

WEBVTT

NOTE duration:"00:15:23.5200000"

NOTE language:en-us

NOTE Confidence: 0.947864532470703

00:00:00.000 --> 00:00:03.228 Hey, Good afternoon once again everybody.

NOTE Confidence: 0.947864532470703

00:00:03.230 --> 00:00:05.110 My name is Michelle Grand.

NOTE Confidence: 0.947864532470703

00:00:05.110 --> 00:00:06.990 I'm a licensed massage therapist.

NOTE Confidence: 0.947864532470703

00:00:06.990 --> 00:00:09.664 It's Milo Cancer Hospital and I'm so

NOTE Confidence: 0.947864532470703

00:00:09.664 --> 00:00:13.310 pleased to be able to join with you today

NOTE Confidence: 0.947864532470703

00:00:13.310 --> 00:00:16.310 in some guided meditation and self massage.

NOTE Confidence: 0.947864532470703

00:00:16.310 --> 00:00:18.746 Today we're going to talk just a

NOTE Confidence: 0.947864532470703

00:00:18.746 --> 00:00:21.070 little bit about about compassion.

NOTE Confidence: 0.947864532470703

00:00:21.070 --> 00:00:23.835 Are meditation is going to be compassion

NOTE Confidence: 0.947864532470703

00:00:23.835 --> 00:00:25.840 for ourselves and for others.

NOTE Confidence: 0.947864532470703

00:00:25.840 --> 00:00:27.650 Sometimes we there's a lot

NOTE Confidence: 0.947864532470703

00:00:27.650 --> 00:00:29.098 of heaviness around us,

NOTE Confidence: 0.947864532470703

00:00:29.100 --> 00:00:31.396 but we always have the option to

NOTE Confidence: 0.947864532470703

00:00:31.396 --> 00:00:33.757 offer some light and just remembering

NOTE Confidence: 0.947864532470703

00:00:33.757 --> 00:00:35.932 certain thoughts and this meditation

NOTE Confidence: 0.947864532470703

00:00:35.932 --> 00:00:38.416 it will about to begin on should

NOTE Confidence: 0.947864532470703

00:00:38.416 --> 00:00:41.510 be helpful for all of us.

NOTE Confidence: 0.947864532470703

00:00:41.510 --> 00:00:44.625 So please just take a moment in

NOTE Confidence: 0.947864532470703

00:00:44.625 --> 00:00:48.298 your seat to connect to the ground.

NOTE Confidence: 0.947864532470703

00:00:48.300 --> 00:00:51.612 Through the soles of your feet or your

NOTE Confidence: 0.947864532470703

00:00:51.612 --> 00:00:54.978 sits bones or whatever is touching down.

NOTE Confidence: 0.947864532470703

00:00:54.980 --> 00:00:59.586 Just notice the connection to the ground.

NOTE Confidence: 0.947864532470703

00:00:59.590 --> 00:01:03.148 And then with a long slow

NOTE Confidence: 0.947864532470703

00:01:03.148 --> 00:01:06.280 breath in through the nose.

NOTE Confidence: 0.947864532470703

00:01:06.280 --> 00:01:09.428 Length in the spine.

NOTE Confidence: 0.947864532470703

00:01:09.430 --> 00:01:14.818 At an equally long breath out.

NOTE Confidence: 0.947864532470703

00:01:14.820 --> 00:01:16.080 Grounded again.

NOTE Confidence: 0.88469660282135

00:01:18.760 --> 00:01:22.636 As you sit here watching breath,

NOTE Confidence: 0.88469660282135

00:01:22.640 --> 00:01:24.986 intentionally draw a

NOTE Confidence: 0.88469660282135

00:01:24.986 --> 00:01:28.896 slight smile to the lips.  
NOTE Confidence: 0.88469660282135

00:01:28.900 --> 00:01:32.410 And allow the body to bask  
NOTE Confidence: 0.88469660282135

00:01:32.410 --> 00:01:36.220 in a sensation of happiness.  
NOTE Confidence: 0.88469660282135

00:01:36.220 --> 00:01:40.560 Feel into that sensation as if you  
NOTE Confidence: 0.88469660282135

00:01:40.560 --> 00:01:45.238 already have every happiness in the world.  
NOTE Confidence: 0.88469660282135

00:01:45.240 --> 00:01:50.168 And every cause a future happy NIS.  
NOTE Confidence: 0.88469660282135

00:01:50.170 --> 00:01:55.367 Right here. Right now. Content.  
NOTE Confidence: 0.88469660282135

00:01:55.367 --> 00:01:59.189 Knowing you have everything you need.  
NOTE Confidence: 0.913713276386261

00:02:01.500 --> 00:02:05.588 And then with the felt sensation of  
NOTE Confidence: 0.913713276386261

00:02:05.588 --> 00:02:09.509 how this happiness feels in your body,  
NOTE Confidence: 0.913713276386261

00:02:09.510 --> 00:02:11.798 imagine sending that same  
NOTE Confidence: 0.913713276386261

00:02:11.798 --> 00:02:14.658 sensation to either one single,  
NOTE Confidence: 0.913713276386261

00:02:14.660 --> 00:02:18.746 particular being, or all living beings.  
NOTE Confidence: 0.913713276386261

00:02:18.750 --> 00:02:23.212 In the world. And then imagine.  
NOTE Confidence: 0.913713276386261

00:02:23.212 --> 00:02:27.736 This one in particular or everyone.  
NOTE Confidence: 0.913713276386261

00:02:27.740 --> 00:02:30.980 Feeling that same full bodied

NOTE Confidence: 0.913713276386261  
00:02:30.980 --> 00:02:32.924 happiness and contentment.  
NOTE Confidence: 0.913713276386261  
00:02:32.930 --> 00:02:34.930 That you feel right now.  
NOTE Confidence: 0.921145141124725  
00:02:37.060 --> 00:02:40.987 And from the sensation of happy NIS,  
NOTE Confidence: 0.921145141124725  
00:02:40.990 --> 00:02:44.707 allow yourself to feel as though you're  
NOTE Confidence: 0.921145141124725  
00:02:44.707 --> 00:02:48.857 also free from every pain and suffering.  
NOTE Confidence: 0.921145141124725  
00:02:48.860 --> 00:02:53.356 An all causes a future pain and suffering.  
NOTE Confidence: 0.924426972866058  
00:02:55.600 --> 00:02:58.464 Still breathing into that  
NOTE Confidence: 0.924426972866058  
00:02:58.464 --> 00:03:02.044 slight seen or unseen smile.  
NOTE Confidence: 0.924426972866058  
00:03:02.050 --> 00:03:05.602 You are completely free  
NOTE Confidence: 0.924426972866058  
00:03:05.602 --> 00:03:09.154 from pain and suffering.  
NOTE Confidence: 0.924426972866058  
00:03:09.160 --> 00:03:13.444 With your whole body drop into the  
NOTE Confidence: 0.924426972866058  
00:03:13.444 --> 00:03:18.280 sensation of how good this freedom feels.  
NOTE Confidence: 0.924426972866058  
00:03:18.280 --> 00:03:23.136 As you wish the same for just one  
NOTE Confidence: 0.924426972866058  
00:03:23.136 --> 00:03:27.510 particular being or all beings everywhere.  
NOTE Confidence: 0.924426972866058  
00:03:27.510 --> 00:03:31.026 May all beings everywhere be free  
NOTE Confidence: 0.924426972866058

00:03:31.026 --> 00:03:34.581 from pain and suffering an all  
NOTE Confidence: 0.924426972866058

00:03:34.581 --> 00:03:37.893 causes of future pain and suffering.  
NOTE Confidence: 0.924426972866058

00:03:37.900 --> 00:03:40.960 As you sent out this wish,  
NOTE Confidence: 0.924426972866058

00:03:40.960 --> 00:03:44.656 feel the energy of that wish  
NOTE Confidence: 0.924426972866058

00:03:44.656 --> 00:03:47.710 fulfilled coming back to you.  
NOTE Confidence: 0.924426972866058

00:03:47.710 --> 00:03:50.050 As you are happy NIS Ann,  
NOTE Confidence: 0.924426972866058

00:03:50.050 --> 00:03:52.930 you're sending up happiness to others.  
NOTE Confidence: 0.924426972866058

00:03:52.930 --> 00:03:54.682 Causes the happiness of  
NOTE Confidence: 0.924426972866058

00:03:54.682 --> 00:03:57.310 others to return back to you.  
NOTE Confidence: 0.880910158157349

00:03:59.790 --> 00:04:02.586 Sing all other beings happy and  
NOTE Confidence: 0.880910158157349

00:04:02.586 --> 00:04:05.688 free from pain thanks to your wish.  
NOTE Confidence: 0.880910158157349

00:04:05.690 --> 00:04:08.168 Brings you July.  
NOTE Confidence: 0.880910158157349

00:04:08.170 --> 00:04:13.147 Locate this joy in your body and  
NOTE Confidence: 0.880910158157349

00:04:13.147 --> 00:04:17.130 West in awareness of this joy.  
NOTE Confidence: 0.880910158157349

00:04:17.130 --> 00:04:21.546 Maybe feel the joy of a full body  
NOTE Confidence: 0.880910158157349

00:04:21.546 --> 00:04:24.648 connection to happy NIS fully

NOTE Confidence: 0.880910158157349

00:04:24.648 --> 00:04:28.404 absent of any pain or suffering.

NOTE Confidence: 0.880910158157349

00:04:28.410 --> 00:04:31.973 And allow yourself to imagine a world

NOTE Confidence: 0.880910158157349

00:04:31.973 --> 00:04:35.539 where every being was connected to joy.

NOTE Confidence: 0.880910158157349

00:04:35.540 --> 00:04:38.320 And because of this connection,

NOTE Confidence: 0.880910158157349

00:04:38.320 --> 00:04:44.584 not a single being would ever hurt another.

NOTE Confidence: 0.880910158157349

00:04:44.590 --> 00:04:47.710 And recognize that this world began

NOTE Confidence: 0.880910158157349

00:04:47.710 --> 00:04:50.976 with you with your willingness to

NOTE Confidence: 0.880910158157349

00:04:50.976 --> 00:04:54.228 connect to the joy within you.

NOTE Confidence: 0.880910158157349

00:04:54.230 --> 00:04:57.560 And share it with others.

NOTE Confidence: 0.880910158157349

00:04:57.560 --> 00:05:01.109 And so may you always be willing

NOTE Confidence: 0.880910158157349

00:05:01.109 --> 00:05:02.630 to share joy,

NOTE Confidence: 0.880910158157349

00:05:02.630 --> 00:05:05.672 and may you share it freely

NOTE Confidence: 0.880910158157349

00:05:05.672 --> 00:05:07.700 to all beings equally,

NOTE Confidence: 0.880910158157349

00:05:07.700 --> 00:05:09.728 whoever they may be.

NOTE Confidence: 0.9460289478302

00:05:12.460 --> 00:05:14.784 Imagine for a moment what it would

NOTE Confidence: 0.9460289478302

00:05:14.784 --> 00:05:17.926 be like to live in a world where  
NOTE Confidence: 0.9460289478302

00:05:17.926 --> 00:05:20.370 everyone freely and equally shared joy.  
NOTE Confidence: 0.9460289478302

00:05:20.370 --> 00:05:25.548 Now intentionally send out that wish.  
NOTE Confidence: 0.911662817001343

00:05:28.950 --> 00:05:32.990 Maybe feel the joy of a full body  
NOTE Confidence: 0.911662817001343

00:05:32.990 --> 00:05:35.791 connection too happy NIS fully  
NOTE Confidence: 0.911662817001343

00:05:35.791 --> 00:05:39.157 absent of any pain or suffering.  
NOTE Confidence: 0.911662817001343

00:05:39.160 --> 00:05:42.170 And allow yourself to imagine a world  
NOTE Confidence: 0.911662817001343

00:05:42.170 --> 00:05:45.189 where every being was connected to joy.  
NOTE Confidence: 0.911662817001343

00:05:45.190 --> 00:05:47.350 And because of this connection,  
NOTE Confidence: 0.911662817001343

00:05:47.350 --> 00:05:50.798 not a single being would ever hurt another.  
NOTE Confidence: 0.91954779624939

00:05:52.970 --> 00:05:55.802 And recognize that this world began  
NOTE Confidence: 0.91954779624939

00:05:55.802 --> 00:05:58.759 with you with your willingness to  
NOTE Confidence: 0.91954779624939

00:05:58.759 --> 00:06:01.705 connect to the joy within you.  
NOTE Confidence: 0.91954779624939

00:06:01.710 --> 00:06:05.370 And to share it with others.  
NOTE Confidence: 0.91954779624939

00:06:05.370 --> 00:06:08.821 And so may you always be willing  
NOTE Confidence: 0.91954779624939

00:06:08.821 --> 00:06:12.272 to share joy, and may you share

NOTE Confidence: 0.91954779624939

00:06:12.272 --> 00:06:15.230 it freely to all beings equally,

NOTE Confidence: 0.91954779624939

00:06:15.230 --> 00:06:18.830 whoever they may be.

NOTE Confidence: 0.91954779624939

00:06:18.830 --> 00:06:21.896 Imagining for a moment what it would

NOTE Confidence: 0.91954779624939

00:06:21.896 --> 00:06:25.875 be like to live in a world where

NOTE Confidence: 0.91954779624939

00:06:25.875 --> 00:06:28.910 everyone freely an equally shared joy.

NOTE Confidence: 0.910266876220703

00:06:31.150 --> 00:06:34.720 Intentionally sent out that wish.

NOTE Confidence: 0.762642979621887

00:06:43.860 --> 00:06:51.438 ready, take a deep breath in.

NOTE Confidence: 0.762642979621887

00:06:51.438 --> 00:06:56.280 Stretch out your arms.

NOTE Confidence: 0.762642979621887

00:06:56.280 --> 00:06:59.128 Let it breath out.

NOTE Confidence: 0.762642979621887

00:06:59.130 --> 00:07:01.500 And stretch from left to

NOTE Confidence: 0.762642979621887

00:07:01.500 --> 00:07:04.410 right as far as you can.

NOTE Confidence: 0.885689496994019

00:07:06.480 --> 00:07:10.480 Another breath in arms overhead.

NOTE Confidence: 0.885689496994019

00:07:10.480 --> 00:07:15.108 Hum Exhale interpreter pose.

NOTE Confidence: 0.885689496994019

00:07:15.110 --> 00:07:17.342 And when you're ready,

NOTE Confidence: 0.885689496994019

00:07:17.342 --> 00:07:20.132 you can open your eyes.

NOTE Confidence: 0.885689496994019



00:07:20.140 --> 00:07:22.688 And again, I thank you for taking  
NOTE Confidence: 0.885689496994019

00:07:22.688 --> 00:07:25.068 that time to send out your  
NOTE Confidence: 0.885689496994019

00:07:25.068 --> 00:07:27.486 compassion and your wish for ease  
NOTE Confidence: 0.885689496994019

00:07:27.486 --> 00:07:30.189 and peace to all others equally.  
NOTE Confidence: 0.885689496994019

00:07:30.190 --> 00:07:32.997 And it does. It begins with us.  
NOTE Confidence: 0.885689496994019

00:07:33.000 --> 00:07:34.608 It begins with one,  
NOTE Confidence: 0.885689496994019

00:07:34.608 --> 00:07:36.618 and we're all just one.  
NOTE Confidence: 0.885689496994019

00:07:36.620 --> 00:07:39.996 And it only takes 1 to begin to  
NOTE Confidence: 0.885689496994019

00:07:39.996 --> 00:07:43.593 spread out the light and the joy and  
NOTE Confidence: 0.885689496994019

00:07:43.593 --> 00:07:46.770 the wish for peace for everyone.  
NOTE Confidence: 0.885689496994019

00:07:46.770 --> 00:07:48.158 So following our meditation,  
NOTE Confidence: 0.885689496994019

00:07:48.158 --> 00:07:50.240 now we're gonna get into a  
NOTE Confidence: 0.885689496994019

00:07:50.310 --> 00:07:52.266 little bit of our self massage.  
NOTE Confidence: 0.885689496994019

00:07:52.270 --> 00:07:54.615 And today we're just gonna take a  
NOTE Confidence: 0.885689496994019

00:07:54.615 --> 00:07:57.292 moment and we're going to talk a little  
NOTE Confidence: 0.885689496994019

00:07:57.292 --> 00:07:59.839 bit about the benefits of self massage.

NOTE Confidence: 0.885689496994019  
00:07:59.840 --> 00:08:02.936 And we all but may be aware of that,  
NOTE Confidence: 0.885689496994019  
00:08:02.940 --> 00:08:05.684 but it's it's just good to have those  
NOTE Confidence: 0.885689496994019  
00:08:05.684 --> 00:08:07.711 reminders of what what it's doing  
NOTE Confidence: 0.885689496994019  
00:08:07.711 --> 00:08:10.160 in a positive way for our bodies.  
NOTE Confidence: 0.885689496994019  
00:08:10.160 --> 00:08:11.875 So the self massage increases  
NOTE Confidence: 0.885689496994019  
00:08:11.875 --> 00:08:12.904 circulation all throughout,  
NOTE Confidence: 0.885689496994019  
00:08:12.910 --> 00:08:15.478 and particularly to the nerve endings.  
NOTE Confidence: 0.885689496994019  
00:08:15.480 --> 00:08:19.480 It could help tone arm muscles in our  
NOTE Confidence: 0.885689496994019  
00:08:19.480 --> 00:08:21.980 whole Physiology, calming the nerves,  
NOTE Confidence: 0.885689496994019  
00:08:21.980 --> 00:08:23.480 lubricating the joints.  
NOTE Confidence: 0.885689496994019  
00:08:23.480 --> 00:08:27.040 It increases our mental alertness.  
NOTE Confidence: 0.885689496994019  
00:08:27.040 --> 00:08:29.296 Sometimes it could help with softer,  
NOTE Confidence: 0.885689496994019  
00:08:29.300 --> 00:08:31.556 smoother skin just from the increase,  
NOTE Confidence: 0.885689496994019  
00:08:31.560 --> 00:08:34.446 circulation and oxygenation of the blood.  
NOTE Confidence: 0.885689496994019  
00:08:34.450 --> 00:08:36.712 It gives us sometimes a little  
NOTE Confidence: 0.885689496994019

00:08:36.712 --> 00:08:38.540 extra stamina throughout the day.  
NOTE Confidence: 0.885689496994019

00:08:38.540 --> 00:08:40.400 An absolutely better and deeper  
NOTE Confidence: 0.885689496994019

00:08:40.400 --> 00:08:41.516 sleep at night,  
NOTE Confidence: 0.885689496994019

00:08:41.520 --> 00:08:44.404 so these are all wonderful ways to  
NOTE Confidence: 0.885689496994019

00:08:44.404 --> 00:08:46.846 just give ourselves some good health  
NOTE Confidence: 0.885689496994019

00:08:46.846 --> 00:08:49.909 by taking a little time each day to  
NOTE Confidence: 0.885689496994019

00:08:49.909 --> 00:08:52.450 just work with our our soft tissue.  
NOTE Confidence: 0.885689496994019

00:08:52.450 --> 00:08:55.546 I just wanted to touch also on 3.  
NOTE Confidence: 0.885689496994019

00:08:55.550 --> 00:08:57.878 \* 3 types of conditions that  
NOTE Confidence: 0.885689496994019

00:08:57.878 --> 00:08:59.430 Self Massage Dutch treat,  
NOTE Confidence: 0.885689496994019

00:08:59.430 --> 00:09:01.126 trigger points, connective tissue,  
NOTE Confidence: 0.885689496994019

00:09:01.126 --> 00:09:03.670 and Fasha when you may have  
NOTE Confidence: 0.885689496994019

00:09:03.744 --> 00:09:05.249 heard of all of those,  
NOTE Confidence: 0.885689496994019

00:09:05.250 --> 00:09:07.966 but just a brief description of them.  
NOTE Confidence: 0.885689496994019

00:09:07.970 --> 00:09:10.298 Trigger points are the muscle knots,  
NOTE Confidence: 0.885689496994019

00:09:10.300 --> 00:09:13.009 their sensitive spots in the soft tissue,

NOTE Confidence: 0.885689496994019  
00:09:13.010 --> 00:09:15.338 and basically it's just a tight,  
NOTE Confidence: 0.885689496994019  
00:09:15.340 --> 00:09:17.668 contracted, hyper hyper, hyper tense muscle,  
NOTE Confidence: 0.885689496994019  
00:09:17.670 --> 00:09:20.766 and it's a small part of the muscle.  
NOTE Confidence: 0.885689496994019  
00:09:20.770 --> 00:09:23.535 It's not a whole muscle spasm like  
NOTE Confidence: 0.885689496994019  
00:09:23.535 --> 00:09:24.720 a Charlie Horse.  
NOTE Confidence: 0.885689496994019  
00:09:24.720 --> 00:09:25.647 Horse would be,  
NOTE Confidence: 0.885689496994019  
00:09:25.647 --> 00:09:28.198 but it's a area the muscle that gets  
NOTE Confidence: 0.885689496994019  
00:09:28.198 --> 00:09:30.094 really tight from the blood flow  
NOTE Confidence: 0.885689496994019  
00:09:30.094 --> 00:09:32.790 on sort of gets choked off on there  
NOTE Confidence: 0.885689496994019  
00:09:32.790 --> 00:09:34.796 and it gets irritated even more.  
NOTE Confidence: 0.885689496994019  
00:09:34.796 --> 00:09:36.752 So when we massage those trigger  
NOTE Confidence: 0.885689496994019  
00:09:36.752 --> 00:09:38.505 points it increases the circulation  
NOTE Confidence: 0.885689496994019  
00:09:38.505 --> 00:09:40.635 and oxygenation and it allows the  
NOTE Confidence: 0.885689496994019  
00:09:40.635 --> 00:09:42.526 muscle fibers to soften and relax  
NOTE Confidence: 0.885689496994019  
00:09:42.526 --> 00:09:44.643 and hopefully it to reduce the pain.  
NOTE Confidence: 0.885689496994019

00:09:44.643 --> 00:09:45.066 Now,  
NOTE Confidence: 0.885689496994019  
00:09:45.066 --> 00:09:47.181 connected tissue is fibrous tissue  
NOTE Confidence: 0.885689496994019  
00:09:47.181 --> 00:09:50.426 that varies in their density and the  
NOTE Confidence: 0.885689496994019  
00:09:50.426 --> 00:09:52.330 connective tissue includes bone,  
NOTE Confidence: 0.885689496994019  
00:09:52.330 --> 00:09:53.551 ligaments, tendons, cartilage,  
NOTE Confidence: 0.885689496994019  
00:09:53.551 --> 00:09:55.586 and adipose or fat tissue,  
NOTE Confidence: 0.885689496994019  
00:09:55.590 --> 00:09:57.218 and when we massage,  
NOTE Confidence: 0.885689496994019  
00:09:57.218 --> 00:09:59.660 we absolutely work on the leg.  
NOTE Confidence: 0.885689496994019  
00:09:59.660 --> 00:10:01.690 The ligaments in the tendons,  
NOTE Confidence: 0.885689496994019  
00:10:01.690 --> 00:10:03.494 so it definitely helps.  
NOTE Confidence: 0.885689496994019  
00:10:03.494 --> 00:10:06.200 That's where we get the lubrication  
NOTE Confidence: 0.885689496994019  
00:10:06.282 --> 00:10:09.414 of the joints and the easing of the pain.  
NOTE Confidence: 0.885689496994019  
00:10:09.420 --> 00:10:10.491 And then Lastly,  
NOTE Confidence: 0.885689496994019  
00:10:10.491 --> 00:10:12.990 the Fasia fassia is a band or  
NOTE Confidence: 0.885689496994019  
00:10:13.068 --> 00:10:15.120 sheet of connective tissue.  
NOTE Confidence: 0.885689496994019  
00:10:15.120 --> 00:10:16.780 It's primarily College in.

NOTE Confidence: 0.885689496994019  
00:10:16.780 --> 00:10:20.027 And it's beneath the skin, and it attaches.  
NOTE Confidence: 0.885689496994019  
00:10:20.027 --> 00:10:20.416 Stabilizes,  
NOTE Confidence: 0.885689496994019  
00:10:20.416 --> 00:10:21.972 encloses and separates muscles  
NOTE Confidence: 0.885689496994019  
00:10:21.972 --> 00:10:23.710 and other internal organs,  
NOTE Confidence: 0.885689496994019  
00:10:23.710 --> 00:10:26.496 and an example of a big piece  
NOTE Confidence: 0.885689496994019  
00:10:26.496 --> 00:10:28.960 of Fatia is our IT band,  
NOTE Confidence: 0.898374736309052  
00:10:28.960 --> 00:10:32.443 the band One from the top of the Hip  
NOTE Confidence: 0.898374736309052  
00:10:32.443 --> 00:10:36.230 it runs here from the top of the hip,  
NOTE Confidence: 0.898374736309052  
00:10:36.230 --> 00:10:38.894 down the side of the leg and it  
NOTE Confidence: 0.898374736309052  
00:10:38.894 --> 00:10:41.423 crosses over the knee and sometimes  
NOTE Confidence: 0.898374736309052  
00:10:41.423 --> 00:10:44.099 that gets very painful and irritated  
NOTE Confidence: 0.898374736309052  
00:10:44.184 --> 00:10:47.096 and that's helped very very much by  
NOTE Confidence: 0.898374736309052  
00:10:47.096 --> 00:10:49.403 self massage either with the hands.  
NOTE Confidence: 0.898374736309052  
00:10:49.403 --> 00:10:51.158 Or with a foam roller,  
NOTE Confidence: 0.898374736309052  
00:10:51.160 --> 00:10:52.288 can help with that.  
NOTE Confidence: 0.898374736309052

00:10:52.288 --> 00:10:54.628 So what we could do for a minute  
NOTE Confidence: 0.898374736309052

00:10:54.628 --> 00:10:56.940 is just kind of find areas where we  
NOTE Confidence: 0.898374736309052

00:10:57.005 --> 00:10:58.910 may have some trigger points,  
NOTE Confidence: 0.898374736309052

00:10:58.910 --> 00:11:00.150 some connective tissue issues,  
NOTE Confidence: 0.898374736309052

00:11:00.150 --> 00:11:01.390 and some fasha irritation,  
NOTE Confidence: 0.898374736309052

00:11:01.390 --> 00:11:03.870 and everyone is going to be a little  
NOTE Confidence: 0.898374736309052

00:11:03.870 --> 00:11:05.645 different, but I'm just going to  
NOTE Confidence: 0.898374736309052

00:11:05.645 --> 00:11:07.590 touch on some common common points,  
NOTE Confidence: 0.898374736309052

00:11:07.590 --> 00:11:09.844 so a common point for trigger a  
NOTE Confidence: 0.898374736309052

00:11:09.844 --> 00:11:11.930 trigger point would be in the jaw.  
NOTE Confidence: 0.898374736309052

00:11:11.930 --> 00:11:13.766 Many of Us Weekly clincher teeth  
NOTE Confidence: 0.898374736309052

00:11:13.766 --> 00:11:16.275 we try to stay calm on the outside  
NOTE Confidence: 0.898374736309052

00:11:16.275 --> 00:11:18.438 on the inside were not so calm,  
NOTE Confidence: 0.898374736309052

00:11:18.440 --> 00:11:21.830 so we often will feel it here in our jaw so.  
NOTE Confidence: 0.898374736309052

00:11:21.830 --> 00:11:24.122 You can try and you can try and  
NOTE Confidence: 0.898374736309052

00:11:24.122 --> 00:11:26.102 see if you have a trigger point

NOTE Confidence: 0.898374736309052  
00:11:26.102 --> 00:11:27.800 right here where the jaw is  
NOTE Confidence: 0.910374224185944  
00:11:27.800 --> 00:11:29.498 at the base of the Earlobe.  
NOTE Confidence: 0.910374224185944  
00:11:29.500 --> 00:11:31.588 On both sides you may feel like a  
NOTE Confidence: 0.910374224185944  
00:11:31.588 --> 00:11:33.750 little a little, not right in there,  
NOTE Confidence: 0.910374224185944  
00:11:33.750 --> 00:11:35.686 and it's not the whole muscle  
NOTE Confidence: 0.910374224185944  
00:11:35.686 --> 00:11:37.858 of the whole muscle ones down.  
NOTE Confidence: 0.910374224185944  
00:11:37.860 --> 00:11:40.113 The whole length of the bottom jaw,  
NOTE Confidence: 0.910374224185944  
00:11:40.113 --> 00:11:41.720 but that trigger point could  
NOTE Confidence: 0.917098760604858  
00:11:41.720 --> 00:11:44.622 be like right here and see if you could  
NOTE Confidence: 0.917098760604858  
00:11:44.622 --> 00:11:47.836 just feel a little not in there and we just  
NOTE Confidence: 0.917098760604858  
00:11:47.840 --> 00:11:49.468 take induced circular circular  
NOTE Confidence: 0.917098760604858  
00:11:49.468 --> 00:11:51.503 motions around that trigger point.  
NOTE Confidence: 0.917098760604858  
00:11:51.510 --> 00:11:53.710 Just little circular motions.  
NOTE Confidence: 0.917098760604858  
00:11:53.710 --> 00:11:56.920 And the goal of of the trigger point  
NOTE Confidence: 0.917098760604858  
00:11:56.920 --> 00:11:59.200 massage would again to be increased  
NOTE Confidence: 0.917098760604858



00:11:59.200 --> 00:12:01.100 circulation and to reduce pain.  
NOTE Confidence: 0.917098760604858

00:12:01.100 --> 00:12:03.760 So what you spend a little time.  
NOTE Confidence: 0.915028393268585

00:12:04.810 --> 00:12:06.917 And the trigger points. I can stay  
NOTE Confidence: 0.915028393268585

00:12:06.920 --> 00:12:09.339 there all throughout your body. You know you  
NOTE Confidence: 0.915028393268585

00:12:09.340 --> 00:12:11.146 may have one in your shoulder.  
NOTE Confidence: 0.915028393268585

00:12:11.150 --> 00:12:13.566 You may have one in your low back,  
NOTE Confidence: 0.915028393268585

00:12:13.570 --> 00:12:15.677 um, an wherever you find them on  
NOTE Confidence: 0.915028393268585

00:12:15.680 --> 00:12:17.456 yourself. Or you could have somebody  
NOTE Confidence: 0.915028393268585

00:12:17.456 --> 00:12:19.909 you know find the trigger point for you.  
NOTE Confidence: 0.915028393268585

00:12:19.910 --> 00:12:21.726 If you can't reach it and  
NOTE Confidence: 0.915028393268585

00:12:21.726 --> 00:12:23.530 just do some some massage on  
NOTE Confidence: 0.910491123795509

00:12:23.530 --> 00:12:24.859 there to release.  
NOTE Confidence: 0.910491123795509

00:12:24.859 --> 00:12:27.517 Now connected tissue where we may  
NOTE Confidence: 0.910491123795509

00:12:27.517 --> 00:12:30.636 find that again, would be a ligament  
NOTE Confidence: 0.910491123795509

00:12:30.636 --> 00:12:33.950 is where a bone connects to a bone,  
NOTE Confidence: 0.910491123795509

00:12:33.950 --> 00:12:36.422 and that ending is where the

NOTE Confidence: 0.910491123795509  
00:12:36.422 --> 00:12:38.560 muscle connects to the bone.  
NOTE Confidence: 0.910491123795509  
00:12:38.560 --> 00:12:41.374 So you would often find those at  
NOTE Confidence: 0.910491123795509  
00:12:41.374 --> 00:12:43.588 the joints with knees, ankles,  
NOTE Confidence: 0.910491123795509  
00:12:43.588 --> 00:12:46.932 so you could pick whichever area you know.  
NOTE Confidence: 0.910491123795509  
00:12:46.940 --> 00:12:50.284 You may have a little irritation or pain,  
NOTE Confidence: 0.910491123795509  
00:12:50.290 --> 00:12:52.922 or dysfunction, and just know that you  
NOTE Confidence: 0.910491123795509  
00:12:52.922 --> 00:12:55.739 could massage the connective tissue there.  
NOTE Confidence: 0.910491123795509  
00:12:55.740 --> 00:12:58.946 And again, the goal is to increase  
NOTE Confidence: 0.910491123795509  
00:12:58.946 --> 00:13:02.569 circulation and to relieve some of the pain.  
NOTE Confidence: 0.910491123795509  
00:13:02.570 --> 00:13:05.055 So you could choose whichever  
NOTE Confidence: 0.910491123795509  
00:13:05.055 --> 00:13:07.043 joint you may find.  
NOTE Confidence: 0.910491123795509  
00:13:07.050 --> 00:13:10.850 Would benefit most from massage.  
NOTE Confidence: 0.910491123795509  
00:13:10.850 --> 00:13:12.465 Again, we're just spend a  
NOTE Confidence: 0.910491123795509  
00:13:12.465 --> 00:13:14.080 little time on it today.  
NOTE Confidence: 0.910491123795509  
00:13:14.080 --> 00:13:16.334 In the time that we have together,  
NOTE Confidence: 0.910491123795509

00:13:16.340 --> 00:13:18.308 but this is something that you  
NOTE Confidence: 0.910491123795509

00:13:18.308 --> 00:13:19.986 could do anytime throughout the  
NOTE Confidence: 0.910491123795509

00:13:19.986 --> 00:13:21.828 day when you have pain discomfort.  
NOTE Confidence: 0.910491123795509

00:13:21.830 --> 00:13:24.194 Just know that you can offer  
NOTE Confidence: 0.910491123795509

00:13:24.194 --> 00:13:25.376 this to yourself.  
NOTE Confidence: 0.910491123795509

00:13:25.380 --> 00:13:26.763 And finally, fasha,  
NOTE Confidence: 0.910491123795509

00:13:26.763 --> 00:13:29.990 like I said that I teabag batter  
NOTE Confidence: 0.910491123795509

00:13:30.087 --> 00:13:33.111 big big area discomfort to fight the  
NOTE Confidence: 0.910491123795509

00:13:33.111 --> 00:13:36.670 IT band again once from the top of  
NOTE Confidence: 0.910491123795509

00:13:36.670 --> 00:13:40.358 the hip down the side of the thigh.  
NOTE Confidence: 0.910491123795509

00:13:40.360 --> 00:13:41.581 Anna Cross Vinny.  
NOTE Confidence: 0.910491123795509

00:13:41.581 --> 00:13:45.130 Sasha, that's a big shift and broad strokes,  
NOTE Confidence: 0.910491123795509

00:13:45.130 --> 00:13:46.405 broad, long strokes.  
NOTE Confidence: 0.910491123795509

00:13:46.405 --> 00:13:48.955 Broad long strokes are useful here.  
NOTE Confidence: 0.910491123795509

00:13:48.960 --> 00:13:52.776 Using the whole hand just to break it up,  
NOTE Confidence: 0.910491123795509

00:13:52.780 --> 00:13:56.038 you could really press into it.

NOTE Confidence: 0.910491123795509  
00:13:56.040 --> 00:13:57.972 The pressure you give to yourself is  
NOTE Confidence: 0.910491123795509  
00:13:57.972 --> 00:14:00.390 not gonna be too deep because you don't.  
NOTE Confidence: 0.910491123795509  
00:14:00.390 --> 00:14:02.130 We don't have enough force to  
NOTE Confidence: 0.910491123795509  
00:14:02.130 --> 00:14:03.000 press into hard.  
NOTE Confidence: 0.910491123795509  
00:14:03.000 --> 00:14:04.450 If somebody else were massage  
NOTE Confidence: 0.910491123795509  
00:14:04.450 --> 00:14:05.610 in that for you,  
NOTE Confidence: 0.910491123795509  
00:14:05.610 --> 00:14:07.570 they could get in there super deep  
NOTE Confidence: 0.910491123795509  
00:14:07.570 --> 00:14:09.668 and it could be a little painful.  
NOTE Confidence: 0.910491123795509  
00:14:09.670 --> 00:14:12.008 But on yourself just use a whole  
NOTE Confidence: 0.910491123795509  
00:14:12.008 --> 00:14:14.422 hand and just go around and you  
NOTE Confidence: 0.910491123795509  
00:14:14.422 --> 00:14:16.426 could do that on both sides.  
NOTE Confidence: 0.910491123795509  
00:14:16.430 --> 00:14:17.780 Around.  
NOTE Confidence: 0.910491123795509  
00:14:17.780 --> 00:14:20.480 This way.  
NOTE Confidence: 0.910491123795509  
00:14:20.480 --> 00:14:24.264 And just kinda get that blood flowing and  
NOTE Confidence: 0.910491123795509  
00:14:24.264 --> 00:14:28.587 get the circulation going down and around.  
NOTE Confidence: 0.910491123795509

00:14:28.590 --> 00:14:30.350 OK, excellent.  
NOTE Confidence: 0.910491123795509  
00:14:30.350 --> 00:14:31.230 Very,  
NOTE Confidence: 0.910491123795509  
00:14:31.230 --> 00:14:32.990 very good.  
NOTE Confidence: 0.910491123795509  
00:14:32.990 --> 00:14:35.657 So I hope that was helpful in  
NOTE Confidence: 0.910491123795509  
00:14:35.657 --> 00:14:38.206 just knowing how you can provide  
NOTE Confidence: 0.910491123795509  
00:14:38.206 --> 00:14:40.401 to yourself Self Massage and  
NOTE Confidence: 0.910491123795509  
00:14:40.401 --> 00:14:43.108 touch on those trigger points.  
NOTE Confidence: 0.910491123795509  
00:14:43.110 --> 00:14:45.903 Get into the connective tissue and the  
NOTE Confidence: 0.910491123795509  
00:14:45.903 --> 00:14:49.709 Flash A to give yourself some pain relief.  
NOTE Confidence: 0.910491123795509  
00:14:49.710 --> 00:14:53.455 Get the blood flowing and help with  
NOTE Confidence: 0.910491123795509  
00:14:53.455 --> 00:14:56.819 deeper sleep and a sense of calm.  
NOTE Confidence: 0.910491123795509  
00:14:56.820 --> 00:14:57.936 OK so again,  
NOTE Confidence: 0.910491123795509  
00:14:57.936 --> 00:14:59.796 thank you everybody for joining.  
NOTE Confidence: 0.910491123795509  
00:14:59.800 --> 00:15:02.086 We're gonna end with our kundalini  
NOTE Confidence: 0.910491123795509  
00:15:02.086 --> 00:15:04.702 yoga verse when we say may the  
NOTE Confidence: 0.910491123795509  
00:15:04.702 --> 00:15:06.730 long time sunshine Appan you an

NOTE Confidence: 0.910491123795509  
00:15:06.730 --> 00:15:09.049 all love surround you and the  
NOTE Confidence: 0.910491123795509  
00:15:09.049 --> 00:15:11.331 pure light within you guide your  
NOTE Confidence: 0.910491123795509  
00:15:11.331 --> 00:15:13.557 way on guide you weigh on.  
NOTE Confidence: 0.910491123795509  
00:15:13.560 --> 00:15:15.648 Thank you all so much and  
NOTE Confidence: 0.910491123795509  
00:15:15.648 --> 00:15:17.650 I will see you again.  
NOTE Confidence: 0.910491123795509  
00:15:17.650 --> 00:15:20.370 If you can log on Monday at 10:30  
NOTE Confidence: 0.910491123795509  
00:15:20.370 --> 00:15:21.740 for another session,  
NOTE Confidence: 0.910491123795509  
00:15:21.740 --> 00:15:23.520 be well.