

WEBVTT

NOTE duration:"00:21:44.0320000"

NOTE language:en-us

NOTE Confidence: 0.87098

00:00:00.000 --> 00:00:01.455 Good afternoon everybody.

NOTE Confidence: 0.87098

00:00:01.455 --> 00:00:04.850 Thank you so much for joining for

NOTE Confidence: 0.87098

00:00:04.933 --> 00:00:07.579 taking time out of your day to

NOTE Confidence: 0.87098

00:00:07.579 --> 00:00:10.029 just spend some time grounding,

NOTE Confidence: 0.87098

00:00:10.030 --> 00:00:12.606 letting go of all the chatter that

NOTE Confidence: 0.87098

00:00:12.606 --> 00:00:14.894 surround you and just come into

NOTE Confidence: 0.87098

00:00:14.894 --> 00:00:17.108 your center to find some peace.

NOTE Confidence: 0.87098

00:00:17.110 --> 00:00:19.624 My name is Michelle Grand licensed

NOTE Confidence: 0.87098

00:00:19.624 --> 00:00:21.940 massage therapist Smilow cancer hospital.

NOTE Confidence: 0.87098

00:00:21.940 --> 00:00:23.795 And today we're going to do a

NOTE Confidence: 0.87098

00:00:23.795 --> 00:00:25.950 little bit more of an in depth

NOTE Confidence: 0.87098

00:00:25.950 --> 00:00:27.246 practice for self compassion.

NOTE Confidence: 0.88781536

00:00:30.110 --> 00:00:32.325 As we begin, bring yourself

NOTE Confidence: 0.88781536

00:00:32.325 --> 00:00:34.097 into a comfortable position.

NOTE Confidence: 0.88781536
00:00:34.100 --> 00:00:36.310 Whatever is comfortable for you,
NOTE Confidence: 0.88781536
00:00:36.310 --> 00:00:39.330 you could be sitting down.
NOTE Confidence: 0.88781536
00:00:39.330 --> 00:00:43.090 Cross legged with feet flat on the ground.
NOTE Confidence: 0.88781536
00:00:43.090 --> 00:00:45.440 You could be laying back,
NOTE Confidence: 0.88781536
00:00:45.440 --> 00:00:47.790 eyes closed or just with
NOTE Confidence: 0.88781536
00:00:47.790 --> 00:00:49.670 the lowered soft gaze.
NOTE Confidence: 0.8768096
00:00:52.490 --> 00:00:56.200 Now to begin, just simply
NOTE Confidence: 0.8768096
00:00:56.200 --> 00:00:59.168 sense your own intention.
NOTE Confidence: 0.8768096
00:00:59.170 --> 00:01:00.958 To experience your heart
NOTE Confidence: 0.8768096
00:01:00.958 --> 00:01:03.193 now and its full capacity.
NOTE Confidence: 0.87415016
00:01:06.740 --> 00:01:11.465 That starts with actually imagining the Sky.
NOTE Confidence: 0.87415016
00:01:11.470 --> 00:01:16.160 Just sensing it's great open ISS extending
NOTE Confidence: 0.87415016
00:01:16.160 --> 00:01:20.571 in all directions and sensing the curve
NOTE Confidence: 0.87415016
00:01:20.571 --> 00:01:24.999 and spirit of a smile filling the Sky.
NOTE Confidence: 0.8057548
00:01:27.560 --> 00:01:30.968 As much as possible, visualize that,
NOTE Confidence: 0.8057548

00:01:30.970 --> 00:01:34.869 and then since that openness of Sky
NOTE Confidence: 0.8057548

00:01:34.869 --> 00:01:38.922 filling the mind and that curve of
NOTE Confidence: 0.8057548

00:01:38.922 --> 00:01:42.330 a smile spreading through the mind.
NOTE Confidence: 0.83342654

00:01:49.290 --> 00:01:54.065 Connecting now with open ISS
NOTE Confidence: 0.83342654

00:01:54.065 --> 00:01:55.975 availability possibility.
NOTE Confidence: 0.83342654

00:01:55.980 --> 00:01:59.186 And letting the curve of a smile
NOTE Confidence: 0.83342654

00:01:59.186 --> 00:02:01.550 spread now through your eyes.
NOTE Confidence: 0.84420764

00:02:04.920 --> 00:02:08.216 You can sense the corners of your eyes
NOTE Confidence: 0.84420764

00:02:08.216 --> 00:02:10.980 uplifted a bit the outer corners.
NOTE Confidence: 0.6783052

00:02:14.630 --> 00:02:16.433 Softening the eyes.
NOTE Confidence: 0.6783052

00:02:16.433 --> 00:02:20.640 Now allowing the brow to be smooth.
NOTE Confidence: 0.6783052

00:02:20.640 --> 00:02:23.448 Relaxing the jaw.
NOTE Confidence: 0.6783052

00:02:23.450 --> 00:02:28.840 Sensing a slight smile at the mouth.
NOTE Confidence: 0.6783052

00:02:28.840 --> 00:02:31.684 See if you can sense the
NOTE Confidence: 0.6783052

00:02:31.684 --> 00:02:34.560 inside of the mouth smiling.
NOTE Confidence: 0.815854027272727

00:02:38.850 --> 00:02:41.062 The eyes are smiling.

NOTE Confidence: 0.815854027272727

00:02:41.062 --> 00:02:45.270 The mouth you might feel the throat.

NOTE Confidence: 0.815854027272727

00:02:45.270 --> 00:02:47.370 And feel the throat.

NOTE Confidence: 0.815854027272727

00:02:47.370 --> 00:02:50.520 As you breathe in and out.

NOTE Confidence: 0.8157288

00:02:53.010 --> 00:02:55.040 And again, sense right there,

NOTE Confidence: 0.8157288

00:02:55.040 --> 00:02:58.272 that that same curve and openness of a

NOTE Confidence: 0.8157288

00:02:58.272 --> 00:03:01.919 smile is spelt at the back of the throat.

NOTE Confidence: 0.854465

00:03:08.170 --> 00:03:10.570 And now, imagining that you

NOTE Confidence: 0.854465

00:03:10.570 --> 00:03:12.970 can smile into the heart.

NOTE Confidence: 0.854465

00:03:12.970 --> 00:03:15.805 Sensing the curve of a smile spreading

NOTE Confidence: 0.854465

00:03:15.805 --> 00:03:18.178 through the heart and chest area.

NOTE Confidence: 0.7965244

00:03:20.390 --> 00:03:22.649 Sensing it emerging,

NOTE Confidence: 0.7965244

00:03:22.649 --> 00:03:27.167 the smile emerging from inside out.

NOTE Confidence: 0.7965244

00:03:27.170 --> 00:03:29.600 And natural open Nissin space

NOTE Confidence: 0.7965244

00:03:29.600 --> 00:03:32.030 that doesn't cover over what's

NOTE Confidence: 0.7965244

00:03:32.119 --> 00:03:34.389 happening for you right now,

NOTE Confidence: 0.7965244

00:03:34.390 --> 00:03:36.790 but rather it makes room.
NOTE Confidence: 0.7774921

00:03:40.170 --> 00:03:43.610 Eyes are smiling and the
NOTE Confidence: 0.7774921

00:03:43.610 --> 00:03:45.970 mouth throat. The heart.
NOTE Confidence: 0.781541

00:03:49.070 --> 00:03:51.878 Now see if you can loosen the belly and
NOTE Confidence: 0.781541

00:03:51.878 --> 00:03:54.964 feel the breath received deep in the torso.
NOTE Confidence: 0.7734321

00:03:58.430 --> 00:04:01.867 Imagine and sense the same smile spreading
NOTE Confidence: 0.7734321

00:04:01.867 --> 00:04:05.195 through the belly Anne of openness at
NOTE Confidence: 0.7734321

00:04:05.195 --> 00:04:07.847 that area right beneath the belly.
NOTE Confidence: 0.74860114

00:04:12.810 --> 00:04:14.375 Now, sensing an openness and
NOTE Confidence: 0.74860114

00:04:14.375 --> 00:04:16.275 ease down through the hips and
NOTE Confidence: 0.74860114

00:04:16.275 --> 00:04:17.889 the legs right into the feet.
NOTE Confidence: 0.8001297

00:04:21.390 --> 00:04:23.688 Up through the chest sensing space
NOTE Confidence: 0.8001297

00:04:23.688 --> 00:04:26.899 open in a way back and allow whatever
NOTE Confidence: 0.8001297

00:04:26.899 --> 00:04:29.724 might be tense or tight in the
NOTE Confidence: 0.8001297

00:04:29.724 --> 00:04:32.167 body to loosen and let go some.
NOTE Confidence: 0.82324266

00:04:35.720 --> 00:04:39.833 Not just rest for a moment in a natural,

NOTE Confidence: 0.82324266

00:04:39.840 --> 00:04:41.668 relaxed state of attentiveness.

NOTE Confidence: 0.8537108

00:04:55.010 --> 00:04:57.566 Now the reign of Compassion begins

NOTE Confidence: 0.8537108

00:04:57.566 --> 00:05:00.782 with just sensing in your life as

NOTE Confidence: 0.8537108

00:05:00.782 --> 00:05:03.157 you're experiencing your life today.

NOTE Confidence: 0.8537108

00:05:03.160 --> 00:05:05.404 Whatever issues or situations

NOTE Confidence: 0.8537108

00:05:05.404 --> 00:05:07.087 are activating you.

NOTE Confidence: 0.8537108

00:05:07.090 --> 00:05:09.895 Whatever you think needs and

NOTE Confidence: 0.8537108

00:05:09.895 --> 00:05:13.283 wants attention in your life that

NOTE Confidence: 0.8537108

00:05:13.283 --> 00:05:16.657 trips OFA kind of reactivity or a

NOTE Confidence: 0.8537108

00:05:16.657 --> 00:05:19.890 feeling of sadness and suffering.

NOTE Confidence: 0.8537108

00:05:19.890 --> 00:05:22.739 That can be the place you bring

NOTE Confidence: 0.8537108

00:05:22.739 --> 00:05:24.530 this meditation to today.

NOTE Confidence: 0.7909774

00:05:28.300 --> 00:05:31.452 So take a moment and just sense what

NOTE Confidence: 0.7909774

00:05:31.452 --> 00:05:33.918 naturally comes to your consciousness.

NOTE Confidence: 0.856466

00:05:36.250 --> 00:05:39.065 Maybe some difficult situation someplace

NOTE Confidence: 0.856466

00:05:39.065 --> 00:05:42.629 where you might feel caught in fear.
NOTE Confidence: 0.856466

00:05:42.630 --> 00:05:44.850 Some place where you might be
NOTE Confidence: 0.856466

00:05:44.850 --> 00:05:47.538 caught in some some sense of grief,
NOTE Confidence: 0.856466

00:05:47.540 --> 00:05:49.675 anger, hurt. Whatever you sense
NOTE Confidence: 0.856466

00:05:49.675 --> 00:05:52.700 may want or need some attention.
NOTE Confidence: 0.9175717

00:05:58.260 --> 00:06:01.401 This might be a situation in your life that
NOTE Confidence: 0.9175717

00:06:01.401 --> 00:06:03.766 involves another person or a conflict.
NOTE Confidence: 0.9175717

00:06:03.770 --> 00:06:06.087 It might be a situation at work,
NOTE Confidence: 0.9175717

00:06:06.090 --> 00:06:08.738 might be something to do with your health.
NOTE Confidence: 0.85763544

00:06:10.840 --> 00:06:15.680 And as you let yourself settle on something.
NOTE Confidence: 0.85763544

00:06:15.680 --> 00:06:18.074 You might let the situation be
NOTE Confidence: 0.85763544

00:06:18.074 --> 00:06:20.950 front and center in your attention.
NOTE Confidence: 0.8996993

00:06:23.640 --> 00:06:27.595 Just allow the story to be there.
NOTE Confidence: 0.8873545

00:06:31.500 --> 00:06:33.270 If it's another person involved,
NOTE Confidence: 0.8873545

00:06:33.270 --> 00:06:35.826 you may see the person's face
NOTE Confidence: 0.8873545

00:06:35.826 --> 00:06:37.974 or hear the conversation or

NOTE Confidence: 0.8873545

00:06:37.974 --> 00:06:40.140 words that might set you off.

NOTE Confidence: 0.8873545

00:06:40.140 --> 00:06:41.520 If it's something you're

NOTE Confidence: 0.8873545

00:06:41.520 --> 00:06:43.245 anticipating is going to happen,

NOTE Confidence: 0.8873545

00:06:43.250 --> 00:06:44.980 you might let yourself see

NOTE Confidence: 0.8873545

00:06:44.980 --> 00:06:46.710 that in your mind's eye.

NOTE Confidence: 0.8845943

00:06:49.650 --> 00:06:50.652 In other words,

NOTE Confidence: 0.8845943

00:06:50.652 --> 00:06:52.656 it's as if you're winning a

NOTE Confidence: 0.8845943

00:06:52.656 --> 00:06:54.840 movie of the story in your mind.

NOTE Confidence: 0.8845943

00:06:54.840 --> 00:06:57.300 And just stop at that frame.

NOTE Confidence: 0.8845943

00:06:57.300 --> 00:06:59.350 That maybe most upsets or

NOTE Confidence: 0.8845943

00:06:59.350 --> 00:07:00.990 disturbs or triggers you.

NOTE Confidence: 0.8767498

00:07:03.270 --> 00:07:04.840 And when you get there,

NOTE Confidence: 0.8767498

00:07:04.840 --> 00:07:06.656 just freeze the frame.

NOTE Confidence: 0.8767498

00:07:06.656 --> 00:07:08.926 And begin with just recognizing.

NOTE Confidence: 0.8767498

00:07:08.930 --> 00:07:12.344 OK, this is part of the

NOTE Confidence: 0.8767498

00:07:12.344 --> 00:07:16.020 experience of my life right now.

NOTE Confidence: 0.8767498

00:07:16.020 --> 00:07:18.692 Honestly acknowledge the actuality

NOTE Confidence: 0.8767498

00:07:18.692 --> 00:07:23.430 this is a part of my life.

NOTE Confidence: 0.8767498

00:07:23.430 --> 00:07:26.877 And see if this pause right now can be

NOTE Confidence: 0.8767498

00:07:26.877 --> 00:07:30.204 part of just allowing it to be there.

NOTE Confidence: 0.8767498

00:07:30.210 --> 00:07:33.495 A willingness not to try to get rid of

NOTE Confidence: 0.8767498

00:07:33.495 --> 00:07:36.199 anything or change anything right now.

NOTE Confidence: 0.8767498

00:07:36.200 --> 00:07:39.000 Just letting something be.

NOTE Confidence: 0.8767498

00:07:39.000 --> 00:07:41.954 So for now, just to recognize and

NOTE Confidence: 0.8767498

00:07:41.954 --> 00:07:44.280 allow what's there to be there.

NOTE Confidence: 0.8833976

00:07:50.130 --> 00:07:51.845 And then with the quality

NOTE Confidence: 0.8833976

00:07:51.845 --> 00:07:53.217 of interest in kindness,

NOTE Confidence: 0.8833976

00:07:53.220 --> 00:07:55.084 we begin to investigate.

NOTE Confidence: 0.8833976

00:07:55.084 --> 00:07:57.880 You might sense first really what

NOTE Confidence: 0.8833976

00:07:57.967 --> 00:08:00.649 has triggered what's going on inside

NOTE Confidence: 0.8833976

00:08:00.649 --> 00:08:05.270 me right now? What is it like?

NOTE Confidence: 0.8833976

00:08:05.270 --> 00:08:07.330 Perhaps you're noting an emotion

NOTE Confidence: 0.8833976

00:08:07.330 --> 00:08:09.714 of anger or fear, or hurt.

NOTE Confidence: 0.8833976

00:08:09.714 --> 00:08:12.283 Or maybe you have a swirl of

NOTE Confidence: 0.8833976

00:08:12.283 --> 00:08:14.329 thoughts about the situation.

NOTE Confidence: 0.8833976

00:08:14.330 --> 00:08:16.390 Just notice what it's like.

NOTE Confidence: 0.9137772

00:08:21.810 --> 00:08:24.426 And as you investigate what it's like inside,

NOTE Confidence: 0.9137772

00:08:24.430 --> 00:08:26.596 if it's helpful for you to

NOTE Confidence: 0.9137772

00:08:26.596 --> 00:08:29.030 have your hand on your heart.

NOTE Confidence: 0.9137772

00:08:29.030 --> 00:08:32.726 As a way of reminding yourself of this,

NOTE Confidence: 0.9137772

00:08:32.730 --> 00:08:34.818 investigating with kindness,

NOTE Confidence: 0.9137772

00:08:34.818 --> 00:08:38.298 go ahead and explore that.

NOTE Confidence: 0.9137772

00:08:38.300 --> 00:08:41.162 Feel free to go down whatever

NOTE Confidence: 0.9137772

00:08:41.162 --> 00:08:43.900 track feels most alive for you.

NOTE Confidence: 0.78072435

00:08:51.390 --> 00:08:55.688 Wonder to yourself what am I believing?

NOTE Confidence: 0.78072435

00:08:55.690 --> 00:08:59.000 While this is going on.

NOTE Confidence: 0.78072435

00:08:59.000 --> 00:09:00.600 Am I believing that it
NOTE Confidence: 0.78072435

00:09:00.600 --> 00:09:02.200 means I'm a bad person?
NOTE Confidence: 0.78072435

00:09:02.200 --> 00:09:04.516 Am I believing that I'm failing
NOTE Confidence: 0.78072435

00:09:04.516 --> 00:09:07.098 and my believing my life will never
NOTE Confidence: 0.78072435

00:09:07.098 --> 00:09:09.859 work out the way I want it to be?
NOTE Confidence: 0.78072435

00:09:09.860 --> 00:09:11.940 Am I believing another person
NOTE Confidence: 0.78072435

00:09:11.940 --> 00:09:14.020 doesn't really care about me?
NOTE Confidence: 0.88621444

00:09:16.270 --> 00:09:18.040 These are just some core
NOTE Confidence: 0.88621444

00:09:18.040 --> 00:09:19.810 beliefs that are often there.
NOTE Confidence: 0.8128104

00:09:28.420 --> 00:09:34.360 Just sense how you're feeling inside.
NOTE Confidence: 0.8128104

00:09:34.360 --> 00:09:38.616 See how you feel inside of your body.
NOTE Confidence: 0.8128104

00:09:38.620 --> 00:09:42.190 As you're thinking about the beliefs.
NOTE Confidence: 0.7989062

00:09:44.980 --> 00:09:48.368 What is it feel inside your body,
NOTE Confidence: 0.7989062

00:09:48.370 --> 00:09:51.268 just scan through, feel the throat,
NOTE Confidence: 0.7989062

00:09:51.270 --> 00:09:54.470 the chest, the belly.
NOTE Confidence: 0.7989062

00:09:54.470 --> 00:09:57.166 Those are the most common areas where we

NOTE Confidence: 0.7989062

00:09:57.166 --> 00:10:00.090 can get a felt sense of our experience.

NOTE Confidence: 0.8804522

00:10:02.420 --> 00:10:04.502 When you're starting to think I'm

NOTE Confidence: 0.8804522

00:10:04.502 --> 00:10:06.749 believing it will never be different,

NOTE Confidence: 0.8804522

00:10:06.750 --> 00:10:08.560 it'll always be like this.

NOTE Confidence: 0.8804522

00:10:08.560 --> 00:10:09.972 I'll never be happy.

NOTE Confidence: 0.8804522

00:10:09.972 --> 00:10:12.530 Feel what that's like in the body.

NOTE Confidence: 0.85725194

00:10:17.970 --> 00:10:21.378 See if it's possible to go white inside

NOTE Confidence: 0.85725194

00:10:21.378 --> 00:10:24.808 the part of you that's most reactive.

NOTE Confidence: 0.85725194

00:10:24.810 --> 00:10:28.492 Most hurt angry. Or afraid and just

NOTE Confidence: 0.85725194

00:10:28.492 --> 00:10:32.757 look at the world through its eyes.

NOTE Confidence: 0.85725194

00:10:32.760 --> 00:10:36.270 Take the shape of that part of you and

NOTE Confidence: 0.85725194

00:10:36.270 --> 00:10:39.750 feel it from the inside out and sense.

NOTE Confidence: 0.85725194

00:10:39.750 --> 00:10:43.398 What is this part most wanting?

NOTE Confidence: 0.85725194

00:10:43.400 --> 00:10:47.360 What is it most needing?

NOTE Confidence: 0.85725194

00:10:47.360 --> 00:10:50.120 Sometimes the part will say it in words,

NOTE Confidence: 0.85725194

00:10:50.120 --> 00:10:54.719 and if there's words you might want to hear.

NOTE Confidence: 0.85725194

00:10:54.720 --> 00:10:57.720 Listen to what it is.

NOTE Confidence: 0.85725194

00:10:57.720 --> 00:11:00.210 That your thoughts are telling you,

NOTE Confidence: 0.85725194

00:11:00.210 --> 00:11:04.780 or it might be an image or just a felt sense.

NOTE Confidence: 0.8665269

00:11:11.190 --> 00:11:14.250 Now allow yourself to widen your

NOTE Confidence: 0.8665269

00:11:14.250 --> 00:11:17.392 attention so you feel bigger and

NOTE Confidence: 0.8665269

00:11:17.392 --> 00:11:20.913 larger than those parts of your body.

NOTE Confidence: 0.8665269

00:11:20.920 --> 00:11:23.080 So that you're occupying as much

NOTE Confidence: 0.8665269

00:11:23.080 --> 00:11:25.800 space as you could possibly imagine.

NOTE Confidence: 0.8717731

00:11:29.600 --> 00:11:33.092 Now, if you could listen to and feel from

NOTE Confidence: 0.8717731

00:11:33.092 --> 00:11:37.030 the most awake part of your being right now,

NOTE Confidence: 0.8717731

00:11:37.030 --> 00:11:39.508 what feels most engaged and alive,

NOTE Confidence: 0.8717731

00:11:39.510 --> 00:11:43.227 and what is this part of you need most?

NOTE Confidence: 0.7885544

00:11:48.540 --> 00:11:52.747 Offer to that part of you what.

NOTE Confidence: 0.7885544

00:11:52.750 --> 00:11:55.480 You most need in this moment.

NOTE Confidence: 0.6665384

00:11:58.280 --> 00:12:00.830 Offer a bit of softening.

NOTE Confidence: 0.779313066666667
00:12:04.390 --> 00:12:07.820 Offer attached to your heart
NOTE Confidence: 0.779313066666667
00:12:07.820 --> 00:12:10.564 that's tender and light.
NOTE Confidence: 0.779313066666667
00:12:10.570 --> 00:12:13.225 Or you may actually touch
NOTE Confidence: 0.779313066666667
00:12:13.225 --> 00:12:15.880 your cheek or your belly.
NOTE Confidence: 0.779313066666667
00:12:15.880 --> 00:12:18.695 And just communicate love to
NOTE Confidence: 0.779313066666667
00:12:18.695 --> 00:12:20.947 yourself through that touch.
NOTE Confidence: 0.88225085
00:12:26.570 --> 00:12:29.802 What are the words or the touch or
NOTE Confidence: 0.88225085
00:12:29.802 --> 00:12:32.723 that message the image that will most
NOTE Confidence: 0.88225085
00:12:32.723 --> 00:12:35.869 meet the needs of this part of you?
NOTE Confidence: 0.88225085
00:12:35.870 --> 00:12:40.616 What would be most healing and freeing?
NOTE Confidence: 0.88225085
00:12:40.620 --> 00:12:43.236 Some of the classic words are
NOTE Confidence: 0.88225085
00:12:43.236 --> 00:12:46.000 I care about this suffering.
NOTE Confidence: 0.88225085
00:12:46.000 --> 00:12:50.270 I am sorry Ann, I love you.
NOTE Confidence: 0.88225085
00:12:50.270 --> 00:12:52.730 Just take a moment and experiment
NOTE Confidence: 0.88225085
00:12:52.730 --> 00:12:55.380 seeing what can be offered to
NOTE Confidence: 0.88225085

00:12:55.380 --> 00:12:57.705 yourself through your touch or
NOTE Confidence: 0.88225085

00:12:57.705 --> 00:13:00.759 through your word or through an image.
NOTE Confidence: 0.87685406

00:13:07.790 --> 00:13:09.918 Imagine some being that
NOTE Confidence: 0.87685406

00:13:09.918 --> 00:13:12.046 you truly trust mother,
NOTE Confidence: 0.87685406

00:13:12.050 --> 00:13:15.740 grandmother or father a child.
NOTE Confidence: 0.87685406

00:13:15.740 --> 00:13:20.528 But some pure wise and compassionate being.
NOTE Confidence: 0.87685406

00:13:20.530 --> 00:13:23.104 And since what that being might
NOTE Confidence: 0.87685406

00:13:23.104 --> 00:13:25.734 be able to offer to express
NOTE Confidence: 0.87685406

00:13:25.734 --> 00:13:27.779 to this place in you.
NOTE Confidence: 0.87685406

00:13:27.780 --> 00:13:29.640 That needs some healing.
NOTE Confidence: 0.89019746

00:13:33.550 --> 00:13:36.278 Just know that each time you judge yourself
NOTE Confidence: 0.89019746

00:13:36.278 --> 00:13:38.577 you break your heart a little bit.
NOTE Confidence: 0.89019746

00:13:38.580 --> 00:13:41.718 You pull away from the love.
NOTE Confidence: 0.89019746

00:13:41.720 --> 00:13:44.639 That is the wellspring of your vitality.
NOTE Confidence: 0.8723132

00:13:47.000 --> 00:13:49.184 But now the time has come
NOTE Confidence: 0.8723132

00:13:49.184 --> 00:13:51.490 your time to live in trust.

NOTE Confidence: 0.8723132
00:13:51.490 --> 00:13:53.920 The goodness that you are.
NOTE Confidence: 0.8723132
00:13:53.920 --> 00:13:55.714 Your true essence,
NOTE Confidence: 0.8723132
00:13:55.714 --> 00:13:58.690 that is, pure awareness,
NOTE Confidence: 0.8723132
00:13:58.690 --> 00:14:03.463 aliveness and love. Let no one,
NOTE Confidence: 0.8723132
00:14:03.463 --> 00:14:08.370 no idea or ideal obscure this truth.
NOTE Confidence: 0.8723132
00:14:08.370 --> 00:14:10.490 And if one comes,
NOTE Confidence: 0.8723132
00:14:10.490 --> 00:14:13.140 forgive it for its unknowing.
NOTE Confidence: 0.8723132
00:14:13.140 --> 00:14:14.718 Just let go.
NOTE Confidence: 0.8723132
00:14:14.718 --> 00:14:16.822 And breathe into the
NOTE Confidence: 0.8723132
00:14:16.822 --> 00:14:18.920 goodness that you are.
NOTE Confidence: 0.8457608
00:14:21.500 --> 00:14:24.727 Explore what it means to truly offer
NOTE Confidence: 0.8457608
00:14:24.727 --> 00:14:27.870 loving presence to the life within you.
NOTE Confidence: 0.8702676
00:14:30.400 --> 00:14:33.200 You could be imagining it as an embrace,
NOTE Confidence: 0.8702676
00:14:33.200 --> 00:14:36.266 as if you're holding a child.
NOTE Confidence: 0.8702676
00:14:36.270 --> 00:14:39.288 A bathing with light and warmth.
NOTE Confidence: 0.8702676

00:14:39.290 --> 00:14:42.308 Whatever connects you with that sense
NOTE Confidence: 0.8702676

00:14:42.308 --> 00:14:45.319 of cherishing this life right here.
NOTE Confidence: 0.86788905

00:14:48.510 --> 00:14:51.480 As you sense this loving presence
NOTE Confidence: 0.86788905

00:14:51.480 --> 00:14:54.355 holding the life within you might
NOTE Confidence: 0.86788905

00:14:54.355 --> 00:14:57.155 explore who am I in this moment
NOTE Confidence: 0.86788905

00:14:57.155 --> 00:15:00.338 when there's love holding this life.
NOTE Confidence: 0.83843553

00:15:07.750 --> 00:15:10.837 Just feel a natural widening that unfolds
NOTE Confidence: 0.83843553

00:15:10.837 --> 00:15:14.038 when we open our heart in this way.
NOTE Confidence: 0.854002

00:15:18.920 --> 00:15:20.996 We'll explore that widening by now,
NOTE Confidence: 0.854002

00:15:21.000 --> 00:15:23.170 inviting to mind somewhat in
NOTE Confidence: 0.854002

00:15:23.170 --> 00:15:25.829 our lives that we care about
NOTE Confidence: 0.854002

00:15:25.829 --> 00:15:28.587 that may be having a hard time.
NOTE Confidence: 0.854002

00:15:28.590 --> 00:15:31.810 This is an opportunity to bring your
NOTE Confidence: 0.854002

00:15:31.810 --> 00:15:34.357 healing energy and your consciousness
NOTE Confidence: 0.854002

00:15:34.357 --> 00:15:37.047 to someone you care about.
NOTE Confidence: 0.854002

00:15:37.050 --> 00:15:39.450 And in the same way you had a

NOTE Confidence: 0.854002
00:15:39.450 --> 00:15:42.171 situation in your life that you just
NOTE Confidence: 0.854002
00:15:42.171 --> 00:15:44.751 recognized and allowed just sense the
NOTE Confidence: 0.854002
00:15:44.751 --> 00:15:47.076 circumstance of this person's life.
NOTE Confidence: 0.854002
00:15:47.080 --> 00:15:51.427 The ones that are causing difficulty and
NOTE Confidence: 0.854002
00:15:51.427 --> 00:15:56.159 just acknowledge. Recognize and allow.
NOTE Confidence: 0.854002
00:15:56.160 --> 00:16:00.624 So that this is what's true for this person.
NOTE Confidence: 0.854002
00:16:00.630 --> 00:16:03.409 This is how it is for them.
NOTE Confidence: 0.854002
00:16:03.410 --> 00:16:04.718 Just let it be.
NOTE Confidence: 0.8638777
00:16:08.360 --> 00:16:10.516 And in this space of letting B,
NOTE Confidence: 0.8638777
00:16:10.520 --> 00:16:12.542 you can begin to bring that
NOTE Confidence: 0.8638777
00:16:12.542 --> 00:16:14.670 person close in your awareness.
NOTE Confidence: 0.8638777
00:16:14.670 --> 00:16:16.896 Like imagining that person right here,
NOTE Confidence: 0.8638777
00:16:16.900 --> 00:16:18.916 so you could sense his or
NOTE Confidence: 0.8638777
00:16:18.916 --> 00:16:20.750 her presence and sense what's
NOTE Confidence: 0.8638777
00:16:20.750 --> 00:16:22.850 really going on more closely.
NOTE Confidence: 0.8634159133333333

00:16:25.080 --> 00:16:29.898 We begin to investigate. With kindness.

NOTE Confidence: 0.863415913333333

00:16:29.900 --> 00:16:32.180 But if you could look through

NOTE Confidence: 0.863415913333333

00:16:32.180 --> 00:16:34.519 this person's eyes at the world,

NOTE Confidence: 0.863415913333333

00:16:34.520 --> 00:16:36.830 feel with this person's body anhard,

NOTE Confidence: 0.863415913333333

00:16:36.830 --> 00:16:40.267 what would be the worst part of

NOTE Confidence: 0.863415913333333

00:16:40.267 --> 00:16:43.768 what this time is for him or her?

NOTE Confidence: 0.863415913333333

00:16:43.770 --> 00:16:45.123 What's the fear?

NOTE Confidence: 0.863415913333333

00:16:45.123 --> 00:16:47.829 Doubt this person is living with.

NOTE Confidence: 0.863415913333333

00:16:47.830 --> 00:16:51.190 They hurt the pain from the inside out

NOTE Confidence: 0.863415913333333

00:16:51.190 --> 00:16:54.679 just to sense what it might be like.

NOTE Confidence: 0.86789095

00:16:58.310 --> 00:17:01.080 You might now breathe in.

NOTE Confidence: 0.86789095

00:17:01.080 --> 00:17:03.860 And feel that you're letting

NOTE Confidence: 0.86789095

00:17:03.860 --> 00:17:06.084 yourself be touched and

NOTE Confidence: 0.86789095

00:17:06.084 --> 00:17:08.849 touch this person suffering.

NOTE Confidence: 0.86789095

00:17:08.850 --> 00:17:10.218 Touch their loneliness.

NOTE Confidence: 0.86789095

00:17:10.218 --> 00:17:13.400 The fear, the doubt and the hurt.

NOTE Confidence: 0.80695575

00:17:15.860 --> 00:17:17.915 And with an out breath, you're

NOTE Confidence: 0.80695575

00:17:17.915 --> 00:17:20.050 letting that hurt and pain be held

NOTE Confidence: 0.80695575

00:17:20.050 --> 00:17:22.508 in the vastness of loving presence.

NOTE Confidence: 0.8820132

00:17:26.520 --> 00:17:28.686 As you breathe for this person,

NOTE Confidence: 0.8820132

00:17:28.690 --> 00:17:30.434 and touch the suffering.

NOTE Confidence: 0.8820132

00:17:30.434 --> 00:17:33.050 Since what this person most needs.

NOTE Confidence: 0.8820132

00:17:33.050 --> 00:17:35.388 What at the very core of that

NOTE Confidence: 0.8820132

00:17:35.388 --> 00:17:36.960 suffering is most needed?

NOTE Confidence: 0.8501939

00:17:39.840 --> 00:17:45.090 Perhaps to be loved to be seen to feel held.

NOTE Confidence: 0.8670359

00:17:48.500 --> 00:17:51.852 Send him or her in your heart so

NOTE Confidence: 0.8670359

00:17:51.852 --> 00:17:55.700 that you could offer wisdom, love and

NOTE Confidence: 0.8670359

00:17:55.700 --> 00:17:58.580 presence to them that's most needed.

NOTE Confidence: 0.849916

00:18:05.210 --> 00:18:07.544 Now finally wiping out a little

NOTE Confidence: 0.849916

00:18:07.544 --> 00:18:09.616 further to sense that you're

NOTE Confidence: 0.849916

00:18:09.616 --> 00:18:12.220 breathing for all beings that are

NOTE Confidence: 0.849916

00:18:12.220 --> 00:18:14.920 struggling and all beings everywhere.
NOTE Confidence: 0.849916

00:18:14.920 --> 00:18:17.356 That you're breathing in and letting
NOTE Confidence: 0.849916

00:18:17.356 --> 00:18:20.216 yourself be touched by the truth of
NOTE Confidence: 0.849916

00:18:20.216 --> 00:18:22.918 suffering and your breathing out and stuff.
NOTE Confidence: 0.849916

00:18:22.920 --> 00:18:24.770 And sensing that the suffering
NOTE Confidence: 0.849916

00:18:24.770 --> 00:18:27.320 is held in a boundless presence,
NOTE Confidence: 0.849916

00:18:27.320 --> 00:18:29.320 a boundless sense of compassion.
NOTE Confidence: 0.8018484000000001

00:18:32.320 --> 00:18:34.840 Just now, relax any focus on the
NOTE Confidence: 0.8018484000000001

00:18:34.840 --> 00:18:37.719 in and out breath or any concepts
NOTE Confidence: 0.8018484000000001

00:18:37.719 --> 00:18:40.833 or ideas and just sense that you
NOTE Confidence: 0.8018484000000001

00:18:40.833 --> 00:18:43.138 can merge with that vastness.
NOTE Confidence: 0.8018484000000001

00:18:43.140 --> 00:18:45.740 Backspace of Compassionate Presence,
NOTE Confidence: 0.8018484000000001

00:18:45.740 --> 00:18:49.640 which lives within your own heart.
NOTE Confidence: 0.84749246

00:18:55.830 --> 00:18:57.680 Just letting whatever arises be
NOTE Confidence: 0.84749246

00:18:57.680 --> 00:19:00.300 touched with your heart of compassion.
NOTE Confidence: 0.8671914

00:19:07.010 --> 00:19:10.202 Quiet peace is there. And a steady

NOTE Confidence: 0.8671914

00:19:10.202 --> 00:19:13.268 sense of resting in a perfect spot.

NOTE Confidence: 0.89616716

00:19:28.170 --> 00:19:31.322 Once you know the way the nature of

NOTE Confidence: 0.89616716

00:19:31.322 --> 00:19:33.804 attention will call you to return

NOTE Confidence: 0.89616716

00:19:33.804 --> 00:19:36.216 again and again and be saturated

NOTE Confidence: 0.89616716

00:19:36.302 --> 00:19:38.232 with knowing that you belong

NOTE Confidence: 0.89616716

00:19:38.232 --> 00:19:40.970 here and you feel at home here.

NOTE Confidence: 0.9245857

00:19:48.550 --> 00:19:50.138 And when you're ready.

NOTE Confidence: 0.80939054

00:19:52.260 --> 00:19:55.086 Focus once again on the breath,

NOTE Confidence: 0.80939054

00:19:55.090 --> 00:19:59.769 the inhalation. And the exhalation.

NOTE Confidence: 0.8354815

00:20:02.960 --> 00:20:06.428 Breathe in on account of three.

NOTE Confidence: 0.65788627

00:20:08.550 --> 00:20:12.840 Exhale unaccounted 3.

NOTE Confidence: 0.65788627

00:20:12.840 --> 00:20:14.868 And one more breath like that.

NOTE Confidence: 0.5106287

00:20:17.310 --> 00:20:22.580 An exhale. And when you're ready,

NOTE Confidence: 0.5106287

00:20:22.580 --> 00:20:25.120 gently open your eyes.

NOTE Confidence: 0.5106287

00:20:25.120 --> 00:20:27.700 Just look around the room softly

NOTE Confidence: 0.5106287

00:20:27.700 --> 00:20:30.415 feel a sense of presence to
NOTE Confidence: 0.5106287

00:20:30.415 --> 00:20:33.103 where you are in the moment.
NOTE Confidence: 0.8208563

00:20:37.710 --> 00:20:40.300 Bring your arms stretched outward.
NOTE Confidence: 0.8208563

00:20:40.300 --> 00:20:43.816 Feel the room. Feel the grounding
NOTE Confidence: 0.8208563

00:20:43.816 --> 00:20:47.479 of your feet on the floor.
NOTE Confidence: 0.8208563

00:20:47.480 --> 00:20:50.999 And your spine on the back of your chair.
NOTE Confidence: 0.8208563

00:20:51.000 --> 00:20:53.160 Make circles with your
NOTE Confidence: 0.8208563

00:20:53.160 --> 00:20:55.320 wrists in both directions.
NOTE Confidence: 0.7802805

00:20:57.470 --> 00:21:01.376 Arms overhead with a deep breath in.
NOTE Confidence: 0.7802805

00:21:01.380 --> 00:21:04.020 And down into propose.
NOTE Confidence: 0.9393122

00:21:06.430 --> 00:21:10.315 Thank you everybody for taking the time.
NOTE Confidence: 0.9393122

00:21:10.320 --> 00:21:13.064 Out of your data ground to take a
NOTE Confidence: 0.9393122

00:21:13.064 --> 00:21:15.640 moment and feel what lives inside
NOTE Confidence: 0.9393122

00:21:15.640 --> 00:21:17.895 of you that needs compassion,
NOTE Confidence: 0.9393122

00:21:17.900 --> 00:21:19.476 offer it to yourself.
NOTE Confidence: 0.9393122

00:21:19.476 --> 00:21:22.308 Then feel what needs compassion to those

NOTE Confidence: 0.9393122

00:21:22.308 --> 00:21:25.080 in your life and then those everywhere.

NOTE Confidence: 0.9393122

00:21:25.080 --> 00:21:28.128 And know that you're able to

NOTE Confidence: 0.9393122

00:21:28.128 --> 00:21:31.140 offer that to them as well.

NOTE Confidence: 0.9393122

00:21:31.140 --> 00:21:32.750 Peace and love to everybody.

NOTE Confidence: 0.9393122

00:21:32.750 --> 00:21:34.538 May the long time sunshine upon

NOTE Confidence: 0.9393122

00:21:34.538 --> 00:21:36.599 you and all love surround you.

NOTE Confidence: 0.9393122

00:21:36.600 --> 00:21:39.489 The pure light within you guide your way on.

NOTE Confidence: 0.9393122

00:21:39.490 --> 00:21:41.734 Be well, thank you for joining

NOTE Confidence: 0.9393122

00:21:41.734 --> 00:21:44.031 and I'll see you all soon.