

WEBVTT

NOTE duration:"00:18:17.5040000"

NOTE language:en-us

NOTE Confidence: 0.8560249

00:00:00.000 --> 00:00:02.862 Good afternoon everybody and thank you

NOTE Confidence: 0.8560249

00:00:02.862 --> 00:00:06.797 so much for taking the time to join

NOTE Confidence: 0.8560249

00:00:06.797 --> 00:00:09.217 or guided imagery meditation today.

NOTE Confidence: 0.8560249

00:00:09.220 --> 00:00:11.040 Again, I'm Michelle Graham

NOTE Confidence: 0.8560249

00:00:11.040 --> 00:00:13.315 licensed Massage Therapy 6 Milo

NOTE Confidence: 0.8560249

00:00:13.315 --> 00:00:15.735 Cancer Hospital and it's my honor

NOTE Confidence: 0.8560249

00:00:15.735 --> 00:00:18.120 privilege to be meeting you today.

NOTE Confidence: 0.8560249

00:00:18.120 --> 00:00:22.348 We're gonna do both an anti anxiety

NOTE Confidence: 0.8560249

00:00:22.348 --> 00:00:25.223 grounding breathwork opening and then

NOTE Confidence: 0.8560249

00:00:25.223 --> 00:00:29.071 we're going to go into our guided imagery.

NOTE Confidence: 0.8560249

00:00:29.080 --> 00:00:30.718 Meditation to follow.

NOTE Confidence: 0.89116484

00:00:33.350 --> 00:00:36.470 As we begin just always keep in mind

NOTE Confidence: 0.89116484

00:00:36.470 --> 00:00:39.393 that any thought that comes through

NOTE Confidence: 0.89116484

00:00:39.393 --> 00:00:42.465 you while we do the meditations.

NOTE Confidence: 0.89116484  
00:00:42.470 --> 00:00:45.080 Don't give it any positive or  
NOTE Confidence: 0.89116484  
00:00:45.080 --> 00:00:47.603 negative focus, just sort of.  
NOTE Confidence: 0.89116484  
00:00:47.603 --> 00:00:49.256 Allow yourself to.  
NOTE Confidence: 0.89116484  
00:00:49.260 --> 00:00:50.810 Experience the thought and just  
NOTE Confidence: 0.89116484  
00:00:50.810 --> 00:00:53.235 have it so to come and go in  
NOTE Confidence: 0.89116484  
00:00:53.235 --> 00:00:54.849 order to keep your mind open.  
NOTE Confidence: 0.905464  
00:00:57.270 --> 00:00:59.862 If you're if you're not already  
NOTE Confidence: 0.905464  
00:00:59.862 --> 00:01:01.590 in a comfortable position,  
NOTE Confidence: 0.905464  
00:01:01.590 --> 00:01:03.678 just bring yourself there.  
NOTE Confidence: 0.905464  
00:01:03.678 --> 00:01:06.288 Where you can be still  
NOTE Confidence: 0.905464  
00:01:06.288 --> 00:01:08.788 and quiet in your body.  
NOTE Confidence: 0.905464  
00:01:08.790 --> 00:01:11.112 You can either close your eyes  
NOTE Confidence: 0.905464  
00:01:11.112 --> 00:01:13.340 or keep them slightly opening,  
NOTE Confidence: 0.905464  
00:01:13.340 --> 00:01:15.000 just softening your focus.  
NOTE Confidence: 0.849121496  
00:01:17.230 --> 00:01:19.810 Read slowly and patiently.  
NOTE Confidence: 0.849121496

00:01:19.810 --> 00:01:23.680 In an out through your nose.  
NOTE Confidence: 0.9102485

00:01:26.480 --> 00:01:28.373 Intentionally place your  
NOTE Confidence: 0.9102485

00:01:28.373 --> 00:01:30.897 attention on your breath.  
NOTE Confidence: 0.8457287

00:01:34.510 --> 00:01:39.022 Take 3 deep cycles of breath and let  
NOTE Confidence: 0.8457287

00:01:39.022 --> 00:01:43.570 yourself be fully present with each one.  
NOTE Confidence: 0.88830626

00:01:46.520 --> 00:01:49.390 Stay with the breath as it moves  
NOTE Confidence: 0.88830626

00:01:49.390 --> 00:01:52.338 in and out through the nose.  
NOTE Confidence: 0.88174075

00:01:55.870 --> 00:01:59.390 Oh, you can feel the sensation of breath.  
NOTE Confidence: 0.88174075

00:01:59.390 --> 00:02:01.838 As it moves through the body.  
NOTE Confidence: 0.8847133

00:02:04.850 --> 00:02:07.652 Or you could just notice how  
NOTE Confidence: 0.8847133

00:02:07.652 --> 00:02:10.270 the body is breathing itself.  
NOTE Confidence: 0.8847133

00:02:10.270 --> 00:02:13.450 Three full breaths in.  
NOTE Confidence: 0.6910687

00:02:16.380 --> 00:02:20.100 And three full craps out.  
NOTE Confidence: 0.7631068

00:02:24.380 --> 00:02:26.380 And now, as you notice,  
NOTE Confidence: 0.7631068

00:02:26.380 --> 00:02:29.116 your breath as you look upon  
NOTE Confidence: 0.7631068

00:02:29.116 --> 00:02:31.739 your breath with wonder and awe.

NOTE Confidence: 0.7631068  
00:02:31.740 --> 00:02:35.070 Notice also a warm sensation of  
NOTE Confidence: 0.7631068  
00:02:35.070 --> 00:02:37.980 gratitude arising in your heart.  
NOTE Confidence: 0.845803  
00:02:41.100 --> 00:02:43.800 Continue to watch the breath as  
NOTE Confidence: 0.845803  
00:02:43.800 --> 00:02:47.114 you let this warmth or this light  
NOTE Confidence: 0.845803  
00:02:47.114 --> 00:02:49.484 of gratitude grow and expand.  
NOTE Confidence: 0.8764646  
00:02:52.710 --> 00:02:55.018 Continue the deep breaths.  
NOTE Confidence: 0.8310615  
00:03:00.360 --> 00:03:03.320 And as this gratitude grows,  
NOTE Confidence: 0.8310615  
00:03:03.320 --> 00:03:06.512 feel it embracing or  
NOTE Confidence: 0.8310615  
00:03:06.512 --> 00:03:09.704 enveloping the heart itself.  
NOTE Confidence: 0.8310615  
00:03:09.710 --> 00:03:12.194 An intentionally draw  
NOTE Confidence: 0.8310615  
00:03:12.194 --> 00:03:15.506 awareness to your heart.  
NOTE Confidence: 0.8310615  
00:03:15.510 --> 00:03:16.710 And your heartbeat.  
NOTE Confidence: 0.8252757  
00:03:20.730 --> 00:03:26.050 Feel or hear your heartbeat.  
NOTE Confidence: 0.8252757  
00:03:26.050 --> 00:03:28.924 Or just visualize an imagine and  
NOTE Confidence: 0.8252757  
00:03:28.924 --> 00:03:31.950 trust and know that it's there.  
NOTE Confidence: 0.8192972

00:03:35.100 --> 00:03:37.774 An look upon the heart with the  
NOTE Confidence: 0.8192972

00:03:37.774 --> 00:03:40.278 same sense of wonder and all.  
NOTE Confidence: 0.8192972

00:03:40.280 --> 00:03:43.196 With which you recognize the breath.  
NOTE Confidence: 0.8520566

00:03:47.590 --> 00:03:49.718 And continue with your  
NOTE Confidence: 0.8520566

00:03:49.718 --> 00:03:52.378 deep breaths in an out.  
NOTE Confidence: 0.8470782

00:03:57.270 --> 00:04:00.530 Recognize how special and  
NOTE Confidence: 0.8470782

00:04:00.530 --> 00:04:03.790 precious your heartbeat is.  
NOTE Confidence: 0.8470782

00:04:03.790 --> 00:04:07.030 Now feel the warm sensation of  
NOTE Confidence: 0.8470782

00:04:07.030 --> 00:04:09.190 gratitude within your heart.  
NOTE Confidence: 0.8470782

00:04:09.190 --> 00:04:11.318 And grow and expand  
NOTE Confidence: 0.8470782

00:04:11.318 --> 00:04:13.446 throughout your whole body.  
NOTE Confidence: 0.80856997

00:04:18.200 --> 00:04:20.900 Let this light of gratitude  
NOTE Confidence: 0.80856997

00:04:20.900 --> 00:04:23.060 fill your whole torso.  
NOTE Confidence: 0.80856997

00:04:23.060 --> 00:04:27.446 Your legs and arms your head.  
NOTE Confidence: 0.80856997

00:04:27.450 --> 00:04:31.866 As you look upon the entire  
NOTE Confidence: 0.80856997

00:04:31.866 --> 00:04:35.280 body with wonder an A.

NOTE Confidence: 0.80856997

00:04:35.280 --> 00:04:37.672 Grateful for the breath.

NOTE Confidence: 0.80856997

00:04:37.672 --> 00:04:41.260 Grateful for the heartbeat and grateful

NOTE Confidence: 0.80856997

00:04:41.353 --> 00:04:44.249 for this wonderful functioning,

NOTE Confidence: 0.80856997

00:04:44.250 --> 00:04:46.858 protective and useful shell,

NOTE Confidence: 0.80856997

00:04:46.858 --> 00:04:51.448 through which you can experience all the

NOTE Confidence: 0.80856997

00:04:51.448 --> 00:04:54.886 joy beauty amazement in the world.

NOTE Confidence: 0.81826496

00:04:58.770 --> 00:05:00.590 Continue at the breath.

NOTE Confidence: 0.8309912

00:05:06.600 --> 00:05:09.245 Now feel your entire body

NOTE Confidence: 0.8309912

00:05:09.245 --> 00:05:11.890 filled with warmth and light.

NOTE Confidence: 0.8309912

00:05:11.890 --> 00:05:14.840 Full of gratitude and thankfulness.

NOTE Confidence: 0.8309912

00:05:14.840 --> 00:05:18.482 Appreciative of all the small joys

NOTE Confidence: 0.8309912

00:05:18.482 --> 00:05:22.489 and perhaps the big ones as well.

NOTE Confidence: 0.9028217

00:05:31.800 --> 00:05:35.310 Let yourself feel full and complete,

NOTE Confidence: 0.9028217

00:05:35.310 --> 00:05:39.715 full of gratitude. Full of all.

NOTE Confidence: 0.9028217

00:05:39.715 --> 00:05:43.460 There's nothing else you need right now,

NOTE Confidence: 0.9028217

00:05:43.460 --> 00:05:47.690 except to remain open. Adaware  
NOTE Confidence: 0.9291936

00:05:51.380 --> 00:05:55.988 continue to allow the body to be still.  
NOTE Confidence: 0.9291936

00:05:55.990 --> 00:05:58.678 Sitting with a sense of dignity,  
NOTE Confidence: 0.9291936

00:05:58.680 --> 00:06:00.776 a sense of resolve,  
NOTE Confidence: 0.9291936

00:06:00.776 --> 00:06:03.396 a sense of being complete.  
NOTE Confidence: 0.9291936

00:06:03.400 --> 00:06:07.350 Whole. In this very moment.  
NOTE Confidence: 0.9291936

00:06:07.350 --> 00:06:09.378 With your posture reflecting  
NOTE Confidence: 0.9291936

00:06:09.378 --> 00:06:11.406 this sense of wholeness.  
NOTE Confidence: 0.8713614125

00:06:16.700 --> 00:06:18.576 As you sit here.  
NOTE Confidence: 0.8713614125

00:06:18.576 --> 00:06:22.135 Let in image form in your minds  
NOTE Confidence: 0.8713614125

00:06:22.135 --> 00:06:25.295 I have the most magnificent.  
NOTE Confidence: 0.8713614125

00:06:25.300 --> 00:06:29.158 Beautiful mountain you have been to.  
NOTE Confidence: 0.8713614125

00:06:29.160 --> 00:06:32.370 You have seen, you know.  
NOTE Confidence: 0.8541309

00:06:36.580 --> 00:06:42.208 Letting it gradually come into greater focus.  
NOTE Confidence: 0.8541309

00:06:42.210 --> 00:06:44.220 And even if it doesn't  
NOTE Confidence: 0.8541309

00:06:44.220 --> 00:06:46.230 come as a visual image,

NOTE Confidence: 0.8541309

00:06:46.230 --> 00:06:49.668 allowing the sense of this mountain.

NOTE Confidence: 0.8541309

00:06:49.670 --> 00:06:53.660 And feeling its overall shape.

NOTE Confidence: 0.8541309

00:06:53.660 --> 00:06:57.896 It speaks high in the Sky.

NOTE Confidence: 0.8541309

00:06:57.900 --> 00:07:00.876 The large base rooted in the

NOTE Confidence: 0.8541309

00:07:00.876 --> 00:07:03.550 bedrock of the Earth's crust.

NOTE Confidence: 0.8541309

00:07:03.550 --> 00:07:07.840 It's steep or gently sloping sides.

NOTE Confidence: 0.7442425

00:07:10.450 --> 00:07:15.166 Noticing how massive it is, how solid,

NOTE Confidence: 0.7442425

00:07:15.166 --> 00:07:18.398 how unmoving, how beautiful.

NOTE Confidence: 0.7442425

00:07:18.400 --> 00:07:21.109 Weather from a fire or close up.

NOTE Confidence: 0.8317172

00:07:25.670 --> 00:07:28.505 Perhaps the mountain has snow

NOTE Confidence: 0.8317172

00:07:28.505 --> 00:07:31.340 blanketing its top and trees

NOTE Confidence: 0.8317172

00:07:31.445 --> 00:07:33.990 reaching down to the base.

NOTE Confidence: 0.8317172

00:07:33.990 --> 00:07:36.478 Or rugged granite sides.

NOTE Confidence: 0.8383194

00:07:39.260 --> 00:07:42.032 There may be streams and waterfalls

NOTE Confidence: 0.8383194

00:07:42.032 --> 00:07:43.880 cascading down the slopes.

NOTE Confidence: 0.6932736



00:07:46.080 --> 00:07:51.834 You may be one peak. A series of peaks.

NOTE Confidence: 0.6932736

00:07:51.834 --> 00:07:57.009 All with medals trees. Anne High lakes.

NOTE Confidence: 0.848306672666667

00:07:59.350 --> 00:08:01.910 Observing. The qualities and

NOTE Confidence: 0.848306672666667

00:08:01.910 --> 00:08:05.750 when you feel ready seeing if

NOTE Confidence: 0.848306672666667

00:08:05.867 --> 00:08:08.847 you can bring the mountain.

NOTE Confidence: 0.848306672666667

00:08:08.850 --> 00:08:12.690 Into your own body sitting here.

NOTE Confidence: 0.848306672666667

00:08:12.690 --> 00:08:15.210 So that your body and the mountain

NOTE Confidence: 0.848306672666667

00:08:15.210 --> 00:08:18.000 in your minds, I become one.

NOTE Confidence: 0.848306672666667

00:08:18.000 --> 00:08:21.420 So that as you sit here.

NOTE Confidence: 0.848306672666667

00:08:21.420 --> 00:08:23.685 You share in the massiveness

NOTE Confidence: 0.848306672666667

00:08:23.685 --> 00:08:25.950 and the stillness and the

NOTE Confidence: 0.848306672666667

00:08:26.036 --> 00:08:28.048 Majesty of the mountain.

NOTE Confidence: 0.848306672666667

00:08:28.050 --> 00:08:29.950 You become the mountain.

NOTE Confidence: 0.82526976

00:08:32.140 --> 00:08:35.600 Grounded in your sitting posture,

NOTE Confidence: 0.82526976

00:08:35.600 --> 00:08:40.496 your head becomes its lofty peak.

NOTE Confidence: 0.82526976

00:08:40.500 --> 00:08:43.769 Supported by the rest of your body.

NOTE Confidence: 0.82526976

00:08:43.770 --> 00:08:48.978 And affording a panoramic panoramic view.

NOTE Confidence: 0.82526976

00:08:48.980 --> 00:08:51.605 Your shoulders and arms are

NOTE Confidence: 0.82526976

00:08:51.605 --> 00:08:54.230 the sides of the mountain.

NOTE Confidence: 0.82526976

00:08:54.230 --> 00:08:58.164 Your buttocks and legs the solid base.

NOTE Confidence: 0.82526976

00:08:58.170 --> 00:09:02.530 Ludy in to the question of your chair.

NOTE Confidence: 0.82526976

00:09:02.530 --> 00:09:06.527 Experiencing in your body's sense of uplift

NOTE Confidence: 0.82526976

00:09:06.527 --> 00:09:10.428 from deep within your pelvis and spine.

NOTE Confidence: 0.8587201

00:09:12.590 --> 00:09:14.276 With each breath,

NOTE Confidence: 0.8587201

00:09:14.276 --> 00:09:16.524 as you continue sitting,

NOTE Confidence: 0.8587201

00:09:16.530 --> 00:09:18.778 becoming a little more,

NOTE Confidence: 0.8587201

00:09:18.778 --> 00:09:22.966 a breathing mountain, alive and vital.

NOTE Confidence: 0.8587201

00:09:22.966 --> 00:09:27.126 Yet unwavering in your stillness.

NOTE Confidence: 0.8587201

00:09:27.130 --> 00:09:30.885 Completely what you are beyond

NOTE Confidence: 0.8587201

00:09:30.885 --> 00:09:33.138 words and thought.

NOTE Confidence: 0.8587201

00:09:33.140 --> 00:09:35.912 A centered grounding.

NOTE Confidence: 0.8587201

00:09:35.912 --> 00:09:37.760 Unmoving presence.  
NOTE Confidence: 0.899105087058824

00:09:41.160 --> 00:09:42.924 As you sit here.  
NOTE Confidence: 0.899105087058824

00:09:42.924 --> 00:09:45.570 Becoming aware of the fact that  
NOTE Confidence: 0.899105087058824

00:09:45.670 --> 00:09:48.799 as the sun travels across the Sky.  
NOTE Confidence: 0.899105087058824

00:09:48.800 --> 00:09:52.671 The Light and shadows and colors are  
NOTE Confidence: 0.899105087058824

00:09:52.671 --> 00:09:55.392 changing virtually moment by moment  
NOTE Confidence: 0.899105087058824

00:09:55.392 --> 00:09:58.140 in the mountains, stillness and  
NOTE Confidence: 0.899105087058824

00:09:58.140 --> 00:10:02.690 the surface teems with life and activity.  
NOTE Confidence: 0.899105087058824

00:10:02.690 --> 00:10:08.026 Streams, melting snow, waterfalls,  
NOTE Confidence: 0.899105087058824

00:10:08.026 --> 00:10:12.028 plants and wildlife.  
NOTE Confidence: 0.899105087058824

00:10:12.030 --> 00:10:14.480 As the mountain sits seeing  
NOTE Confidence: 0.899105087058824

00:10:14.480 --> 00:10:16.930 and feeling how night follows  
NOTE Confidence: 0.899105087058824

00:10:17.022 --> 00:10:19.257 day and day follows night.  
NOTE Confidence: 0.7937078

00:10:21.430 --> 00:10:23.922 The bright warming sun,  
NOTE Confidence: 0.7937078

00:10:23.922 --> 00:10:27.037 followed by the cool night  
NOTE Confidence: 0.7937078

00:10:27.037 --> 00:10:30.717 Sky studded with stars and the

NOTE Confidence: 0.7937078

00:10:30.717 --> 00:10:34.240 gradual dawning of a new day.

NOTE Confidence: 0.7937078

00:10:34.240 --> 00:10:38.909 Through it all. The mountain just sits.

NOTE Confidence: 0.7937078

00:10:38.910 --> 00:10:43.080 Experiencing change in each moment,

NOTE Confidence: 0.7937078

00:10:43.080 --> 00:10:47.004 constantly changing yet always

NOTE Confidence: 0.7937078

00:10:47.004 --> 00:10:49.947 just being itself.

NOTE Confidence: 0.7937078

00:10:49.950 --> 00:10:53.082 It remains still as the seasons

NOTE Confidence: 0.7937078

00:10:53.082 --> 00:10:55.170 flow into one another,

NOTE Confidence: 0.7937078

00:10:55.170 --> 00:10:57.780 and as the weather changes,

NOTE Confidence: 0.7937078

00:10:57.780 --> 00:11:01.427 moment by moment and day by day,

NOTE Confidence: 0.7937078

00:11:01.430 --> 00:11:03.518 Comma biting all change.

NOTE Confidence: 0.83599764

00:11:08.110 --> 00:11:11.014 In summer, there's no snow on the mountain,

NOTE Confidence: 0.83599764

00:11:11.020 --> 00:11:14.728 except perhaps for the very peaks.

NOTE Confidence: 0.83599764

00:11:14.730 --> 00:11:18.354 In fall, the mountain may wear

NOTE Confidence: 0.83599764

00:11:18.354 --> 00:11:22.340 a coat of brilliant fire colors.

NOTE Confidence: 0.83599764

00:11:22.340 --> 00:11:26.524 In winter, a blanket of snow and ice.

NOTE Confidence: 0.83599764

00:11:26.530 --> 00:11:29.092 In any season it may find itself  
NOTE Confidence: 0.83599764

00:11:29.092 --> 00:11:31.999 at times and shrouded in clouds or  
NOTE Confidence: 0.83599764

00:11:31.999 --> 00:11:34.585 fog or pelted by freezing rain.  
NOTE Confidence: 0.83599764

00:11:34.590 --> 00:11:37.537 People may come to see the mountain  
NOTE Confidence: 0.83599764

00:11:37.537 --> 00:11:39.946 and comment on how beautiful it  
NOTE Confidence: 0.83599764

00:11:39.946 --> 00:11:43.302 is or how it's not a good day to  
NOTE Confidence: 0.83599764

00:11:43.302 --> 00:11:45.678 see the mountain that it's too  
NOTE Confidence: 0.83599764

00:11:45.678 --> 00:11:49.230 cloudy or rainy or foggy. Or dark.  
NOTE Confidence: 0.79945105

00:11:51.270 --> 00:11:54.728 None of this matters to the mountain,  
NOTE Confidence: 0.79945105

00:11:54.730 --> 00:11:57.200 which remains at all times.  
NOTE Confidence: 0.79945105

00:11:57.200 --> 00:11:59.512 It's essential self clouds  
NOTE Confidence: 0.79945105

00:11:59.512 --> 00:12:01.824 make common clouds maaco.  
NOTE Confidence: 0.79945105

00:12:01.830 --> 00:12:04.830 Tourists may like it or not.  
NOTE Confidence: 0.79945105

00:12:04.830 --> 00:12:06.261 The mountains, magnificence,  
NOTE Confidence: 0.79945105

00:12:06.261 --> 00:12:09.600 and beauty are not changed one bit  
NOTE Confidence: 0.79945105

00:12:09.683 --> 00:12:12.105 by whether people see it or not,

NOTE Confidence: 0.79945105  
00:12:12.110 --> 00:12:15.659 seen or unseen in sun or clouds.  
NOTE Confidence: 0.79945105  
00:12:15.660 --> 00:12:18.726 Broiling or frigid day or night.  
NOTE Confidence: 0.79945105  
00:12:18.730 --> 00:12:23.130 It just sits being itself.  
NOTE Confidence: 0.79945105  
00:12:23.130 --> 00:12:25.938 At times visited by violent storms,  
NOTE Confidence: 0.79945105  
00:12:25.940 --> 00:12:28.280 buffeted by snow and rain,  
NOTE Confidence: 0.79945105  
00:12:28.280 --> 00:12:30.148 and winds of unthinkable  
NOTE Confidence: 0.79945105  
00:12:30.148 --> 00:12:32.016 magnitude through it all,  
NOTE Confidence: 0.79945105  
00:12:32.020 --> 00:12:33.430 the mountain sits.  
NOTE Confidence: 0.704597875  
00:12:35.680 --> 00:12:37.906 Spring comes trees.  
NOTE Confidence: 0.704597875  
00:12:37.906 --> 00:12:41.616 Bloom Flowers are in the  
NOTE Confidence: 0.704597875  
00:12:41.616 --> 00:12:44.699 high Meadow and slopes.  
NOTE Confidence: 0.704597875  
00:12:44.700 --> 00:12:48.096 Birds singing the trees once again.  
NOTE Confidence: 0.704597875  
00:12:48.100 --> 00:12:50.468 Streams overflow with the  
NOTE Confidence: 0.704597875  
00:12:50.468 --> 00:12:52.836 waters of melting snow.  
NOTE Confidence: 0.704597875  
00:12:52.840 --> 00:12:55.444 And through it all the mountain  
NOTE Confidence: 0.704597875

00:12:55.444 --> 00:12:58.429 continues to sit unmoved by the weather.  
NOTE Confidence: 0.704597875

00:12:58.430 --> 00:13:00.518 By what happens on its surface  
NOTE Confidence: 0.704597875

00:13:00.518 --> 00:13:02.900 by the world of appearances,  
NOTE Confidence: 0.704597875

00:13:02.900 --> 00:13:05.670 Lee meaning its essential self.  
NOTE Confidence: 0.704597875

00:13:05.670 --> 00:13:07.404 Through the seasons,  
NOTE Confidence: 0.704597875

00:13:07.404 --> 00:13:09.138 the changing weather.  
NOTE Confidence: 0.704597875

00:13:09.140 --> 00:13:11.188 The activity ebbing and  
NOTE Confidence: 0.704597875

00:13:11.188 --> 00:13:13.236 flowing on its surface.  
NOTE Confidence: 0.89192665

00:13:17.430 --> 00:13:22.030 In the same way as we now sit in meditation,  
NOTE Confidence: 0.89192665

00:13:22.030 --> 00:13:26.006 we can learn to experience the mountain.  
NOTE Confidence: 0.89192665

00:13:26.010 --> 00:13:28.860 We can embody the same central,  
NOTE Confidence: 0.89192665

00:13:28.860 --> 00:13:31.132 unwavering stillness and groundedness  
NOTE Confidence: 0.89192665

00:13:31.132 --> 00:13:34.540 in the face of everything that  
NOTE Confidence: 0.89192665

00:13:34.630 --> 00:13:36.720 changes in our own lives.  
NOTE Confidence: 0.89192665

00:13:36.720 --> 00:13:42.708 Over seconds over hour's over years.  
NOTE Confidence: 0.89192665

00:13:42.710 --> 00:13:46.614 In our lives and in our meditation practice,

NOTE Confidence: 0.89192665

00:13:46.620 --> 00:13:50.256 we experience constantly the changing nature

NOTE Confidence: 0.89192665

00:13:50.256 --> 00:13:55.069 of mind and body and of the outer world.

NOTE Confidence: 0.89192665

00:13:55.070 --> 00:13:57.355 We have our own periods

NOTE Confidence: 0.89192665

00:13:57.355 --> 00:13:59.183 of light and darkness.

NOTE Confidence: 0.89192665

00:13:59.190 --> 00:14:01.440 Activity and inactivity are moments

NOTE Confidence: 0.89192665

00:14:01.440 --> 00:14:04.689 of color in our moments of drabness.

NOTE Confidence: 0.85548425

00:14:07.120 --> 00:14:10.711 It's true that we experience storms of

NOTE Confidence: 0.85548425

00:14:10.711 --> 00:14:13.547 varying intensity and violence in the

NOTE Confidence: 0.85548425

00:14:13.547 --> 00:14:17.389 outer world and in our own mind and bodies,

NOTE Confidence: 0.85548425

00:14:17.390 --> 00:14:21.126 buffeted by high winds by cold and rain.

NOTE Confidence: 0.85548425

00:14:21.130 --> 00:14:24.399 We endure periods of darkness and pain,

NOTE Confidence: 0.85548425

00:14:24.400 --> 00:14:28.594 as well as the moments of joy and uplift.

NOTE Confidence: 0.85548425

00:14:28.600 --> 00:14:30.940 Even our appearance changes constantly.

NOTE Confidence: 0.85548425

00:14:30.940 --> 00:14:33.736 Experiencing a weather of its own.

NOTE Confidence: 0.872848

00:14:37.130 --> 00:14:39.340 By becoming the mountain in

NOTE Confidence: 0.872848



00:14:39.340 --> 00:14:40.666 our meditation practice,  
NOTE Confidence: 0.872848

00:14:40.670 --> 00:14:45.118 we can link up with its strength and  
NOTE Confidence: 0.872848

00:14:45.118 --> 00:14:48.909 stability and adapt them for our own.  
NOTE Confidence: 0.872848

00:14:48.910 --> 00:14:51.997 We can use its energies to support  
NOTE Confidence: 0.872848

00:14:51.997 --> 00:14:55.566 our energy to encounter each moment  
NOTE Confidence: 0.872848

00:14:55.566 --> 00:14:58.140 with mindfulness. And clarity.  
NOTE Confidence: 0.8839294

00:15:01.160 --> 00:15:03.986 It may help us to see that our thoughts  
NOTE Confidence: 0.8839294

00:15:03.986 --> 00:15:05.975 and feelings are preoccupations  
NOTE Confidence: 0.8839294

00:15:05.975 --> 00:15:08.630 or emotional storms in crises,  
NOTE Confidence: 0.8839294

00:15:08.630 --> 00:15:12.095 even the things that happen to us are very  
NOTE Confidence: 0.8839294

00:15:12.095 --> 00:15:15.265 much like the weather on the mountain.  
NOTE Confidence: 0.9195162

00:15:17.380 --> 00:15:21.405 We tend to take it all personally.  
NOTE Confidence: 0.9195162

00:15:21.410 --> 00:15:24.590 But its strongest  
NOTE Confidence: 0.9195162

00:15:24.590 --> 00:15:27.770 characteristic is impersonal.  
NOTE Confidence: 0.9195162

00:15:27.770 --> 00:15:30.353 The weather of our own lives is  
NOTE Confidence: 0.9195162

00:15:30.353 --> 00:15:33.170 not to be ignored or denied.

NOTE Confidence: 0.9195162  
00:15:33.170 --> 00:15:37.062 It is to be encountered. Honored.  
NOTE Confidence: 0.9195162  
00:15:37.062 --> 00:15:42.174 Felt. Known for what it is.  
NOTE Confidence: 0.9195162  
00:15:42.180 --> 00:15:45.828 An held in awareness.  
NOTE Confidence: 0.9195162  
00:15:45.830 --> 00:15:47.510 In holding in this way,  
NOTE Confidence: 0.9195162  
00:15:47.510 --> 00:15:50.534 we come to know a deeper sense.  
NOTE Confidence: 0.9195162  
00:15:50.540 --> 00:15:52.328 I've still miss.  
NOTE Confidence: 0.9195162  
00:15:52.328 --> 00:15:53.520 An wisdom.  
NOTE Confidence: 0.86774266  
00:15:56.240 --> 00:15:58.706 Mountains have this to teach us  
NOTE Confidence: 0.86774266  
00:15:58.706 --> 00:16:01.897 and much more if we can let it in.  
NOTE Confidence: 0.87597996  
00:16:04.550 --> 00:16:07.062 So if you find you resonate in some  
NOTE Confidence: 0.87597996  
00:16:07.062 --> 00:16:09.457 way with the strength and stability  
NOTE Confidence: 0.87597996  
00:16:09.457 --> 00:16:11.989 of the mountain in your sitting,  
NOTE Confidence: 0.87597996  
00:16:11.990 --> 00:16:15.134 it may be helpful to use it from  
NOTE Confidence: 0.87597996  
00:16:15.134 --> 00:16:18.088 time to time as you meditate.  
NOTE Confidence: 0.87597996  
00:16:18.090 --> 00:16:21.095 To remind yourself of what  
NOTE Confidence: 0.87597996

00:16:21.095 --> 00:16:24.100 it means to sit mindfully.  
NOTE Confidence: 0.87597996

00:16:24.100 --> 00:16:27.276 With resolve with wakefulness.  
NOTE Confidence: 0.87597996

00:16:27.276 --> 00:16:32.350 In true spirit. Of yourself.  
NOTE Confidence: 0.87597996

00:16:32.350 --> 00:16:36.840 Knowing that your inner state.  
NOTE Confidence: 0.87597996

00:16:36.840 --> 00:16:40.248 He is strong and stable always.  
NOTE Confidence: 0.92036027

00:16:48.040 --> 00:16:50.470 When you're ready.  
NOTE Confidence: 0.92036027

00:16:50.470 --> 00:16:52.150 With your eyes closed,  
NOTE Confidence: 0.92036027

00:16:52.150 --> 00:16:54.250 take one more deep breath  
NOTE Confidence: 0.92036027

00:16:54.250 --> 00:16:56.238 in through your nose.  
NOTE Confidence: 0.7881109

00:16:58.970 --> 00:17:01.930 And exhale through your mouth.  
NOTE Confidence: 0.9395506

00:17:06.570 --> 00:17:10.320 You can open your eyes now.  
NOTE Confidence: 0.9395506

00:17:10.320 --> 00:17:13.248 Just look around the room as  
NOTE Confidence: 0.9395506

00:17:13.248 --> 00:17:15.946 you continue to feel yourself  
NOTE Confidence: 0.9395506

00:17:15.946 --> 00:17:18.498 grounded in your chair.  
NOTE Confidence: 0.9395506

00:17:18.500 --> 00:17:20.120 Being mindful and respectful  
NOTE Confidence: 0.9395506

00:17:20.120 --> 00:17:22.550 of the meditation we just did.

NOTE Confidence: 0.8795549  
00:17:25.140 --> 00:17:28.152 I'm stretching your arms out to  
NOTE Confidence: 0.8795549  
00:17:28.152 --> 00:17:31.399 both sides as far as you can.  
NOTE Confidence: 0.8795549  
00:17:31.400 --> 00:17:33.988 Little circles with here  
NOTE Confidence: 0.8795549  
00:17:33.988 --> 00:17:35.929 with simple directions.  
NOTE Confidence: 0.80482924  
00:17:38.380 --> 00:17:40.590 With a breath arms overhead.  
NOTE Confidence: 0.6797918  
00:17:43.970 --> 00:17:46.560 And exhale into prayer pose.  
NOTE Confidence: 0.89613205  
00:17:51.590 --> 00:17:54.465 Thank you everybody for joining  
NOTE Confidence: 0.89613205  
00:17:54.465 --> 00:17:56.765 together in this meditation.  
NOTE Confidence: 0.89613205  
00:17:56.770 --> 00:17:59.650 It's just a beautiful reminder.  
NOTE Confidence: 0.89613205  
00:17:59.650 --> 00:18:04.258 Again, the reference of the mountain and how,  
NOTE Confidence: 0.89613205  
00:18:04.260 --> 00:18:08.008 through seasons through days.  
NOTE Confidence: 0.89613205  
00:18:08.010 --> 00:18:10.474 Changes occur all around,  
NOTE Confidence: 0.89613205  
00:18:10.474 --> 00:18:13.554 but the mountain itself maintains  
NOTE Confidence: 0.89613205  
00:18:13.554 --> 00:18:17.504 its dignity and maintains itself and.