

WEBVTT

NOTE duration:"00:13:22.048000"

NOTE language:en-us

NOTE Confidence: 0.925905525684357

00:00:00.000 --> 00:00:04.739 Welcome to a guided healing touch meditation.

NOTE Confidence: 0.925905525684357

00:00:04.740 --> 00:00:07.630 My name is Roberta Brown.

NOTE Confidence: 0.925905525684357

00:00:07.630 --> 00:00:10.846 I'm a registered nurse and certified

NOTE Confidence: 0.925905525684357

00:00:10.846 --> 00:00:12.990 healing touch practitioner and

NOTE Confidence: 0.925905525684357

00:00:13.077 --> 00:00:16.386 instructor at Greenwich Hospital, Anaya.

NOTE Confidence: 0.925905525684357

00:00:16.386 --> 00:00:19.050 Coordinate the Integrative Medicine

NOTE Confidence: 0.925905525684357

00:00:19.050 --> 00:00:21.714 and healing touch programs.

NOTE Confidence: 0.925905525684357

00:00:21.720 --> 00:00:24.504 Healing touch is a gentle energy

NOTE Confidence: 0.925905525684357

00:00:24.504 --> 00:00:28.025 therapy that works to bring harmony and

NOTE Confidence: 0.925905525684357

00:00:28.025 --> 00:00:31.175 balance into the human energy system.

NOTE Confidence: 0.925905525684357

00:00:31.180 --> 00:00:34.204 Healing touch benefits include

NOTE Confidence: 0.925905525684357

00:00:34.204 --> 00:00:37.228 reducing pain and lessening

NOTE Confidence: 0.925905525684357

00:00:37.228 --> 00:00:41.478 anxiety or fear before a procedure.

NOTE Confidence: 0.925905525684357

00:00:41.480 --> 00:00:42.664 Reducing stress.

NOTE Confidence: 0.925905525684357
00:00:42.664 --> 00:00:45.624 Promotes healing and the body
NOTE Confidence: 0.925905525684357
00:00:45.624 --> 00:00:49.040 has its own innate healing.
NOTE Confidence: 0.925905525684357
00:00:49.040 --> 00:00:52.856 So when we allow our body to relax,
NOTE Confidence: 0.925905525684357
00:00:52.860 --> 00:00:56.000 the body can heal itself.
NOTE Confidence: 0.925905525684357
00:00:56.000 --> 00:01:00.890 Healing touch his heart centered.
NOTE Confidence: 0.925905525684357
00:01:00.890 --> 00:01:04.678 And it focuses on our physical, emotional,
NOTE Confidence: 0.925905525684357
00:01:04.678 --> 00:01:09.004 mental and spiritual well being and healing.
NOTE Confidence: 0.925905525684357
00:01:09.010 --> 00:01:12.139 So today I'm going to guide you
NOTE Confidence: 0.925905525684357
00:01:12.140 --> 00:01:15.268 through the minor and major choppers of
NOTE Confidence: 0.914000689983368
00:01:15.270 --> 00:01:18.838 the body. The miners are in the legs,
NOTE Confidence: 0.914000689983368
00:01:18.840 --> 00:01:21.969 in the arms and the major chakras
NOTE Confidence: 0.914000689983368
00:01:21.970 --> 00:01:24.208 or energy centers are along
NOTE Confidence: 0.914000689983368
00:01:24.210 --> 00:01:25.548 the spinal column.
NOTE Confidence: 0.914000689983368
00:01:25.550 --> 00:01:27.338 And there actually along
NOTE Confidence: 0.913094568252564
00:01:27.340 --> 00:01:30.680 nerve plexuses So this is
NOTE Confidence: 0.912490487098694

00:01:30.680 --> 00:01:34.744 for your self care. And before we begin,
NOTE Confidence: 0.912490487098694

00:01:34.750 --> 00:01:38.902 I invite you to take some graphs to
NOTE Confidence: 0.912490487098694

00:01:38.902 --> 00:01:42.366 come inside to quiet the mind and
NOTE Confidence: 0.912490487098694

00:01:42.370 --> 00:01:45.849 become aware of how you can rest
NOTE Confidence: 0.912490487098694

00:01:45.849 --> 00:01:48.968 in the awareness of your breath.
NOTE Confidence: 0.869175910949707

00:01:53.710 --> 00:01:55.786 So when we center.
NOTE Confidence: 0.869175910949707

00:01:55.786 --> 00:01:59.500 And focus inside where the wisdom lies.
NOTE Confidence: 0.869175910949707

00:01:59.500 --> 00:02:01.807 We allow ourselves to come into
NOTE Confidence: 0.869175910949707

00:02:01.807 --> 00:02:04.390 the heart space and also to get
NOTE Confidence: 0.869175910949707

00:02:04.478 --> 00:02:07.495 grounded into the soles of the feet,
NOTE Confidence: 0.869175910949707

00:02:07.500 --> 00:02:10.608 feeling a connection to the Earth.
NOTE Confidence: 0.869175910949707

00:02:10.610 --> 00:02:12.724 And imagine that there's
NOTE Confidence: 0.869175910949707

00:02:12.724 --> 00:02:15.364 light from above from the
NOTE Confidence: 0.924578617016474

00:02:15.370 --> 00:02:18.136 heavens. That allows that to come
NOTE Confidence: 0.925602436065674

00:02:18.140 --> 00:02:20.060 through the top of your head,
NOTE Confidence: 0.925602436065674

00:02:20.060 --> 00:02:21.670 down through the whole body,

NOTE Confidence: 0.925602436065674
00:02:21.670 --> 00:02:23.914 down to the soles of the feet
NOTE Confidence: 0.925602436065674
00:02:23.914 --> 00:02:27.340 where you connect to the Earth.
NOTE Confidence: 0.925602436065674
00:02:27.340 --> 00:02:30.182 I invite you to either close your
NOTE Confidence: 0.925602436065674
00:02:30.182 --> 00:02:33.350 eyes or have a swap gaze downward.
NOTE Confidence: 0.925602436065674
00:02:33.350 --> 00:02:36.582 And I will be keeping my eyes open
NOTE Confidence: 0.925602436065674
00:02:36.582 --> 00:02:39.498 during this self guided meditation.
NOTE Confidence: 0.925602436065674
00:02:39.500 --> 00:02:42.338 So to begin by placing your
NOTE Confidence: 0.925602436065674
00:02:42.338 --> 00:02:46.119 hand on the soul and the top of
NOTE Confidence: 0.925602436065674
00:02:46.120 --> 00:02:49.430 the foot to open up the foot,
NOTE Confidence: 0.925602436065674
00:02:49.430 --> 00:02:50.496 energy center,
NOTE Confidence: 0.925602436065674
00:02:50.496 --> 00:02:52.628 breathing in and breathing
NOTE Confidence: 0.925602436065674
00:02:52.628 --> 00:02:55.217 out allowing any sensations of
NOTE Confidence: 0.925602436065674
00:02:55.217 --> 00:02:57.467 warmth or pulsation to be felt.
NOTE Confidence: 0.893810749053955
00:03:02.200 --> 00:03:04.390 And gently begin to move
NOTE Confidence: 0.893810749053955
00:03:04.390 --> 00:03:06.578 up the body beginning with
NOTE Confidence: 0.893810749053955

00:03:06.580 --> 00:03:08.770 the knee and the ankle.
NOTE Confidence: 0.909839391708374

00:03:09.500 --> 00:03:13.826 Normally by staying these positions for 30.
NOTE Confidence: 0.909839391708374

00:03:13.830 --> 00:03:16.710 Seconds to up to a minute or until you
NOTE Confidence: 0.909839391708374

00:03:16.710 --> 00:03:19.338 feel a sense of the energy flowing.
NOTE Confidence: 0.909839391708374

00:03:19.340 --> 00:03:21.874 But in this meditation I will move
NOTE Confidence: 0.909839391708374

00:03:21.874 --> 00:03:24.348 it be moving a little quicker.
NOTE Confidence: 0.909839391708374

00:03:24.350 --> 00:03:26.250 Noticing any sensations under
NOTE Confidence: 0.909839391708374

00:03:26.250 --> 00:03:30.368 the palms of your hands.
NOTE Confidence: 0.909839391708374

00:03:30.370 --> 00:03:34.746 Moving the hand to the need and help.
NOTE Confidence: 0.909839391708374

00:03:34.750 --> 00:03:36.580 Opening, connecting and
NOTE Confidence: 0.909839391708374

00:03:36.580 --> 00:03:39.030 balancing the entire leg.
NOTE Confidence: 0.854193568229675

00:03:41.300 --> 00:03:44.908 Allowing that foot to come to the ground,
NOTE Confidence: 0.854193568229675

00:03:44.910 --> 00:03:46.806 lifting the other foot,
NOTE Confidence: 0.854193568229675

00:03:46.806 --> 00:03:50.156 placing the hand on the soul and
NOTE Confidence: 0.854193568229675

00:03:50.156 --> 00:03:53.026 the other hand on the top again,
NOTE Confidence: 0.854193568229675

00:03:53.030 --> 00:03:55.622 opening up the foot chakra or

NOTE Confidence: 0.854193568229675
00:03:55.622 --> 00:03:57.898 energy center to allow anything
NOTE Confidence: 0.854193568229675
00:03:57.898 --> 00:04:00.223 that's no longer needed to
NOTE Confidence: 0.854193568229675
00:04:00.223 --> 00:04:02.500 be released down and out.
NOTE Confidence: 0.854193568229675
00:04:02.500 --> 00:04:04.750 Any tension on the Exhale
NOTE Confidence: 0.854193568229675
00:04:04.750 --> 00:04:08.360 can be released down and out, moving the
NOTE Confidence: 0.737745378698621
00:04:08.360 --> 00:04:10.144 upper hand to believe.
NOTE Confidence: 0.737745378698621
00:04:10.144 --> 00:04:13.455 And the lower hand to the ankle
NOTE Confidence: 0.737745378698621
00:04:13.455 --> 00:04:16.726 in the chocolate. in French.
NOTE Confidence: 0.737745378698621
00:04:16.726 --> 00:04:21.724 You can breathe in unconditional love
NOTE Confidence: 0.737745378698621
00:04:21.724 --> 00:04:26.399 for yourself and light from above.
NOTE Confidence: 0.737745378698621
00:04:26.400 --> 00:04:28.458 Only the lower hand to me,
NOTE Confidence: 0.737745378698621
00:04:28.460 --> 00:04:31.624 and the upper hand to the head.
NOTE Confidence: 0.737745378698621
00:04:31.630 --> 00:04:34.834 Breathing in peace.
NOTE Confidence: 0.737745378698621
00:04:34.834 --> 00:04:38.665 An com. Let it go.
NOTE Confidence: 0.737745378698621
00:04:38.665 --> 00:04:40.925 Any worries or concerns?
NOTE Confidence: 0.737745378698621

00:04:40.930 --> 00:04:43.648 Keeping the hand on the hip,
NOTE Confidence: 0.737745378698621

00:04:43.650 --> 00:04:45.498 bringing the foot down,
NOTE Confidence: 0.737745378698621

00:04:45.498 --> 00:04:47.808 placing the other hand on
NOTE Confidence: 0.737745378698621

00:04:47.808 --> 00:04:50.460 the other hip as we connect.
NOTE Confidence: 0.737745378698621

00:04:50.460 --> 00:04:51.828 Both hips are
NOTE Confidence: 0.850348174571991

00:04:51.830 --> 00:04:54.100 legs ground us to the
NOTE Confidence: 0.850348174571991

00:04:54.100 --> 00:04:56.370 earth and the first major
NOTE Confidence: 0.850348174571991

00:04:56.370 --> 00:04:58.640 chachra is the root chopper.
NOTE Confidence: 0.850348174571991

00:04:58.640 --> 00:05:01.804 We place our hand above the knee
NOTE Confidence: 0.850348174571991

00:05:01.810 --> 00:05:04.540 and the root chakra spins downward
NOTE Confidence: 0.850348174571991

00:05:04.540 --> 00:05:07.258 towards the earth. Place the other
NOTE Confidence: 0.850348174571991

00:05:07.260 --> 00:05:10.020 hand above the pubic bone below
NOTE Confidence: 0.850348174571991

00:05:10.020 --> 00:05:13.240 the navel. At the Sacral Center.
NOTE Confidence: 0.861634115378062

00:05:15.390 --> 00:05:18.176 The root. Chakra connects us,
NOTE Confidence: 0.861634115378062

00:05:18.176 --> 00:05:21.137 as I said to the earth and
NOTE Confidence: 0.861634115378062

00:05:21.137 --> 00:05:24.010 gives us a sense of being safe.

NOTE Confidence: 0.861634115378062
00:05:24.010 --> 00:05:26.778 And stable and grounded.
NOTE Confidence: 0.861634115378062
00:05:26.778 --> 00:05:30.930 And we trust our physical body.
NOTE Confidence: 0.861634115378062
00:05:30.930 --> 00:05:33.985 And the gland that's associated with
NOTE Confidence: 0.861634115378062
00:05:33.985 --> 00:05:38.130 the root Chakra is the adrenal glands.
NOTE Confidence: 0.861634115378062
00:05:38.130 --> 00:05:39.636 Sitting on top of the kidneys.
NOTE Confidence: 0.890147089958191
00:05:42.470 --> 00:05:45.418 Again, opening connecting an
NOTE Confidence: 0.890147089958191
00:05:45.418 --> 00:05:49.103 balancing the lower physical choppers.
NOTE Confidence: 0.890147089958191
00:05:49.110 --> 00:05:51.140 Reading in the color red,
NOTE Confidence: 0.890147089958191
00:05:51.140 --> 00:05:53.582 which is the vibration of the
NOTE Confidence: 0.890147089958191
00:05:53.582 --> 00:05:55.590 root chakra breathing out red?
NOTE Confidence: 0.88731175661087
00:05:58.820 --> 00:06:01.784 Letting that NRG rest and then
NOTE Confidence: 0.88731175661087
00:06:01.784 --> 00:06:05.432 moving the hand to the sacral and
NOTE Confidence: 0.88731175661087
00:06:05.432 --> 00:06:09.042 the solar plexus as you bathe the
NOTE Confidence: 0.88731175661087
00:06:09.042 --> 00:06:12.110 lower abdomen in the color orange
NOTE Confidence: 0.88731175661087
00:06:12.110 --> 00:06:15.170 misses are Center for our emotions,
NOTE Confidence: 0.88731175661087

00:06:15.170 --> 00:06:17.730 our sexuality and our relationships.
NOTE Confidence: 0.88731175661087

00:06:17.730 --> 00:06:21.180 So breathing in Orange.
NOTE Confidence: 0.88731175661087

00:06:21.180 --> 00:06:24.680 Leaving out lounge.
NOTE Confidence: 0.88731175661087

00:06:24.680 --> 00:06:28.280 In the glands other reproductive glands.
NOTE Confidence: 0.88731175661087

00:06:28.280 --> 00:06:31.358 Moving the lower hand to the
NOTE Confidence: 0.846097052097321

00:06:31.360 --> 00:06:33.420 solar plexus and the
NOTE Confidence: 0.846097052097321

00:06:33.420 --> 00:06:36.927 slide, the hand to the left lower
NOTE Confidence: 0.846097052097321

00:06:36.927 --> 00:06:40.100 ribs where the spleen resides.
NOTE Confidence: 0.846097052097321

00:06:40.100 --> 00:06:42.780 Greed in the upper upper abdomen.
NOTE Confidence: 0.846097052097321

00:06:42.780 --> 00:06:44.358 The color yellow.
NOTE Confidence: 0.846097052097321

00:06:44.358 --> 00:06:46.988 Read out the color yellow.
NOTE Confidence: 0.846097052097321

00:06:46.990 --> 00:06:49.517 This is our Center for our personal
NOTE Confidence: 0.846097052097321

00:06:49.517 --> 00:06:52.089 power and where our thoughts reside.
NOTE Confidence: 0.910989105701447

00:06:54.360 --> 00:06:59.730 Allowing the sensation of yellow.
NOTE Confidence: 0.910989105701447

00:06:59.730 --> 00:07:02.946 The color of the vibration on
NOTE Confidence: 0.910989105701447

00:07:02.946 --> 00:07:06.429 the yellow to come in and out.

NOTE Confidence: 0.910989105701447
00:07:06.430 --> 00:07:10.520 The gland is the pancreas.
NOTE Confidence: 0.910989105701447
00:07:10.520 --> 00:07:12.050 And then it bring your
NOTE Confidence: 0.910989105701447
00:07:12.050 --> 00:07:13.274 attention to the spleen,
NOTE Confidence: 0.910989105701447
00:07:13.280 --> 00:07:15.420 which is a minor Chopra.
NOTE Confidence: 0.910989105701447
00:07:15.420 --> 00:07:20.004 And this is helpful in our new system.
NOTE Confidence: 0.910989105701447
00:07:20.010 --> 00:07:21.550 Screening in
NOTE Confidence: 0.784847468137741
00:07:21.550 --> 00:07:25.456 yellow breathing LVL. Keeping the hand
NOTE Confidence: 0.88536810874939
00:07:25.460 --> 00:07:26.820 on the solar plexus,
NOTE Confidence: 0.88536810874939
00:07:26.820 --> 00:07:31.270 bring the hand to the heart. Since
NOTE Confidence: 0.929166674613953
00:07:31.270 --> 00:07:34.110 our Center for unconditional love
NOTE Confidence: 0.929166674613953
00:07:34.110 --> 00:07:36.382 and compassion and gratitude.
NOTE Confidence: 0.929166674613953
00:07:36.390 --> 00:07:40.558 Reading in allowing the heart to open and
NOTE Confidence: 0.858574817577998
00:07:40.560 --> 00:07:44.175 expand. Breathing in the color
NOTE Confidence: 0.858574817577998
00:07:44.175 --> 00:07:46.680 green. Breathing out green.
NOTE Confidence: 0.881479620933533
00:07:49.100 --> 00:07:52.961 And we move up to the finest gland and
NOTE Confidence: 0.881479620933533

00:07:52.961 --> 00:07:56.766 the other hand goes on to the heart.
NOTE Confidence: 0.881479620933533

00:07:56.770 --> 00:07:59.926 The thymus gland is important in our
NOTE Confidence: 0.881479620933533

00:07:59.926 --> 00:08:03.880 immune system, breathing in Green.
NOTE Confidence: 0.881479620933533

00:08:03.880 --> 00:08:07.820 Everything else in vibration agree.
NOTE Confidence: 0.881479620933533

00:08:07.820 --> 00:08:10.809 Noticing if the energy is flowing freely
NOTE Confidence: 0.881479620933533

00:08:10.809 --> 00:08:14.599 and once you feel that it's falling freely,
NOTE Confidence: 0.881479620933533

00:08:14.600 --> 00:08:18.216 we can move on to the next area.
NOTE Confidence: 0.881479620933533

00:08:18.220 --> 00:08:21.380 The arms are are connected to our
NOTE Confidence: 0.881479620933533

00:08:21.380 --> 00:08:24.012 heart there an extension of our
NOTE Confidence: 0.881479620933533

00:08:24.012 --> 00:08:27.554 heart so we bring our hands to a
NOTE Confidence: 0.881479620933533

00:08:27.554 --> 00:08:30.416 small circle resting on the wrists.
NOTE Confidence: 0.836911837259928

00:08:33.430 --> 00:08:35.899 Connecting Firearms in
NOTE Confidence: 0.829172670841217

00:08:35.900 --> 00:08:38.048 our heart. Being grateful
NOTE Confidence: 0.829172670841217

00:08:38.050 --> 00:08:41.260 for all that we give with
NOTE Confidence: 0.769406795501709

00:08:41.260 --> 00:08:46.810 our hands. Resting in the elbows.
NOTE Confidence: 0.878351926803589

00:08:48.390 --> 00:08:51.170 Opening, connecting in balancing the

NOTE Confidence: 0.878351926803589
00:08:51.170 --> 00:08:55.830 minor chakras or energy centers.
NOTE Confidence: 0.900683522224426
00:08:55.830 --> 00:08:57.228 Moving up to
NOTE Confidence: 0.900683522224426
00:08:57.230 --> 00:09:00.020 the shoulders, giving yourself a hug.
NOTE Confidence: 0.866021871566772
00:09:02.710 --> 00:09:07.219 Breathing in peace. Freezing out com.
NOTE Confidence: 0.890103995800018
00:09:10.780 --> 00:09:13.180 And now we return to the
NOTE Confidence: 0.890103995800018
00:09:13.180 --> 00:09:15.959 Thymus and go to the throat.
NOTE Confidence: 0.890103995800018
00:09:15.960 --> 00:09:19.060 And the throat is the color Sky blue.
NOTE Confidence: 0.890103995800018
00:09:19.060 --> 00:09:22.190 And so Center for speaking our
NOTE Confidence: 0.905330121517181
00:09:22.190 --> 00:09:23.639 truth and expressing
NOTE Confidence: 0.894664496183395
00:09:23.640 --> 00:09:26.856 our authentic self. So breathing in
NOTE Confidence: 0.883998870849609
00:09:26.860 --> 00:09:32.819 the vibration of blue. Breathing out room.
NOTE Confidence: 0.883998870849609
00:09:32.820 --> 00:09:35.186 And the gland is the thyroid gland,
NOTE Confidence: 0.883998870849609
00:09:35.190 --> 00:09:37.570 which has many functions in the body.
NOTE Confidence: 0.883370101451874
00:09:40.290 --> 00:09:43.194 Slowly moving from the throat to
NOTE Confidence: 0.883370101451874
00:09:43.194 --> 00:09:46.680 the third eye or the row right
NOTE Confidence: 0.883370101451874

00:09:46.680 --> 00:09:49.578 in the center of the eyebrows.
NOTE Confidence: 0.883370101451874

00:09:49.580 --> 00:09:51.540 SAR Center for Innervation.
NOTE Confidence: 0.883370101451874

00:09:51.540 --> 00:09:54.518 An inner knowing an intuition.
NOTE Confidence: 0.883370101451874

00:09:54.520 --> 00:09:56.901 The color is indigo.
NOTE Confidence: 0.883370101451874

00:09:56.901 --> 00:10:00.783 The color of the night Sky.
NOTE Confidence: 0.883370101451874

00:10:00.790 --> 00:10:02.170 But the two, A Terry,
NOTE Confidence: 0.883370101451874

00:10:02.170 --> 00:10:06.350 is the gland nestled deep in the brain.
NOTE Confidence: 0.883370101451874

00:10:06.350 --> 00:10:10.500 Mary Parton bra endocrine system.
NOTE Confidence: 0.883370101451874

00:10:10.500 --> 00:10:13.118 Moving ahead lower hand to the third
NOTE Confidence: 0.883370101451874

00:10:13.118 --> 00:10:16.230 eye in the upper hand to the Crown.
NOTE Confidence: 0.883370101451874

00:10:16.230 --> 00:10:20.120 Breathing in the colour violent.
NOTE Confidence: 0.883370101451874

00:10:20.120 --> 00:10:24.376 Violent opens up like 1000 Petalled Lotus.
NOTE Confidence: 0.883370101451874

00:10:24.380 --> 00:10:26.405 Opens up skyward,
NOTE Confidence: 0.883370101451874

00:10:26.405 --> 00:10:30.455 connects us to our spiritual nature,
NOTE Confidence: 0.883370101451874

00:10:30.460 --> 00:10:33.800 are higher self.
NOTE Confidence: 0.883370101451874

00:10:33.800 --> 00:10:35.069 Or higher wisdom.

NOTE Confidence: 0.916930675506592
00:10:37.310 --> 00:10:39.716 The gland is the pinyo gland,
NOTE Confidence: 0.916930675506592
00:10:39.720 --> 00:10:42.126 also nestled deep in the brain
NOTE Confidence: 0.916930675506592
00:10:42.126 --> 00:10:43.329 which secretes melatonin,
NOTE Confidence: 0.916930675506592
00:10:43.330 --> 00:10:45.730 which helps us sleep at night.
NOTE Confidence: 0.87742805480957
00:10:48.040 --> 00:10:51.592 Connecting to the Crown and a
NOTE Confidence: 0.87742805480957
00:10:51.592 --> 00:10:54.174 transpersonal point, which is
NOTE Confidence: 0.87742805480957
00:10:54.174 --> 00:10:57.659 the palm facing upwards skyward.
NOTE Confidence: 0.87742805480957
00:10:57.660 --> 00:11:00.716 This connects us to all that there is
NOTE Confidence: 0.87742805480957
00:11:00.716 --> 00:11:03.386 to something greater than you were I.
NOTE Confidence: 0.87742805480957
00:11:03.390 --> 00:11:04.918 However, you see that.
NOTE Confidence: 0.869298040866852
00:11:09.630 --> 00:11:13.254 Resting in the awareness of breath
NOTE Confidence: 0.869298040866852
00:11:13.254 --> 00:11:16.200 flowing in and flowing out.
NOTE Confidence: 0.869298040866852
00:11:16.200 --> 00:11:17.872 Gently bring your hands
NOTE Confidence: 0.869298040866852
00:11:17.872 --> 00:11:20.380 and rest them on your lap.
NOTE Confidence: 0.915158092975616
00:11:23.390 --> 00:11:25.862 I invite you to bring your
NOTE Confidence: 0.915158092975616

00:11:25.862 --> 00:11:28.688 attention to the soles of your feet,
NOTE Confidence: 0.915158092975616

00:11:28.690 --> 00:11:30.730 connecting again to the earth,
NOTE Confidence: 0.915158092975616

00:11:30.730 --> 00:11:32.770 energy that light and love,
NOTE Confidence: 0.915158092975616

00:11:32.770 --> 00:11:35.218 breathing that up through the soles
NOTE Confidence: 0.915158092975616

00:11:35.218 --> 00:11:38.900 of the feet, up through the legs.
NOTE Confidence: 0.915158092975616

00:11:38.900 --> 00:11:44.160 Perhaps? Pelvis Into the belly. Up
NOTE Confidence: 0.832591080665588

00:11:44.160 --> 00:11:47.470 into the torso. Into the
NOTE Confidence: 0.919974495064128

00:11:47.470 --> 00:11:50.050 neck. Up through the top of
NOTE Confidence: 0.919974495064128

00:11:50.050 --> 00:11:53.007 your head with all the rainbow
NOTE Confidence: 0.919974495064128

00:11:53.007 --> 00:11:55.857 colors like a fountain streaming
NOTE Confidence: 0.919974495064128

00:11:55.857 --> 00:11:58.789 down around your entire body.
NOTE Confidence: 0.919974495064128

00:11:58.790 --> 00:12:01.772 Which we call the energy field
NOTE Confidence: 0.919974495064128

00:12:01.772 --> 00:12:04.619 or the biofield which is about
NOTE Confidence: 0.91325181722641

00:12:04.620 --> 00:12:07.536 3 feet outside around the body.
NOTE Confidence: 0.853636026382446

00:12:08.130 --> 00:12:12.066 And imagine that it's egg shape
NOTE Confidence: 0.853636026382446

00:12:12.066 --> 00:12:16.009 and it's protecting you with this

NOTE Confidence: 0.853636026382446
00:12:16.009 --> 00:12:20.308 seal of energy. Of light energy.
NOTE Confidence: 0.853636026382446
00:12:20.310 --> 00:12:22.524 So that these rainbow colors with
NOTE Confidence: 0.853636026382446
00:12:22.524 --> 00:12:24.806 each breath coming up through the
NOTE Confidence: 0.853636026382446
00:12:24.806 --> 00:12:27.020 feet up through the entire body.
NOTE Confidence: 0.853636026382446
00:12:27.020 --> 00:12:30.782 Up like a fountain around down
NOTE Confidence: 0.853636026382446
00:12:30.782 --> 00:12:34.306 your whole being feeling a sense
NOTE Confidence: 0.853636026382446
00:12:34.306 --> 00:12:37.320 of protection. And healing.
NOTE Confidence: 0.916534245014191
00:12:42.710 --> 00:12:45.699 So I invite you to practice this
NOTE Confidence: 0.916534245014191
00:12:45.699 --> 00:12:48.586 on a daily basis. Whenever you
NOTE Confidence: 0.916534245014191
00:12:48.586 --> 00:12:51.300 begin your day, or if you're
NOTE Confidence: 0.916534245014191
00:12:51.300 --> 00:12:53.560 feeling a little stressed or
NOTE Confidence: 0.916534245014191
00:12:53.560 --> 00:12:55.920 you feel your energies a
NOTE Confidence: 0.916534245014191
00:12:55.920 --> 00:12:57.808 little blocked or congestive
NOTE Confidence: 0.916534245014191
00:12:57.808 --> 00:13:00.340 take time for this self care,
NOTE Confidence: 0.916534245014191
00:13:00.340 --> 00:13:02.480 healing touch guided meditation.
NOTE Confidence: 0.916534245014191

00:13:02.480 --> 00:13:04.798 To balance, connect in. Open

NOTE Confidence: 0.867064416408539

00:13:04.800 --> 00:13:06.870 all of your energy centers,

NOTE Confidence: 0.867064416408539

00:13:06.870 --> 00:13:09.775 so I thank you for your attention.

NOTE Confidence: 0.867064416408539

00:13:09.780 --> 00:13:12.678 An I pause and end with namastay.

NOTE Confidence: 0.867064416408539

00:13:12.680 --> 00:13:15.464 I bowed to the light within

NOTE Confidence: 0.867064416408539

00:13:15.464 --> 00:13:18.479 you that is also within me.

NOTE Confidence: 0.867064416408539

00:13:18.480 --> 00:13:19.708 Have a wonderful day.