

WEBVTT

NOTE duration:"00:14:16.3840000"

NOTE language:en-us

NOTE Confidence: 0.92415935

00:00:00.000 --> 00:00:00.981 Thing everybody, uhm.

NOTE Confidence: 0.92415935

00:00:00.981 --> 00:00:03.709 I hope you all had a good weekend

NOTE Confidence: 0.92415935

00:00:03.709 --> 00:00:06.264 and thank you so much for joining.

NOTE Confidence: 0.92415935

00:00:06.270 --> 00:00:08.671 Feels like things are sort of getting

NOTE Confidence: 0.92415935

00:00:08.671 --> 00:00:11.961 back to Pre Cove it a little bit so

NOTE Confidence: 0.92415935

00:00:11.961 --> 00:00:13.809 hopefully you're starting to feel

NOTE Confidence: 0.92415935

00:00:13.809 --> 00:00:16.329 like your groove is bad and a little

NOTE Confidence: 0.92415935

00:00:16.329 --> 00:00:19.140 bit more of the typical routine.

NOTE Confidence: 0.92415935

00:00:19.140 --> 00:00:22.200 So we're going to start today

NOTE Confidence: 0.92415935

00:00:22.200 --> 00:00:25.520 by doing a special meditation.

NOTE Confidence: 0.92415935

00:00:25.520 --> 00:00:30.590 It's a white light protection meditation.

NOTE Confidence: 0.92415935

00:00:30.590 --> 00:00:33.950 So as we begin today.

NOTE Confidence: 0.92415935

00:00:33.950 --> 00:00:36.220 I'm just gonna have you.

NOTE Confidence: 0.92415935

00:00:36.220 --> 00:00:38.926 Please sit back and get grounded.

NOTE Confidence: 0.92415935  
00:00:38.930 --> 00:00:43.270 Relax your body. And relax your mind.  
NOTE Confidence: 0.9196334  
00:00:45.380 --> 00:00:48.726 The more you're aware of your body  
NOTE Confidence: 0.9196334  
00:00:48.726 --> 00:00:52.169 during this time and the more you're  
NOTE Confidence: 0.9196334  
00:00:52.169 --> 00:00:55.037 allowing yourself to let it go,  
NOTE Confidence: 0.9196334  
00:00:55.040 --> 00:00:57.938 the easier it will be beauty.  
NOTE Confidence: 0.9196334  
00:00:57.940 --> 00:00:59.868 Concentrate on just relaxing.  
NOTE Confidence: 0.89409983  
00:01:02.210 --> 00:01:04.030 Take a deep breath in.  
NOTE Confidence: 0.91856444  
00:01:06.100 --> 00:01:07.870 And hold it for a moment.  
NOTE Confidence: 0.9184134  
00:01:09.990 --> 00:01:12.340 And slowly let it out.  
NOTE Confidence: 0.8968701  
00:01:17.270 --> 00:01:20.354 Imagine all the tension that is  
NOTE Confidence: 0.8968701  
00:01:20.354 --> 00:01:23.843 leaving your body now like a fine  
NOTE Confidence: 0.8968701  
00:01:23.843 --> 00:01:26.495 Gray mist as you breathe out.  
NOTE Confidence: 0.8601635  
00:01:31.190 --> 00:01:33.206 Take a second deep breath in.  
NOTE Confidence: 0.8326913  
00:01:35.580 --> 00:01:36.530 Hold it.  
NOTE Confidence: 0.8129771  
00:01:39.100 --> 00:01:40.428 And let it go.  
NOTE Confidence: 0.8573841

00:01:45.140 --> 00:01:47.933 Allow your breath to be deep to  
NOTE Confidence: 0.8573841

00:01:47.933 --> 00:01:50.709 be slow and to be with Nick.  
NOTE Confidence: 0.90340996

00:01:53.290 --> 00:01:57.028 And now with your minds on just  
NOTE Confidence: 0.90340996

00:01:57.028 --> 00:02:00.722 imagine a very large white ball  
NOTE Confidence: 0.90340996

00:02:00.722 --> 00:02:04.670 of light moving towards you slowly.  
NOTE Confidence: 0.90340996

00:02:04.670 --> 00:02:07.410 It comes closer and closer,  
NOTE Confidence: 0.90340996

00:02:07.410 --> 00:02:10.195 getting larger and larger until  
NOTE Confidence: 0.90340996

00:02:10.195 --> 00:02:14.250 it is so rounding you completely.  
NOTE Confidence: 0.90340996

00:02:14.250 --> 00:02:16.059 Covering you completely.  
NOTE Confidence: 0.90340996

00:02:16.059 --> 00:02:19.074 Like walking in a cloud.  
NOTE Confidence: 0.94973665

00:02:22.950 --> 00:02:26.822 It encourages you to let go of all  
NOTE Confidence: 0.94973665

00:02:26.822 --> 00:02:30.130 your thoughts. All your emotions.  
NOTE Confidence: 0.94973665

00:02:30.130 --> 00:02:34.030 Anne just totally deeply relax.  
NOTE Confidence: 0.9082207

00:02:36.810 --> 00:02:40.037 From the tips of your toes to  
NOTE Confidence: 0.9082207

00:02:40.037 --> 00:02:43.557 the top of your head. Relaxing.  
NOTE Confidence: 0.9082207

00:02:43.557 --> 00:02:48.759 Being more and more fully relaxed.

NOTE Confidence: 0.9082207

00:02:48.760 --> 00:02:52.018 And just concentrate on that beautiful

NOTE Confidence: 0.9082207

00:02:52.018 --> 00:02:55.820 cloud of white all consuming light.

NOTE Confidence: 0.8949399

00:02:58.740 --> 00:03:03.976 You are now surrounded by white light.

NOTE Confidence: 0.8949399

00:03:03.980 --> 00:03:08.852 This is a shield. The white light

NOTE Confidence: 0.8949399

00:03:08.852 --> 00:03:11.550 surrounding you protects you.

NOTE Confidence: 0.8949399

00:03:11.550 --> 00:03:15.414 It glows with the love of the divine,

NOTE Confidence: 0.8949399

00:03:15.420 --> 00:03:17.360 which beings of light.

NOTE Confidence: 0.9021877

00:03:19.480 --> 00:03:22.910 As you accept the white light into

NOTE Confidence: 0.9021877

00:03:22.910 --> 00:03:26.417 yourself into your mind into your heart.

NOTE Confidence: 0.9021877

00:03:26.420 --> 00:03:27.980 Into your understanding,

NOTE Confidence: 0.9021877

00:03:27.980 --> 00:03:31.100 you are committing with the deep,

NOTE Confidence: 0.9021877

00:03:31.100 --> 00:03:36.310 rich source of all life. Of all love.

NOTE Confidence: 0.9397503

00:03:38.790 --> 00:03:41.724 The white light symbolizes a divine

NOTE Confidence: 0.9397503

00:03:41.724 --> 00:03:45.560 source of love that knows no boundaries.

NOTE Confidence: 0.9397503

00:03:45.560 --> 00:03:47.342 Protects all beings.

NOTE Confidence: 0.9397503

00:03:47.342 --> 00:03:50.312 An protects everyone in a  
NOTE Confidence: 0.9397503  
00:03:50.312 --> 00:03:53.340 wonderful, supportive way.  
NOTE Confidence: 0.9397503  
00:03:53.340 --> 00:03:56.707 It protects from harm at all times.  
NOTE Confidence: 0.95107293  
00:03:59.010 --> 00:04:01.595 It is the strongest force  
NOTE Confidence: 0.95107293  
00:04:01.595 --> 00:04:03.663 in the entire universe.  
NOTE Confidence: 0.95107293  
00:04:03.670 --> 00:04:07.558 It can protect from all types of invasions  
NOTE Confidence: 0.95107293  
00:04:07.558 --> 00:04:10.690 and outside the outside influences.  
NOTE Confidence: 0.95107293  
00:04:10.690 --> 00:04:13.686 It's like a white light of armor.  
NOTE Confidence: 0.95107293  
00:04:13.690 --> 00:04:16.265 This bright shining light light  
NOTE Confidence: 0.95107293  
00:04:16.265 --> 00:04:19.653 and this armor is yours to command  
NOTE Confidence: 0.95107293  
00:04:19.653 --> 00:04:23.066 to put on and to use if and when  
NOTE Confidence: 0.95107293  
00:04:23.066 --> 00:04:25.874 you decide you will accept it.  
NOTE Confidence: 0.95107293  
00:04:25.880 --> 00:04:29.075 That you will use this white light of armor.  
NOTE Confidence: 0.9149689  
00:04:31.090 --> 00:04:33.050 You say to yourself,  
NOTE Confidence: 0.9149689  
00:04:33.050 --> 00:04:35.500 I accept this white light  
NOTE Confidence: 0.9149689  
00:04:35.500 --> 00:04:37.630 protection and the protection

NOTE Confidence: 0.9149689  
00:04:37.630 --> 00:04:40.726 surround you like this white cloud.  
NOTE Confidence: 0.9149689  
00:04:40.730 --> 00:04:44.090 Like a white armor.  
NOTE Confidence: 0.9149689  
00:04:44.090 --> 00:04:46.870 Instantly it Springs into action  
NOTE Confidence: 0.9149689  
00:04:46.870 --> 00:04:50.569 covering you with the purity of light.  
NOTE Confidence: 0.9149689  
00:04:50.570 --> 00:04:52.818 Covering you with protection.  
NOTE Confidence: 0.9097967  
00:04:56.150 --> 00:04:58.920 Now visualize your loved ones.  
NOTE Confidence: 0.93370706  
00:05:02.170 --> 00:05:06.466 See them in your mind's eye.  
NOTE Confidence: 0.93370706  
00:05:06.470 --> 00:05:09.180 Extend that beautiful cloud that  
NOTE Confidence: 0.93370706  
00:05:09.180 --> 00:05:12.482 white cloud that white armor out  
NOTE Confidence: 0.93370706  
00:05:12.482 --> 00:05:14.997 to everyone of your relatives,  
NOTE Confidence: 0.93370706  
00:05:15.000 --> 00:05:19.920 your friends. Your loved ones.  
NOTE Confidence: 0.93370706  
00:05:19.920 --> 00:05:23.754 See it as a mightiest force in the universe.  
NOTE Confidence: 0.93370706  
00:05:23.760 --> 00:05:27.778 The most radiant white armor around them.  
NOTE Confidence: 0.93370706  
00:05:27.780 --> 00:05:29.054 Protecting them.  
NOTE Confidence: 0.93370706  
00:05:29.054 --> 00:05:32.876 Forming an invisible wall of protection.  
NOTE Confidence: 0.9159541

00:05:35.120 --> 00:05:38.081 It protects your love ones against any  
NOTE Confidence: 0.9159541

00:05:38.081 --> 00:05:41.124 form of bad thoughts, negativity, worry,  
NOTE Confidence: 0.9159541

00:05:41.124 --> 00:05:44.820 or anything that could hurt or harm them.  
NOTE Confidence: 0.93550545

00:05:47.030 --> 00:05:51.110 It supports, loves and  
NOTE Confidence: 0.93550545

00:05:51.110 --> 00:05:54.170 protects them completely.  
NOTE Confidence: 0.93550545

00:05:54.170 --> 00:05:56.306 Visualize that light swirling  
NOTE Confidence: 0.93550545

00:05:56.306 --> 00:05:58.976 around them having been called  
NOTE Confidence: 0.93550545

00:05:58.976 --> 00:06:01.158 into place at this time.  
NOTE Confidence: 0.9190116

00:06:03.890 --> 00:06:07.730 It creates a beautiful supported  
NOTE Confidence: 0.9190116

00:06:07.730 --> 00:06:10.034 loving armor protection.  
NOTE Confidence: 0.9190116

00:06:10.040 --> 00:06:12.119 Should you have a friend or loved  
NOTE Confidence: 0.9190116

00:06:12.119 --> 00:06:14.308 one that needs any form of healing?  
NOTE Confidence: 0.9190116

00:06:14.310 --> 00:06:16.838 Whether it be emotional  
NOTE Confidence: 0.9190116

00:06:16.838 --> 00:06:19.366 support or physical support.  
NOTE Confidence: 0.9190116

00:06:19.370 --> 00:06:22.285 You may now just imagine  
NOTE Confidence: 0.9190116

00:06:22.285 --> 00:06:24.617 just visualize that person.

NOTE Confidence: 0.9190116  
00:06:24.620 --> 00:06:26.288 And send a beautiful,  
NOTE Confidence: 0.9190116  
00:06:26.288 --> 00:06:27.956 white floaty cloud of  
NOTE Confidence: 0.9190116  
00:06:27.956 --> 00:06:29.939 protection out to that person.  
NOTE Confidence: 0.83515716  
00:06:36.480 --> 00:06:39.696 See a glow of white light encompassing them.  
NOTE Confidence: 0.9154429  
00:06:45.200 --> 00:06:48.368 This white light is swirling around,  
NOTE Confidence: 0.9154429  
00:06:48.370 --> 00:06:51.005 creating an armor of protection  
NOTE Confidence: 0.9154429  
00:06:51.005 --> 00:06:53.118 for them shining, supporting,  
NOTE Confidence: 0.9154429  
00:06:53.118 --> 00:06:56.286 assisting them and giving them protection.  
NOTE Confidence: 0.90419906  
00:06:58.440 --> 00:07:01.840 It protects all who asked.  
NOTE Confidence: 0.90419906  
00:07:01.840 --> 00:07:04.000 It seeks support and gives  
NOTE Confidence: 0.90419906  
00:07:04.000 --> 00:07:06.610 divine love to all who ask.  
NOTE Confidence: 0.91878  
00:07:08.870 --> 00:07:11.275 You may send this beautiful  
NOTE Confidence: 0.91878  
00:07:11.275 --> 00:07:13.199 cloud of white light.  
NOTE Confidence: 0.91878  
00:07:13.200 --> 00:07:15.820 Write out around the entire  
NOTE Confidence: 0.91878  
00:07:15.820 --> 00:07:18.440 universe to all places you  
NOTE Confidence: 0.91878



00:07:18.541 --> 00:07:21.511 feel may need protection to all  
NOTE Confidence: 0.91878

00:07:21.511 --> 00:07:24.973 people you may wish to send all  
NOTE Confidence: 0.91878

00:07:24.973 --> 00:07:27.278 your thoughts of love too.  
NOTE Confidence: 0.91878

00:07:27.280 --> 00:07:30.108 But especially to yourself.  
NOTE Confidence: 0.9219352

00:07:35.470 --> 00:07:38.410 Visualize that white floating cloud.  
NOTE Confidence: 0.9219352

00:07:38.410 --> 00:07:40.945 That beautiful radiant  
NOTE Confidence: 0.9219352

00:07:40.945 --> 00:07:43.480 armor around yourself.  
NOTE Confidence: 0.9219352

00:07:43.480 --> 00:07:46.618 Around your home.  
NOTE Confidence: 0.9219352

00:07:46.620 --> 00:07:49.959 Around your possessions.  
NOTE Confidence: 0.9219352

00:07:49.960 --> 00:07:52.999 In your workspace.  
NOTE Confidence: 0.9219352

00:07:53.000 --> 00:07:55.088 In your travel.  
NOTE Confidence: 0.9219352

00:07:55.088 --> 00:07:57.176 Wherever you go.  
NOTE Confidence: 0.9219352

00:07:57.180 --> 00:07:59.210 Wherever you need to be.  
NOTE Confidence: 0.9111041

00:08:02.240 --> 00:08:04.184 Take that white light with you  
NOTE Confidence: 0.9111041

00:08:04.184 --> 00:08:06.639 on your journey, day by day.  
NOTE Confidence: 0.9111041

00:08:06.639 --> 00:08:09.597 Except the white light of protection.

NOTE Confidence: 0.8368116

00:08:18.280 --> 00:08:22.520 Now slowly, calmly, easily.

NOTE Confidence: 0.8368116

00:08:22.520 --> 00:08:24.970 Begin to return to your aware NIS.

NOTE Confidence: 0.89335984

00:08:27.600 --> 00:08:30.294 You may feel refreshed as it

NOTE Confidence: 0.89335984

00:08:30.294 --> 00:08:33.590 washed in a cool spring stream.

NOTE Confidence: 0.89335984

00:08:33.590 --> 00:08:35.998 But you will be protected by the

NOTE Confidence: 0.89335984

00:08:35.998 --> 00:08:38.294 Great Divine White Spirit, the Great

NOTE Confidence: 0.89335984

00:08:38.294 --> 00:08:40.466 White light of love and protection.

NOTE Confidence: 0.94860005

00:08:43.470 --> 00:08:45.170 If your eyes are closed,

NOTE Confidence: 0.94860005

00:08:45.170 --> 00:08:46.860 you can open your eyes.

NOTE Confidence: 0.9034415

00:08:49.440 --> 00:08:51.170 Take a deep breath in.

NOTE Confidence: 0.7105285

00:08:54.260 --> 00:08:55.490 And hold.

NOTE Confidence: 0.8421192375

00:08:57.640 --> 00:09:01.616 An release. And again, a deep breath in.

NOTE Confidence: 0.58065104

00:09:04.250 --> 00:09:05.540 An hold.

NOTE Confidence: 0.779018

00:09:07.880 --> 00:09:13.472 And release. And shrug your shoulders,

NOTE Confidence: 0.779018

00:09:13.472 --> 00:09:18.400 bring them up to your ears around.

NOTE Confidence: 0.779018

00:09:18.400 --> 00:09:20.500 And again, uh.  
NOTE Confidence: 0.779018

00:09:20.500 --> 00:09:23.730 Anna rounds OK, excellent.  
NOTE Confidence: 0.779018

00:09:23.730 --> 00:09:26.425 That was beautiful and just know that  
NOTE Confidence: 0.779018

00:09:26.425 --> 00:09:29.058 at all times whenever you need it,  
NOTE Confidence: 0.779018

00:09:29.060 --> 00:09:31.412 that white light is there to  
NOTE Confidence: 0.779018

00:09:31.412 --> 00:09:33.448 protect you and protect that  
NOTE Confidence: 0.779018

00:09:33.448 --> 00:09:35.758 those that you think about and  
NOTE Confidence: 0.779018

00:09:35.758 --> 00:09:38.199 send that light and love to you.  
NOTE Confidence: 0.81847566

00:09:40.680 --> 00:09:43.560 Following this meditation.  
NOTE Confidence: 0.81847566

00:09:43.560 --> 00:09:46.280 We're going to move on to a general  
NOTE Confidence: 0.81847566

00:09:46.280 --> 00:09:48.989 review of self massage starting on  
NOTE Confidence: 0.81847566

00:09:48.989 --> 00:09:51.424 Thursday with our guided imagery.  
NOTE Confidence: 0.81847566

00:09:51.430 --> 00:09:53.938 We're gonna be working on more  
NOTE Confidence: 0.81847566

00:09:53.938 --> 00:09:57.040 of a breath work and meditation.  
NOTE Confidence: 0.81847566

00:09:57.040 --> 00:09:58.575 And the self massage is  
NOTE Confidence: 0.81847566

00:09:58.575 --> 00:10:00.110 something that you can continue.

NOTE Confidence: 0.81847566

00:10:00.110 --> 00:10:02.475 You doing at home everyday

NOTE Confidence: 0.81847566

00:10:02.475 --> 00:10:05.200 whenever you feel you need it.

NOTE Confidence: 0.81847566

00:10:05.200 --> 00:10:06.960 We've covered the whole body.

NOTE Confidence: 0.81847566

00:10:06.960 --> 00:10:09.090 We've gone from our head to

NOTE Confidence: 0.81847566

00:10:09.090 --> 00:10:11.169 her neck or shoulders or arms.

NOTE Confidence: 0.81847566

00:10:11.170 --> 00:10:12.280 Analysts are abdomen.

NOTE Confidence: 0.81847566

00:10:12.280 --> 00:10:14.500 We've done our legs and our

NOTE Confidence: 0.81847566

00:10:14.500 --> 00:10:16.426 knees or joints in our feet,

NOTE Confidence: 0.81847566

00:10:16.430 --> 00:10:18.838 so just know that at anytime you're

NOTE Confidence: 0.81847566

00:10:18.838 --> 00:10:20.869 feeling a little stress you want

NOTE Confidence: 0.81847566

00:10:20.869 --> 00:10:23.046 to get rid of some tensions and

NOTE Confidence: 0.81847566

00:10:23.112 --> 00:10:25.560 muscular soft tissue aches and pains,

NOTE Confidence: 0.81847566

00:10:25.560 --> 00:10:28.832 which is going to review a little bit

NOTE Confidence: 0.81847566

00:10:28.832 --> 00:10:31.908 about what we've done these past few

NOTE Confidence: 0.81847566

00:10:31.908 --> 00:10:35.110 weeks so you can continue that going.

NOTE Confidence: 0.81847566

00:10:35.110 --> 00:10:37.468 When you self massage you wanna  
NOTE Confidence: 0.81847566

00:10:37.468 --> 00:10:39.923 use a good amount of pressure  
NOTE Confidence: 0.81847566

00:10:39.923 --> 00:10:42.730 when the muscle is big and broad,  
NOTE Confidence: 0.81847566

00:10:42.730 --> 00:10:45.436 like across the trapezius up here  
NOTE Confidence: 0.81847566

00:10:45.436 --> 00:10:48.388 the shoulders you wanna use as much  
NOTE Confidence: 0.81847566

00:10:48.388 --> 00:10:51.340 pressure as you can you wanna get in  
NOTE Confidence: 0.81847566

00:10:51.340 --> 00:10:54.372 their deeply when you work on the more  
NOTE Confidence: 0.81847566

00:10:54.372 --> 00:10:56.715 tender muscles the muscles like of  
NOTE Confidence: 0.81847566

00:10:56.715 --> 00:10:59.569 the the little muscles around their wrist.  
NOTE Confidence: 0.81847566

00:10:59.570 --> 00:11:01.976 Or if you have some achiness  
NOTE Confidence: 0.81847566

00:11:01.976 --> 00:11:03.580 around your knee joints,  
NOTE Confidence: 0.81847566

00:11:03.580 --> 00:11:04.992 the soft tissue there.  
NOTE Confidence: 0.81847566

00:11:04.992 --> 00:11:07.700 You may wanna be a little tender,  
NOTE Confidence: 0.81847566

00:11:07.700 --> 00:11:08.916 a little softer there,  
NOTE Confidence: 0.81847566

00:11:08.916 --> 00:11:11.499 so it just depends on how your feeling  
NOTE Confidence: 0.81847566

00:11:11.499 --> 00:11:13.587 and how your muscle is feeling,

NOTE Confidence: 0.81847566  
00:11:13.590 --> 00:11:14.421 but you do.  
NOTE Confidence: 0.81847566  
00:11:14.421 --> 00:11:16.083 The deeper the pressure you can  
NOTE Confidence: 0.81847566  
00:11:16.083 --> 00:11:17.924 go your getting the circulation  
NOTE Confidence: 0.81847566  
00:11:17.924 --> 00:11:19.799 going a little more deeply,  
NOTE Confidence: 0.81847566  
00:11:19.800 --> 00:11:21.534 and that oxygenates the blood and  
NOTE Confidence: 0.81847566  
00:11:21.534 --> 00:11:23.129 that just leads to everything  
NOTE Confidence: 0.81847566  
00:11:23.129 --> 00:11:25.029 smoothing out the soft tissue,  
NOTE Confidence: 0.81847566  
00:11:25.030 --> 00:11:28.306 smoothing out and feeling more comfortable.  
NOTE Confidence: 0.81847566  
00:11:28.310 --> 00:11:31.847 I'm so again as you self massage at home,  
NOTE Confidence: 0.81847566  
00:11:31.850 --> 00:11:34.986 just no again, you could work the scalp.  
NOTE Confidence: 0.81847566  
00:11:34.990 --> 00:11:38.958 We do that circular motion around the scalp.  
NOTE Confidence: 0.81847566  
00:11:38.960 --> 00:11:41.907 We could do we have along broad  
NOTE Confidence: 0.81847566  
00:11:41.907 --> 00:11:44.040 strokes cross the forehead.  
NOTE Confidence: 0.81847566  
00:11:44.040 --> 00:11:47.127 We go long and broad up the  
NOTE Confidence: 0.81847566  
00:11:47.127 --> 00:11:50.026 arm deep and long. Anne broad.  
NOTE Confidence: 0.81847566

00:11:50.026 --> 00:11:52.291 Defeat the thighs and and  
NOTE Confidence: 0.81847566

00:11:52.291 --> 00:11:54.669 and the the lower leg.  
NOTE Confidence: 0.81847566

00:11:54.670 --> 00:11:56.982 Also deep and broad.  
NOTE Confidence: 0.81847566

00:11:56.982 --> 00:12:01.280 We do those sorts of strokes there.  
NOTE Confidence: 0.81847566

00:12:01.280 --> 00:12:03.000 The goal is to.  
NOTE Confidence: 0.81847566

00:12:03.000 --> 00:12:05.150 Basically you're detoxing your body.  
NOTE Confidence: 0.81847566

00:12:05.150 --> 00:12:09.020 The skin is the largest organ of the body,  
NOTE Confidence: 0.81847566

00:12:09.020 --> 00:12:11.124 so we wanted detox.  
NOTE Confidence: 0.81847566

00:12:11.124 --> 00:12:15.689 From the kind of from the inside out.  
NOTE Confidence: 0.81847566

00:12:15.690 --> 00:12:18.218 This self massage can either do one of  
NOTE Confidence: 0.81847566

00:12:18.218 --> 00:12:20.732 two things if it's a deep stimulating  
NOTE Confidence: 0.81847566

00:12:20.732 --> 00:12:23.060 massage you can increase your energi.  
NOTE Confidence: 0.81847566

00:12:23.060 --> 00:12:25.052 And if you're doing kind of  
NOTE Confidence: 0.81847566

00:12:25.052 --> 00:12:27.269 lighter work and more gentle work,  
NOTE Confidence: 0.81847566

00:12:27.270 --> 00:12:30.276 you're on creating a relaxation in  
NOTE Confidence: 0.81847566

00:12:30.276 --> 00:12:32.280 your parasympathetic nervous system.

NOTE Confidence: 0.81847566

00:12:32.280 --> 00:12:33.956 And throughout your massage,

NOTE Confidence: 0.81847566

00:12:33.956 --> 00:12:36.470 you also want to make sure

NOTE Confidence: 0.81847566

00:12:36.552 --> 00:12:38.837 that you're using your breath.

NOTE Confidence: 0.81847566

00:12:38.840 --> 00:12:42.328 Um, there's a release that's going on there,

NOTE Confidence: 0.81847566

00:12:42.330 --> 00:12:44.520 and stimulation is happening inside,

NOTE Confidence: 0.81847566

00:12:44.520 --> 00:12:46.700 so it's important to remember

NOTE Confidence: 0.81847566

00:12:46.700 --> 00:12:48.444 as you're moving along,

NOTE Confidence: 0.81847566

00:12:48.450 --> 00:12:51.264 just take those kind of depressed

NOTE Confidence: 0.81847566

00:12:51.264 --> 00:12:54.373 those breath in and hold an out

NOTE Confidence: 0.81847566

00:12:54.373 --> 00:12:57.033 as you as you work that massage

NOTE Confidence: 0.81847566

00:12:57.131 --> 00:13:00.225 and in the end the ultimate goal

NOTE Confidence: 0.81847566

00:13:00.225 --> 00:13:01.952 is your nurturing yourself.

NOTE Confidence: 0.81847566

00:13:01.952 --> 00:13:04.696 All of these activities that you do,

NOTE Confidence: 0.81847566

00:13:04.700 --> 00:13:06.180 the meditation, the breathing,

NOTE Confidence: 0.81847566

00:13:06.180 --> 00:13:07.660 and the self massage.

NOTE Confidence: 0.93329984



00:13:07.660 --> 00:13:10.509 It's all to fill yourself with love  
NOTE Confidence: 0.93329984

00:13:10.509 --> 00:13:13.509 and kindness and just to take sometime  
NOTE Confidence: 0.93329984

00:13:13.509 --> 00:13:16.047 throughout each and every day to  
NOTE Confidence: 0.93329984

00:13:16.130 --> 00:13:18.636 give that as a gift to yourself.  
NOTE Confidence: 0.93329984

00:13:18.640 --> 00:13:21.440 You offer so much to everybody to your  
NOTE Confidence: 0.93329984

00:13:21.440 --> 00:13:23.540 friends, your family, your loved ones,  
NOTE Confidence: 0.93329984

00:13:23.540 --> 00:13:25.290 in your coworkers and colleagues.  
NOTE Confidence: 0.93329984

00:13:25.290 --> 00:13:27.942 So just remember to take that  
NOTE Confidence: 0.93329984

00:13:27.942 --> 00:13:30.910 time an offer that to yourself.  
NOTE Confidence: 0.93329984

00:13:30.910 --> 00:13:32.910 Tomorrow, Tuesday at 11:00 o'clock,  
NOTE Confidence: 0.93329984

00:13:32.910 --> 00:13:34.970 we're gonna be doing another  
NOTE Confidence: 0.93329984

00:13:34.970 --> 00:13:37.030 acupressure session and this time  
NOTE Confidence: 0.93329984

00:13:37.097 --> 00:13:39.287 we're going to work on allergies,  
NOTE Confidence: 0.93329984

00:13:39.290 --> 00:13:41.274 sinus colds and flu,  
NOTE Confidence: 0.93329984

00:13:41.274 --> 00:13:43.754 and there's certain points throughout  
NOTE Confidence: 0.93329984

00:13:43.754 --> 00:13:46.330 the body on those meridians that

NOTE Confidence: 0.93329984

00:13:46.330 --> 00:13:49.450 we can activate for a nice release.

NOTE Confidence: 0.93329984

00:13:49.450 --> 00:13:51.778 OK so again, thank you everybody.

NOTE Confidence: 0.93329984

00:13:51.780 --> 00:13:54.622 Keep up all the wonderful work that

NOTE Confidence: 0.93329984

00:13:54.622 --> 00:13:57.635 you're doing and we end each time by

NOTE Confidence: 0.93329984

00:13:57.635 --> 00:13:59.834 saying may the long time Sunshine

NOTE Confidence: 0.93329984

00:13:59.834 --> 00:14:02.620 Appan you an all love surround you

NOTE Confidence: 0.93329984

00:14:02.620 --> 00:14:05.420 and the pure light within you guide

NOTE Confidence: 0.93329984

00:14:05.420 --> 00:14:08.069 your way on guide your way on.

NOTE Confidence: 0.93329984

00:14:08.070 --> 00:14:10.709 Much love to everybody at peace and

NOTE Confidence: 0.93329984

00:14:10.709 --> 00:14:13.510 that white light protection and I will.

NOTE Confidence: 0.93329984

00:14:13.510 --> 00:14:16.380 I will see you soon.