: 0.86393183

00:09:46.460 --> 00:09:49.484 just gently noting it and allowing
NOTE Confidence: 0.86393183

00:09:49.484 --> 00:09:52.479 yourself to soften all around it.
NOTE Confidence: 0.86393183

00:09:52.480 --> 00:09:56.380 For the sake of understanding more
NOTE Confidence: 0.86393183

00:09:56.380 --> 00:10:00.609 and learning what you need to know.
NOTE Confidence: 0.86393183

00:10:00.610 --> 00:10:02.110 Just an experiment.
NOTE Confidence: 0.84081654

00:10:04.760 --> 00:10:06.347 Breathing their breath.
NOTE Confidence: 0.84081654

00:10:06.347 --> 00:10:10.050 Looking down and seeing this other body,

NOTE Confidence: 0.84081654

00:10:10.050 --> 00:10:13.039 perhaps other hands or feet or clothing.

NOTE Confidence: 0.837809

00:10:15.510 --> 00:10:20.130 Breathing deeply into this other being.

NOTE Confidence: 0.837809

00:10:20.130 --> 00:10:24.169 I'm sensing the feelings, whatever they are.

NOTE Confidence: 0.8348436

00:10:28.530 --> 00:10:34.758 Perhaps a sense of warmth and peace and calm.

NOTE Confidence: 0.8348436

00:10:34.760 --> 00:10:38.680 Or a soft expansion around the heart, maybe

NOTE Confidence: 0.8348436

00:10:38.680 --> 00:10:43.240 a solid steady sense of safety and security.

NOTE Confidence: 0.8348436

00:10:43.240 --> 00:10:46.280 Whatever feelings are sensations just

NOTE Confidence: 0.8348436

00:10:46.280 --> 00:10:49.836 experiencing what it feels like in

NOTE Confidence: 0.8348436

00:10:49.836 --> 00:10:52.769 the chest and belly in the muscles.

NOTE Confidence: 0.8348436

00:10:52.770 --> 00:10:57.794 Skin and bone. Staying open and curious as

NOTE Confidence: 0.8348436

00:10:57.794 --> 00:11:03.277 to how it feels inside this other body.

NOTE Confidence: 0.8348436

00:11:03.280 --> 00:11:07.330 And seeing out from their eyes.

NOTE Confidence: 0.8348436

00:11:07.330 --> 00:11:11.070 What the world looks like.

NOTE Confidence: 0.8348436

00:11:11.070 --> 00:11:14.154 Sounds like. Feels like.

NOTE Confidence: 0.8348436

00:11:14.154 --> 00:11:18.780 As you breathe with their breath.

NOTE Confidence: 0.8348436

00:11:18.780 --> 00:11:21.848 Feel with their feelings.
NOTE Confidence: 0.8348436

00:11:21.850 --> 00:11:25.288 Soft and easy.
NOTE Confidence: 0.8348436

00:11:25.290 --> 00:11:27.878 Feeling their heart beating
NOTE Confidence: 0.8348436

00:11:27.878 --> 00:11:30.970 inside you steady. Ancom
NOTE Confidence: 0.89573

00:11:36.460 --> 00:11:39.834 and perhaps even seeing you over there
NOTE Confidence: 0.89573

00:11:39.834 --> 00:11:42.683 with these other eyes looking over
NOTE Confidence: 0.89573

00:11:42.683 --> 00:11:46.190 at you and seeing who you really are.
NOTE Confidence: 0.89573

00:11:46.190 --> 00:11:49.126 Looking under around and
NOTE Confidence: 0.89573

00:11:49.126 --> 00:11:51.328 through your surface.
NOTE Confidence: 0.89573

00:11:51.330 --> 00:11:55.594 To the absence of who you really are.
NOTE Confidence: 0.89573

00:11:55.600 --> 00:11:59.176 And seeing all the hidden splendor.
NOTE Confidence: 0.89573

00:11:59.180 --> 00:12:02.687 All the vast beauty of your being.
NOTE Confidence: 0.9074702

00:12:07.340 --> 00:12:09.848 And perhaps seeing what you are
NOTE Confidence: 0.9074702

00:12:09.848 --> 00:12:13.298 here to do with all your unique
NOTE Confidence: 0.9074702

00:12:13.298 --> 00:12:15.538 gifts and special abilities.
NOTE Confidence: 0.9074702

00:12:15.540 --> 00:12:19.236 Appreciating what you were born to do.

NOTE Confidence: 0.9074702

00:12:19.240 --> 00:12:23.760 In your own way. In your own time.

NOTE Confidence: 0.8807302

00:12:27.550 --> 00:12:30.980 And so just taking a moment to

NOTE Confidence: 0.8807302

00:12:30.980 --> 00:12:33.823 experience this gently and easily with

NOTE Confidence: 0.8807302

00:12:33.823 --> 00:12:37.360 all the focus you can bring to bear.

NOTE Confidence: 0.8734655

00:12:47.200 --> 00:12:50.698 And now very softly and easily.

NOTE Confidence: 0.8734655

00:12:50.700 --> 00:12:53.499 Whenever you're ready.

NOTE Confidence: 0.8734655

00:12:53.500 --> 00:12:57.105 Wishing this body this awareness

NOTE Confidence: 0.8734655

00:12:57.105 --> 00:13:01.530 goodbye in whatever way feels right.

NOTE Confidence: 0.8734655

00:13:01.530 --> 00:13:03.800 I'm still infused with the

NOTE Confidence: 0.8734655

00:13:03.800 --> 00:13:05.616 richness of this experience,

NOTE Confidence: 0.8734655

00:13:05.620 --> 00:13:08.064 still feeling the expanded

NOTE Confidence: 0.8734655

00:13:08.064 --> 00:13:10.508 energy in your heart.

NOTE Confidence: 0.8734655

00:13:10.510 --> 00:13:15.534 Very gently moving back into your own body.

NOTE Confidence: 0.8734655

00:13:15.540 --> 00:13:19.860 We inhabiting it fully and easily.

NOTE Confidence: 0.8734655

00:13:19.860 --> 00:13:22.807 Reading into it with your own breath.

NOTE Confidence: 0.8012503

00:13:25.030 --> 00:13:28.210 Through your own nose and mouth.
NOTE Confidence: 0.8753262

00:13:30.290 --> 00:13:31.370 Back home
NOTE Confidence: 0.8967753

00:13:33.470 --> 00:13:36.986 Connect it again to your body.
NOTE Confidence: 0.8967753

00:13:36.990 --> 00:13:38.493 Your steady's companion
NOTE Confidence: 0.8967753

00:13:38.493 --> 00:13:40.497 and your oldest friend.
NOTE Confidence: 0.8539812

00:13:43.630 --> 00:13:46.672 And sliding out of the magical
NOTE Confidence: 0.8539812

00:13:46.672 --> 00:13:48.193 translucent screen and.
NOTE Confidence: 0.8539812

00:13:48.200 --> 00:13:51.525 Once again, see yourself in your safe
NOTE Confidence: 0.8539812

00:13:51.525 --> 00:13:54.100 and peaceful special surroundings.
NOTE Confidence: 0.8539812

00:13:54.100 --> 00:13:57.400 Again, taking in its beautiful sights.
NOTE Confidence: 0.8539812

00:13:57.400 --> 00:14:03.140 And sounds and smells. Anne, watching.
NOTE Confidence: 0.8539812

00:14:03.140 --> 00:14:06.450 As the screen fades away.
NOTE Confidence: 0.8539812

00:14:06.450 --> 00:14:10.986 And feeling yourself in your chair.
NOTE Confidence: 0.8539812

00:14:10.990 --> 00:14:15.220 Breathing. Very rhythmically and easily,
NOTE Confidence: 0.8539812

00:14:15.220 --> 00:14:20.086 very gently and with soft eyes.
NOTE Confidence: 0.8539812

00:14:20.090 --> 00:14:22.680 Allow yourself to come back

NOTE Confidence: 0.8539812
00:14:22.680 --> 00:14:25.760 into the room wherever you are.
NOTE Confidence: 0.8539812
00:14:25.760 --> 00:14:27.540 And whenever you're ready.
NOTE Confidence: 0.80958426
00:14:29.650 --> 00:14:32.849 Knowing in a deep place you are
NOTE Confidence: 0.80958426
00:14:32.849 --> 00:14:35.908 better for this. And so you are.
NOTE Confidence: 0.9197791
00:14:39.640 --> 00:14:42.448 And if your eyes are closed.
NOTE Confidence: 0.9197791
00:14:42.450 --> 00:14:45.798 Open your eyes.
NOTE Confidence: 0.9197791
00:14:45.800 --> 00:14:48.611 Premier shoulders downward
NOTE Confidence: 0.9197791
00:14:48.611 --> 00:14:53.296 Elevate your neck and head.
NOTE Confidence: 0.9197791
00:14:53.300 --> 00:14:56.149 Stretch your arms out as far as
NOTE Confidence: 0.9197791
00:14:56.149 --> 00:14:59.706 you can to the left and the right.
NOTE Confidence: 0.9197791
00:14:59.710 --> 00:15:05.506 And with a big inhalation arms overhead.
NOTE Confidence: 0.9197791
00:15:05.510 --> 00:15:08.000 And down into prayer pose.
NOTE Confidence: 0.89021784
00:15:13.290 --> 00:15:16.610 So I hope that was a pleasant and
NOTE Confidence: 0.89021784
00:15:16.610 --> 00:15:18.129 positive experiencing for you.
NOTE Confidence: 0.89021784
00:15:18.130 --> 00:15:19.738 Just connecting with somebody
NOTE Confidence: 0.89021784

00:15:19.738 --> 00:15:21.748 who you expect in love,
NOTE Confidence: 0.89021784

00:15:21.750 --> 00:15:24.974 who you know respects and loves you back,
NOTE Confidence: 0.89021784

00:15:24.980 --> 00:15:26.588 and always remembering that
NOTE Confidence: 0.89021784

00:15:26.588 --> 00:15:28.598 this is your pure essence.
NOTE Confidence: 0.89021784

00:15:28.600 --> 00:15:31.018 This sense of peace and beauty,
NOTE Confidence: 0.89021784

00:15:31.020 --> 00:15:33.780 and a knowledge that you're
NOTE Confidence: 0.89021784

00:15:33.780 --> 00:15:36.540 here for an important reason.
NOTE Confidence: 0.89021784

00:15:36.540 --> 00:15:39.501 So with that I wish you all
NOTE Confidence: 0.89021784

00:15:39.501 --> 00:15:42.389 very very very happy New year.
NOTE Confidence: 0.89021784

00:15:42.390 --> 00:15:43.006 Much peace,
NOTE Confidence: 0.89021784

00:15:43.006 --> 00:15:44.854 health and happiness and I look
NOTE Confidence: 0.89021784

00:15:44.854 --> 00:15:47.069 forward to seeing you again next week.
NOTE Confidence: 0.89021784

00:15:47.070 --> 00:15:49.120 Take care and be well.