

WEBVTT

NOTE duration:"00:21:22.0480000"

NOTE language:en-us

NOTE Confidence: 0.926367402076721

00:00:00.000 --> 00:00:02.455 OK, so once again welcome.

NOTE Confidence: 0.926367402076721

00:00:02.455 --> 00:00:04.910 Welcome everybody and thank you

NOTE Confidence: 0.926367402076721

00:00:05.001 --> 00:00:07.549 for taking the time out of your

NOTE Confidence: 0.926367402076721

00:00:07.549 --> 00:00:10.509 day to join into this meditation.

NOTE Confidence: 0.926367402076721

00:00:10.510 --> 00:00:13.744 It's just wonderful for you to block

NOTE Confidence: 0.926367402076721

00:00:13.744 --> 00:00:17.256 out all that's going on and just take

NOTE Confidence: 0.926367402076721

00:00:17.256 --> 00:00:20.828 a few minutes and just ground and just

NOTE Confidence: 0.926367402076721

00:00:20.828 --> 00:00:24.188 remember that were so much in control

NOTE Confidence: 0.926367402076721

00:00:24.190 --> 00:00:28.285 of our thoughts and the outcome of our day,

NOTE Confidence: 0.926367402076721

00:00:28.290 --> 00:00:30.620 at least to a degree.

NOTE Confidence: 0.926367402076721

00:00:30.620 --> 00:00:32.500 So I'm summer is here.

NOTE Confidence: 0.926367402076721

00:00:32.500 --> 00:00:34.380 Summer is officially here annum.

NOTE Confidence: 0.926367402076721

00:00:34.380 --> 00:00:36.260 I know. I love it.

NOTE Confidence: 0.926367402076721

00:00:36.260 --> 00:00:39.635 I hope you guys are OK with the heat,

NOTE Confidence: 0.926367402076721
00:00:39.640 --> 00:00:42.648 but it's the sunshine that is so therapeutic.
NOTE Confidence: 0.926367402076721
00:00:42.650 --> 00:00:45.485 So today we're going to do a bit of
NOTE Confidence: 0.926367402076721
00:00:45.485 --> 00:00:48.565 breath work and then we're going to lead
NOTE Confidence: 0.926367402076721
00:00:48.565 --> 00:00:51.446 into a meditation that sort of brings
NOTE Confidence: 0.926367402076721
00:00:51.446 --> 00:00:54.644 the sunshine from outside inside to us again.
NOTE Confidence: 0.926367402076721
00:00:54.644 --> 00:00:56.429 I'm Michelle Grand licensed massage
NOTE Confidence: 0.926367402076721
00:00:56.429 --> 00:00:58.440 therapist at Smilow Cancer Hospital.
NOTE Confidence: 0.926367402076721
00:00:58.440 --> 00:01:01.984 Ann, my pleasure to be with you today.
NOTE Confidence: 0.926367402076721
00:01:01.990 --> 00:01:04.244 The last couple of times we did
NOTE Confidence: 0.926367402076721
00:01:04.244 --> 00:01:06.310 what's called 8 breaths to joy,
NOTE Confidence: 0.926367402076721
00:01:06.310 --> 00:01:08.627 and we're going to continue that again.
NOTE Confidence: 0.926367402076721
00:01:08.630 --> 00:01:10.290 We're going to lead into
NOTE Confidence: 0.926367402076721
00:01:10.290 --> 00:01:11.618 a deeper breath work,
NOTE Confidence: 0.926367402076721
00:01:11.620 --> 00:01:13.984 and then we're going to transition
NOTE Confidence: 0.926367402076721
00:01:13.984 --> 00:01:15.560 into our guided meditation.
NOTE Confidence: 0.926367402076721

00:01:15.560 --> 00:01:16.433 So as always,
NOTE Confidence: 0.926367402076721

00:01:16.433 --> 00:01:18.808 just grab a glass of water should you
NOTE Confidence: 0.926367402076721

00:01:18.808 --> 00:01:20.960 need that as we do our breath work.
NOTE Confidence: 0.926367402076721

00:01:20.960 --> 00:01:23.140 And just bring yourself
NOTE Confidence: 0.926367402076721

00:01:23.140 --> 00:01:25.320 into a comfortable position.
NOTE Confidence: 0.926367402076721

00:01:25.320 --> 00:01:27.721 You could be sitting down cross legged
NOTE Confidence: 0.926367402076721

00:01:27.721 --> 00:01:30.367 or feet on the floor laying down.
NOTE Confidence: 0.926367402076721

00:01:30.370 --> 00:01:32.536 He prefer to close your eyes,
NOTE Confidence: 0.926367402076721

00:01:32.540 --> 00:01:34.548 that's fine as well.
NOTE Confidence: 0.926367402076721

00:01:34.548 --> 00:01:37.058 As we think about joy,
NOTE Confidence: 0.926367402076721

00:01:37.060 --> 00:01:39.466 we just remember that joy can
NOTE Confidence: 0.926367402076721

00:01:39.466 --> 00:01:41.998 bring to us much compassion and
NOTE Confidence: 0.926367402076721

00:01:41.998 --> 00:01:45.342 joy can help us to block out some
NOTE Confidence: 0.926367402076721

00:01:45.438 --> 00:01:47.898 of the negative aspects of what
NOTE Confidence: 0.926367402076721

00:01:47.898 --> 00:01:50.788 may be going on to Latter Day.
NOTE Confidence: 0.943618297576904

00:01:52.990 --> 00:01:56.175 We're going to take our first breath.

NOTE Confidence: 0.943618297576904
00:01:56.180 --> 00:01:58.148 And we're going to bring awareness
NOTE Confidence: 0.943618297576904
00:01:58.148 --> 00:02:00.130 to the sensation of breathing.
NOTE Confidence: 0.932072937488556
00:02:02.520 --> 00:02:06.318 Pay close attention to the fizzle
NOTE Confidence: 0.932072937488556
00:02:06.318 --> 00:02:08.850 physical sensation of your
NOTE Confidence: 0.932072937488556
00:02:08.958 --> 00:02:12.010 breath as it moves in. An out
NOTE Confidence: 0.848781585693359
00:02:15.080 --> 00:02:20.256 Follow your in breath. Anne, your out
NOTE Confidence: 0.848781585693359
00:02:20.256 --> 00:02:23.350 breath from the beginning to the end.
NOTE Confidence: 0.870324850082397
00:02:27.100 --> 00:02:30.866 And the words you say to yourself
NOTE Confidence: 0.870324850082397
00:02:30.866 --> 00:02:33.619 during this breath is breath.
NOTE Confidence: 0.940404534339905
00:02:41.800 --> 00:02:43.520 With the second breath,
NOTE Confidence: 0.940404534339905
00:02:43.520 --> 00:02:46.646 bring your attention to all of the
NOTE Confidence: 0.940404534339905
00:02:46.646 --> 00:02:48.966 sensations in your entire body.
NOTE Confidence: 0.940404534339905
00:02:48.970 --> 00:02:52.708 Allow your awareness to completely fill
NOTE Confidence: 0.940404534339905
00:02:52.708 --> 00:02:56.758 your body and notice what you find.
NOTE Confidence: 0.940404534339905
00:02:56.760 --> 00:03:00.250 Some sensations will be pleasant.
NOTE Confidence: 0.940404534339905

00:03:00.250 --> 00:03:04.180 Some unpleasant and some neutral.
NOTE Confidence: 0.940404534339905

00:03:04.180 --> 00:03:07.323 Now see if you can allow yourself
NOTE Confidence: 0.940404534339905

00:03:07.323 --> 00:03:09.923 to feel these sensations without
NOTE Confidence: 0.940404534339905

00:03:09.923 --> 00:03:13.367 trying to change them at all.
NOTE Confidence: 0.940404534339905

00:03:13.370 --> 00:03:16.845 Pay special attention to any
NOTE Confidence: 0.940404534339905

00:03:16.845 --> 00:03:20.320 tension heavy NIS or agitation.
NOTE Confidence: 0.940404534339905

00:03:20.320 --> 00:03:22.960 And the word for this breath.
NOTE Confidence: 0.940404534339905

00:03:22.960 --> 00:03:24.500 Is body.
NOTE Confidence: 0.84810882806778

00:03:27.340 --> 00:03:28.640 Take a breath then.
NOTE Confidence: 0.419045120477676

00:03:31.790 --> 00:03:33.260 An out
NOTE Confidence: 0.885993897914886

00:03:37.400 --> 00:03:40.135 With the third breath actively
NOTE Confidence: 0.885993897914886

00:03:40.135 --> 00:03:43.930 release all of the tension heavy NIS,
NOTE Confidence: 0.885993897914886

00:03:43.930 --> 00:03:47.780 an agitation in your body.
NOTE Confidence: 0.885993897914886

00:03:47.780 --> 00:03:50.676 You can imagine that it is being washed
NOTE Confidence: 0.885993897914886

00:03:50.676 --> 00:03:53.657 out of you with your out breath and
NOTE Confidence: 0.885993897914886

00:03:53.657 --> 00:03:56.610 the word for this breath is release.

NOTE Confidence: 0.883228480815887
00:04:05.050 --> 00:04:07.094 With the 4th breath,
NOTE Confidence: 0.883228480815887
00:04:07.094 --> 00:04:09.246 say to yourself, meh,
NOTE Confidence: 0.883228480815887
00:04:09.246 --> 00:04:14.174 you have izan lightness of body and mind.
NOTE Confidence: 0.883228480815887
00:04:14.180 --> 00:04:17.364 See if you can see this with your
NOTE Confidence: 0.883228480815887
00:04:17.364 --> 00:04:20.407 heart filled with love and generosity.
NOTE Confidence: 0.883228480815887
00:04:20.410 --> 00:04:21.636 Twords yourself.
NOTE Confidence: 0.883228480815887
00:04:21.636 --> 00:04:24.701 You are wishing yourself well
NOTE Confidence: 0.883228480815887
00:04:24.701 --> 00:04:27.016 and sending compassion to
NOTE Confidence: 0.883228480815887
00:04:27.016 --> 00:04:29.308 your body and mind and the
NOTE Confidence: 0.883228480815887
00:04:29.308 --> 00:04:31.878 word for this breath is love.
NOTE Confidence: 0.88121885061264
00:04:35.410 --> 00:04:36.730 Take your breath in.
NOTE Confidence: 0.573100388050079
00:04:40.200 --> 00:04:40.940 That out.
NOTE Confidence: 0.927785634994507
00:04:43.660 --> 00:04:45.008 With the 5th breath,
NOTE Confidence: 0.927785634994507
00:04:45.008 --> 00:04:47.030 notice if there are any Cravings
NOTE Confidence: 0.927785634994507
00:04:47.098 --> 00:04:48.878 or aversions present in you.
NOTE Confidence: 0.927785634994507

00:04:48.880 --> 00:04:51.456 Is there any part of you that
NOTE Confidence: 0.927785634994507

00:04:51.456 --> 00:04:53.786 wants reality to be a little
NOTE Confidence: 0.927785634994507

00:04:53.786 --> 00:04:56.078 different than it is right now?
NOTE Confidence: 0.927785634994507

00:04:56.080 --> 00:04:59.736 Is there anyway that you are not accepting
NOTE Confidence: 0.927785634994507

00:04:59.736 --> 00:05:03.027 or fighting against things as they are?
NOTE Confidence: 0.927785634994507

00:05:03.030 --> 00:05:06.168 Just notice any Cravings or aversions
NOTE Confidence: 0.927785634994507

00:05:06.168 --> 00:05:09.282 an let yourself feel them without
NOTE Confidence: 0.927785634994507

00:05:09.282 --> 00:05:12.054 trying to make them go away.
NOTE Confidence: 0.927785634994507

00:05:12.060 --> 00:05:13.820 They are not your enemy,
NOTE Confidence: 0.927785634994507

00:05:13.820 --> 00:05:17.012 they are a part of you that needs
NOTE Confidence: 0.927785634994507

00:05:17.012 --> 00:05:18.570 love and caring.
NOTE Confidence: 0.927785634994507

00:05:18.570 --> 00:05:21.906 And the word for this brat is Cravings.
NOTE Confidence: 0.941892445087433

00:05:27.520 --> 00:05:30.088 In every moment of life there
NOTE Confidence: 0.941892445087433

00:05:30.088 --> 00:05:32.330 are infinite reasons to suffer
NOTE Confidence: 0.941892445087433

00:05:32.330 --> 00:05:35.024 an infinite reasons to be happy.
NOTE Confidence: 0.941892445087433

00:05:35.030 --> 00:05:37.860 What matters is where we're

NOTE Confidence: 0.941892445087433
00:05:37.860 --> 00:05:39.558 putting our attention.
NOTE Confidence: 0.941892445087433
00:05:39.560 --> 00:05:41.484 With the six breath,
NOTE Confidence: 0.941892445087433
00:05:41.484 --> 00:05:44.884 become aware that everything you need to
NOTE Confidence: 0.941892445087433
00:05:44.884 --> 00:05:48.276 be happy is already present in this moment.
NOTE Confidence: 0.941892445087433
00:05:48.280 --> 00:05:50.350 All of the conditions that
NOTE Confidence: 0.941892445087433
00:05:50.350 --> 00:05:52.006 are needed for peace,
NOTE Confidence: 0.941892445087433
00:05:52.010 --> 00:05:54.045 joy and freedom are already
NOTE Confidence: 0.941892445087433
00:05:54.045 --> 00:05:56.560 here in every moment of life.
NOTE Confidence: 0.941892445087433
00:05:56.560 --> 00:05:58.985 There infinite reasons to suffer
NOTE Confidence: 0.941892445087433
00:05:58.985 --> 00:06:02.000 an infinite reasons to be happy.
NOTE Confidence: 0.941892445087433
00:06:02.000 --> 00:06:04.650 What matters is where we're
NOTE Confidence: 0.941892445087433
00:06:04.650 --> 00:06:06.240 putting our attention.
NOTE Confidence: 0.941892445087433
00:06:06.240 --> 00:06:09.432 Let's no longer ignore the positive
NOTE Confidence: 0.941892445087433
00:06:09.432 --> 00:06:12.869 conditions that are available in this moment.
NOTE Confidence: 0.941892445087433
00:06:12.870 --> 00:06:14.235 Problems do exist,
NOTE Confidence: 0.941892445087433

00:06:14.235 --> 00:06:17.420 but they are not all that exists.
NOTE Confidence: 0.941892445087433

00:06:17.420 --> 00:06:19.880 For this one breath focus on
NOTE Confidence: 0.941892445087433

00:06:19.880 --> 00:06:22.229 everything in life that is good.
NOTE Confidence: 0.941892445087433

00:06:22.230 --> 00:06:24.900 We are no longer regretting the
NOTE Confidence: 0.941892445087433

00:06:24.900 --> 00:06:27.669 past or worrying about the future.
NOTE Confidence: 0.941892445087433

00:06:27.670 --> 00:06:30.792 We are here and present to the
NOTE Confidence: 0.941892445087433

00:06:30.792 --> 00:06:33.595 miracles of life and the word
NOTE Confidence: 0.941892445087433

00:06:33.595 --> 00:06:36.319 for this breath is letting go.
NOTE Confidence: 0.702517211437225

00:06:39.580 --> 00:06:40.530 Breath in.
NOTE Confidence: 0.812231719493866

00:06:43.850 --> 00:06:47.198 Han let it go.
NOTE Confidence: 0.812231719493866

00:06:47.200 --> 00:06:50.116 With the 7th Graf, become aware
NOTE Confidence: 0.812231719493866

00:06:50.116 --> 00:06:53.619 that you are alive as you breathe.
NOTE Confidence: 0.812231719493866

00:06:53.620 --> 00:06:57.564 Feel the energy of life moving through you.
NOTE Confidence: 0.812231719493866

00:06:57.570 --> 00:07:00.500 With this breath, we recognize
NOTE Confidence: 0.812231719493866

00:07:00.500 --> 00:07:03.430 the miracle of being alive.
NOTE Confidence: 0.812231719493866

00:07:03.430 --> 00:07:06.524 We become fully awake to the experience

NOTE Confidence: 0.812231719493866
00:07:06.524 --> 00:07:09.737 of being alive in the present mode moment
NOTE Confidence: 0.812231719493866
00:07:09.737 --> 00:07:13.509 and we see what a precious thing this is.
NOTE Confidence: 0.812231719493866
00:07:13.510 --> 00:07:16.894 If you had just a few minutes to live,
NOTE Confidence: 0.812231719493866
00:07:16.900 --> 00:07:19.732 it would be so clear that 24 hours
NOTE Confidence: 0.812231719493866
00:07:19.732 --> 00:07:22.428 of light is incredibly precious.
NOTE Confidence: 0.812231719493866
00:07:22.430 --> 00:07:25.900 Let's not ignore this truth.
NOTE Confidence: 0.812231719493866
00:07:25.900 --> 00:07:29.036 The word for this breath is alive.
NOTE Confidence: 0.839784801006317
00:07:34.060 --> 00:07:38.494 With this eight breath, become aware
NOTE Confidence: 0.839784801006317
00:07:38.494 --> 00:07:43.399 of the beauty within an around you.
NOTE Confidence: 0.839784801006317
00:07:43.400 --> 00:07:46.680 As soon as we let go of desires,
NOTE Confidence: 0.839784801006317
00:07:46.680 --> 00:07:49.550 an wake up to the present moment,
NOTE Confidence: 0.839784801006317
00:07:49.550 --> 00:07:52.050 we see the reality itself
NOTE Confidence: 0.839784801006317
00:07:52.050 --> 00:07:53.550 is indescribably beautiful.
NOTE Confidence: 0.839784801006317
00:07:53.550 --> 00:07:57.632 All of our senses are sight, sound,
NOTE Confidence: 0.839784801006317
00:07:57.632 --> 00:08:01.664 smell, taste, touch and mental perception.
NOTE Confidence: 0.839784801006317

00:08:01.670 --> 00:08:04.660 Deliver this beauty to yourself
NOTE Confidence: 0.839784801006317

00:08:04.660 --> 00:08:07.052 as a precious gift.
NOTE Confidence: 0.839784801006317

00:08:07.060 --> 00:08:10.168 All we have to do is enjoy.
NOTE Confidence: 0.839784801006317

00:08:10.170 --> 00:08:13.370 And the word for this breath is beauty.
NOTE Confidence: 0.859124362468719

00:08:20.510 --> 00:08:24.194 So we can practice the eight
NOTE Confidence: 0.859124362468719

00:08:24.194 --> 00:08:27.420 breaths of joy like this.
NOTE Confidence: 0.859124362468719

00:08:27.420 --> 00:08:32.436 Our first breath is body we breathe in.
NOTE Confidence: 0.394068986177444

00:08:35.280 --> 00:08:37.350 An out
NOTE Confidence: 0.890800893306732

00:08:39.920 --> 00:08:44.259 Our second breath is breath. We breathe in.
NOTE Confidence: 0.446699619293213

00:08:47.010 --> 00:08:48.280 An out
NOTE Confidence: 0.872498691082001

00:08:52.360 --> 00:08:56.576 Our third breath is release we breathe in.
NOTE Confidence: 0.518120884895325

00:08:59.130 --> 00:09:00.280 An out
NOTE Confidence: 0.868830680847168

00:09:02.460 --> 00:09:04.920 Our next breath is love.
NOTE Confidence: 0.868830680847168

00:09:04.920 --> 00:09:09.530 We breathe in. An out
NOTE Confidence: 0.861214101314545

00:09:11.990 --> 00:09:15.686 We next breathing craving we breathe in.
NOTE Confidence: 0.78844690322876

00:09:18.360 --> 00:09:23.706 And breathe out. Are six web

NOTE Confidence: 0.78844690322876
00:09:23.706 --> 00:09:26.508 is letting go. We breathe in.
NOTE Confidence: 0.903454661369324
00:09:28.690 --> 00:09:30.180 And we let it go.
NOTE Confidence: 0.873344838619232
00:09:34.960 --> 00:09:37.080 Our 7th breath is alive.
NOTE Confidence: 0.873344838619232
00:09:37.080 --> 00:09:40.034 We take a breath in with that.
NOTE Confidence: 0.790670990943909
00:09:43.060 --> 00:09:44.280 I'm let it go.
NOTE Confidence: 0.867146492004395
00:09:47.960 --> 00:09:50.265 I've final an eighth breath
NOTE Confidence: 0.867146492004395
00:09:50.265 --> 00:09:52.930 is beauty and we breathe in.
NOTE Confidence: 0.857698500156403
00:09:55.950 --> 00:09:58.450 And we let it go.
NOTE Confidence: 0.797978281974792
00:10:00.700 --> 00:10:06.950 Just take a moment of stillness.
NOTE Confidence: 0.797978281974792
00:10:06.950 --> 00:10:10.135 And just feel all the effort you've
NOTE Confidence: 0.797978281974792
00:10:10.135 --> 00:10:14.138 put in to the eight breaths to joy.
NOTE Confidence: 0.835666358470917
00:10:20.800 --> 00:10:25.098 We're going to move into some generic
NOTE Confidence: 0.835666358470917
00:10:25.098 --> 00:10:28.875 and a little more general breath
NOTE Confidence: 0.835666358470917
00:10:28.875 --> 00:10:34.013 work just to help us now come deeper
NOTE Confidence: 0.835666358470917
00:10:34.013 --> 00:10:37.988 into her grounding. Close your eyes.
NOTE Confidence: 0.934904277324677

00:10:40.510 --> 00:10:43.486 The past has already gone in
NOTE Confidence: 0.934904277324677

00:10:43.486 --> 00:10:46.450 the future is yet to come.
NOTE Confidence: 0.934904277324677

00:10:46.450 --> 00:10:49.186 I am concentrating on being peaceful,
NOTE Confidence: 0.934904277324677

00:10:49.190 --> 00:10:54.314 happy and free in the present moment.
NOTE Confidence: 0.934904277324677

00:10:54.320 --> 00:10:56.680 I'm concentrating on being
NOTE Confidence: 0.934904277324677

00:10:56.680 --> 00:10:59.040 aware of each breath.
NOTE Confidence: 0.934904277324677

00:10:59.040 --> 00:11:03.808 And my attention on the breath is continuous.
NOTE Confidence: 0.934904277324677

00:11:03.810 --> 00:11:07.422 I follow the breath as it begins
NOTE Confidence: 0.934904277324677

00:11:07.422 --> 00:11:12.009 in your abdomen, starts to expand.
NOTE Confidence: 0.934904277324677

00:11:12.010 --> 00:11:14.260 You continue to pay attention
NOTE Confidence: 0.934904277324677

00:11:14.260 --> 00:11:15.610 as your abdomen.
NOTE Confidence: 0.934904277324677

00:11:15.610 --> 00:11:19.320 Why is isn't falls with each breath?
NOTE Confidence: 0.917068004608154

00:11:21.410 --> 00:11:23.135 Feel like a child going
NOTE Confidence: 0.917068004608154

00:11:23.135 --> 00:11:25.460 high and low on a swing.
NOTE Confidence: 0.903270184993744

00:11:29.390 --> 00:11:31.976 Like a swing, your breath slows
NOTE Confidence: 0.903270184993744

00:11:31.976 --> 00:11:34.947 down at each end you follow it

NOTE Confidence: 0.903270184993744
00:11:34.947 --> 00:11:37.649 all the way is it slows down.
NOTE Confidence: 0.950317025184631
00:11:40.410 --> 00:11:42.290 And then it starts again.
NOTE Confidence: 0.893172681331635
00:11:44.810 --> 00:11:46.900 Your mind may produce thoughts,
NOTE Confidence: 0.893172681331635
00:11:46.900 --> 00:11:49.688 and that's its nature.
NOTE Confidence: 0.893172681331635
00:11:49.690 --> 00:11:52.118 Don't follow the thoughts,
NOTE Confidence: 0.893172681331635
00:11:52.118 --> 00:11:55.153 just concentrate on the breath.
NOTE Confidence: 0.893172681331635
00:11:55.160 --> 00:11:57.818 And just feel comfortable at ease
NOTE Confidence: 0.893172681331635
00:11:57.818 --> 00:12:00.800 with each breath that go up tension,
NOTE Confidence: 0.893172681331635
00:12:00.800 --> 00:12:03.350 but you may feel somewhere
NOTE Confidence: 0.893172681331635
00:12:03.350 --> 00:12:05.900 in your body and mind.
NOTE Confidence: 0.893172681331635
00:12:05.900 --> 00:12:07.852 If there are sounds,
NOTE Confidence: 0.893172681331635
00:12:07.852 --> 00:12:10.292 do not react to them.
NOTE Confidence: 0.893172681331635
00:12:10.300 --> 00:12:14.780 Just notice them and let them go.
NOTE Confidence: 0.893172681331635
00:12:14.780 --> 00:12:16.568 And continue to enjoy
NOTE Confidence: 0.893172681331635
00:12:16.568 --> 00:12:17.909 the breath peacefully.
NOTE Confidence: 0.944514155387878

00:12:22.250 --> 00:12:24.230 Focusing on your breath keeps you
NOTE Confidence: 0.944514155387878

00:12:24.230 --> 00:12:26.110 from getting lost in thought.
NOTE Confidence: 0.930538058280945

00:12:29.160 --> 00:12:31.815 Notice sounds and skin sensations
NOTE Confidence: 0.930538058280945

00:12:31.815 --> 00:12:33.939 without reacting to them.
NOTE Confidence: 0.89493203163147

00:12:37.790 --> 00:12:41.330 Smile at disturbances such as Memories,
NOTE Confidence: 0.89493203163147

00:12:41.330 --> 00:12:45.010 Little Itches and noises.
NOTE Confidence: 0.89493203163147

00:12:45.010 --> 00:12:46.770 Smiling relaxed as you and
NOTE Confidence: 0.89493203163147

00:12:46.770 --> 00:12:48.178 makes you feel content.
NOTE Confidence: 0.927173316478729

00:12:50.510 --> 00:12:54.569 With each breath arrive in the here and now.
NOTE Confidence: 0.911832392215729

00:12:57.180 --> 00:12:59.990 Your mind is peaceful and
NOTE Confidence: 0.911832392215729

00:12:59.990 --> 00:13:02.800 your body is free attention.
NOTE Confidence: 0.911832392215729

00:13:02.800 --> 00:13:06.648 You're calm and rested.
NOTE Confidence: 0.911832392215729

00:13:06.650 --> 00:13:11.284 And you feel free. And at home.
NOTE Confidence: 0.911832392215729

00:13:11.290 --> 00:13:19.940 Now with the next outlast.
NOTE Confidence: 0.911832392215729

00:13:19.940 --> 00:13:24.287 Just start to feel the weight of your body.
NOTE Confidence: 0.92595237493515

00:13:26.340 --> 00:13:29.130 Notice the points of contact

NOTE Confidence: 0.92595237493515

00:13:29.130 --> 00:13:32.740 of your feet on the floor.

NOTE Confidence: 0.92595237493515

00:13:32.740 --> 00:13:35.550 And your hands and arms.

NOTE Confidence: 0.92595237493515

00:13:35.550 --> 00:13:37.446 As they rest on your legs.

NOTE Confidence: 0.906936943531036

00:13:40.350 --> 00:13:45.474 Bring your mind into the physical senses.

NOTE Confidence: 0.906936943531036

00:13:45.480 --> 00:13:48.256 And settled back into the space around you.

NOTE Confidence: 0.9244145154953

00:13:50.850 --> 00:13:53.646 Now just bringing the attention a

NOTE Confidence: 0.9244145154953

00:13:53.646 --> 00:13:56.694 little bit more tired the body as

NOTE Confidence: 0.9244145154953

00:13:56.694 --> 00:13:59.242 you scan down from head to toe.

NOTE Confidence: 0.94390344619751

00:14:03.080 --> 00:14:06.812 Noticing any areas that feel particularly

NOTE Confidence: 0.94390344619751

00:14:06.812 --> 00:14:08.678 comfortable or uncomfortable.

NOTE Confidence: 0.94390344619751

00:14:08.680 --> 00:14:10.995 Just building up a picture

NOTE Confidence: 0.94390344619751

00:14:10.995 --> 00:14:13.310 of how the body feels.

NOTE Confidence: 0.94390344619751

00:14:13.310 --> 00:14:14.862 And just noticing it,

NOTE Confidence: 0.94390344619751

00:14:14.862 --> 00:14:16.802 there's any particular mood that

NOTE Confidence: 0.94390344619751

00:14:16.802 --> 00:14:18.620 maybe around at the moment.

NOTE Confidence: 0.91096019744873

00:14:23.220 --> 00:14:26.500 Notice will you feel strongest
NOTE Confidence: 0.91096019744873

00:14:26.500 --> 00:14:29.780 in your body right now?
NOTE Confidence: 0.847352087497711

00:14:33.680 --> 00:14:41.760 And follow the natural rhythm of your breath.
NOTE Confidence: 0.847352087497711

00:14:41.760 --> 00:14:45.872 Now I'd like you to just imagine a
NOTE Confidence: 0.847352087497711

00:14:45.872 --> 00:14:49.250 steady flow from above the head.
NOTE Confidence: 0.847352087497711

00:14:49.250 --> 00:14:53.690 It almost feels like liquid sunlight.
NOTE Confidence: 0.847352087497711

00:14:53.690 --> 00:14:57.716 It's very smooth and very warm.
NOTE Confidence: 0.847352087497711

00:14:57.720 --> 00:15:02.000 Very clear and very bright.
NOTE Confidence: 0.847352087497711

00:15:02.000 --> 00:15:04.475 It's almost like taking a
NOTE Confidence: 0.847352087497711

00:15:04.475 --> 00:15:06.950 mental shower and this warm,
NOTE Confidence: 0.847352087497711

00:15:06.950 --> 00:15:08.843 beautiful, clear blight,
NOTE Confidence: 0.847352087497711

00:15:08.843 --> 00:15:12.629 bright light flows down through the
NOTE Confidence: 0.847352087497711

00:15:12.629 --> 00:15:16.414 top of your head and into the body.
NOTE Confidence: 0.847352087497711

00:15:16.420 --> 00:15:20.837 At it travels all the way down.
NOTE Confidence: 0.847352087497711

00:15:20.840 --> 00:15:23.885 It's going to fill the body up
NOTE Confidence: 0.847352087497711

00:15:23.885 --> 00:15:27.020 as though it were a container.

NOTE Confidence: 0.847352087497711
00:15:27.020 --> 00:15:30.520 Just melting away any tension.
NOTE Confidence: 0.847352087497711
00:15:30.520 --> 00:15:33.719 And it is comfort as the light
NOTE Confidence: 0.847352087497711
00:15:33.719 --> 00:15:35.720 moves its way down.
NOTE Confidence: 0.913722014427185
00:15:37.820 --> 00:15:39.167 Just follow it.
NOTE Confidence: 0.913722014427185
00:15:39.167 --> 00:15:42.310 As it travels down through the body,
NOTE Confidence: 0.913722014427185
00:15:42.310 --> 00:15:46.210 sliding down towards the feet.
NOTE Confidence: 0.913722014427185
00:15:46.210 --> 00:15:49.466 You're just feeling it as it goes up
NOTE Confidence: 0.913722014427185
00:15:49.466 --> 00:15:53.150 all the way at the toes one at a time.
NOTE Confidence: 0.913722014427185
00:15:53.150 --> 00:15:54.875 Just mental acknowledging
NOTE Confidence: 0.913722014427185
00:15:54.875 --> 00:15:58.325 each to as it goes through.
NOTE Confidence: 0.799334228038788
00:16:02.400 --> 00:16:09.240 Now the light is going to come back up.
NOTE Confidence: 0.799334228038788
00:16:09.240 --> 00:16:12.068 It's gonna travel up through the feet,
NOTE Confidence: 0.799334228038788
00:16:12.070 --> 00:16:15.070 the heels and the ankles, and it's
NOTE Confidence: 0.799334228038788
00:16:15.070 --> 00:16:18.500 going to continue up towards the knees.
NOTE Confidence: 0.799334228038788
00:16:18.500 --> 00:16:20.852 So just melting away any tension
NOTE Confidence: 0.799334228038788

00:16:20.852 --> 00:16:23.480 and focusing on the spaciousness,
NOTE Confidence: 0.799334228038788

00:16:23.480 --> 00:16:24.386 the brightness,
NOTE Confidence: 0.799334228038788

00:16:24.386 --> 00:16:27.104 the warmth as it continues up,
NOTE Confidence: 0.799334228038788

00:16:27.110 --> 00:16:30.638 the upper half of the leg.
NOTE Confidence: 0.799334228038788

00:16:30.640 --> 00:16:33.028 Towards the hip and pelvic area.
NOTE Confidence: 0.894653141498566

00:16:35.360 --> 00:16:38.016 Continuing to feel the
NOTE Confidence: 0.894653141498566

00:16:38.016 --> 00:16:41.336 steady flow of that light.
NOTE Confidence: 0.894653141498566

00:16:41.340 --> 00:16:43.956 As it melts away any tension.
NOTE Confidence: 0.912549436092377

00:16:47.160 --> 00:16:49.515 That beautiful white warm light
NOTE Confidence: 0.912549436092377

00:16:49.515 --> 00:16:52.317 continues up through the trunk of
NOTE Confidence: 0.912549436092377

00:16:52.317 --> 00:16:54.907 the body and it reaches the stomach.
NOTE Confidence: 0.912549436092377

00:16:54.910 --> 00:16:58.920 The low back the diaphragm.
NOTE Confidence: 0.912549436092377

00:16:58.920 --> 00:17:02.828 Melt away any attention.
NOTE Confidence: 0.912549436092377

00:17:02.830 --> 00:17:05.330 Continues up through the
NOTE Confidence: 0.912549436092377

00:17:05.330 --> 00:17:09.080 chest and the upper back area.
NOTE Confidence: 0.912549436092377

00:17:09.080 --> 00:17:11.920 All the way up to the top of the shoulders.

NOTE Confidence: 0.899858236312866
00:17:13.930 --> 00:17:18.298 It continues to flow now down both of
NOTE Confidence: 0.899858236312866
00:17:18.298 --> 00:17:22.959 the arms towards the elbows and hands.
NOTE Confidence: 0.899858236312866
00:17:22.960 --> 00:17:26.035 This beautiful warm liquid sunshine
NOTE Confidence: 0.899858236312866
00:17:26.035 --> 00:17:30.238 is filling up one finger at a time.
NOTE Confidence: 0.873828232288361
00:17:35.080 --> 00:17:40.048 Going back now of the hands in the rest.
NOTE Confidence: 0.873828232288361
00:17:40.050 --> 00:17:42.787 Again, feeling it as it fills up
NOTE Confidence: 0.873828232288361
00:17:42.787 --> 00:17:45.399 tore the elbows in the shoulders.
NOTE Confidence: 0.873828232288361
00:17:45.400 --> 00:17:49.607 Releasing any tension you feel at all.
NOTE Confidence: 0.873828232288361
00:17:49.610 --> 00:17:50.864 Just melting.
NOTE Confidence: 0.873828232288361
00:17:50.864 --> 00:17:55.253 Attention away as it continues to travel
NOTE Confidence: 0.873828232288361
00:17:55.253 --> 00:18:00.000 now up through your neck and throat area.
NOTE Confidence: 0.873828232288361
00:18:00.000 --> 00:18:02.928 Up through your head.
NOTE Confidence: 0.873828232288361
00:18:02.930 --> 00:18:07.946 All the muscles in and around your face.
NOTE Confidence: 0.873828232288361
00:18:07.950 --> 00:18:11.830 Until it gets to the very top of your body.
NOTE Confidence: 0.869737446308136
00:18:16.650 --> 00:18:20.280 The entire body now is full.
NOTE Confidence: 0.869737446308136

00:18:20.280 --> 00:18:23.748 Of that very spacious, clear feeling.
NOTE Confidence: 0.950105011463165

00:18:26.740 --> 00:18:29.755 Continue to feel the flow
NOTE Confidence: 0.950105011463165

00:18:29.755 --> 00:18:32.167 throughout your entire body.
NOTE Confidence: 0.913142561912537

00:18:35.310 --> 00:18:37.968 And just rest for a moment.
NOTE Confidence: 0.913142561912537

00:18:37.970 --> 00:18:39.870 In this place of peace.
NOTE Confidence: 0.906156718730927

00:19:02.800 --> 00:19:05.376 could bring your attention
NOTE Confidence: 0.906156718730927

00:19:05.376 --> 00:19:08.596 back into the body again.
NOTE Confidence: 0.906156718730927

00:19:08.600 --> 00:19:12.533 And start to feel the weight of your body.
NOTE Confidence: 0.906156718730927

00:19:12.540 --> 00:19:14.420 The physical points of
NOTE Confidence: 0.906156718730927

00:19:14.420 --> 00:19:16.300 contact with the floor.
NOTE Confidence: 0.906156718730927

00:19:16.300 --> 00:19:19.200 Notice any sounds or smells
NOTE Confidence: 0.906156718730927

00:19:19.200 --> 00:19:22.100 and just bring yourself back
NOTE Confidence: 0.906156718730927

00:19:22.213 --> 00:19:24.908 into the space around you.
NOTE Confidence: 0.906156718730927

00:19:24.910 --> 00:19:26.731 When you're ready,
NOTE Confidence: 0.906156718730927

00:19:26.731 --> 00:19:29.766 take a deep breath in.
NOTE Confidence: 0.824829936027527

00:19:32.210 --> 00:19:38.720 Hang out. Can you open your eyes?

NOTE Confidence: 0.824829936027527
00:19:38.720 --> 00:19:41.042 And stretch your arms out to
NOTE Confidence: 0.824829936027527
00:19:41.042 --> 00:19:43.580 either side as far as you can.
NOTE Confidence: 0.919934213161469
00:19:46.480 --> 00:19:50.540 When your arms up over your head.
NOTE Confidence: 0.919934213161469
00:19:50.540 --> 00:19:55.670 We then and let it go. Into prayer pose.
NOTE Confidence: 0.910731762647629
00:19:58.890 --> 00:20:02.970 An open your eyes. Thank you so much.
NOTE Confidence: 0.910731762647629
00:20:02.970 --> 00:20:06.500 That was a lot of work to just bring your
NOTE Confidence: 0.910731762647629
00:20:06.590 --> 00:20:09.590 focus inside and bring your awareness
NOTE Confidence: 0.910731762647629
00:20:09.590 --> 00:20:13.364 to yourself and just feel the love and
NOTE Confidence: 0.910731762647629
00:20:13.364 --> 00:20:16.319 the beauty that you have within you.
NOTE Confidence: 0.910731762647629
00:20:16.319 --> 00:20:18.833 Hopefully as you move through your
NOTE Confidence: 0.910731762647629
00:20:18.833 --> 00:20:21.608 days and your weeks, you're beginning
NOTE Confidence: 0.910731762647629
00:20:21.608 --> 00:20:24.482 to see through the meditation that
NOTE Confidence: 0.910731762647629
00:20:24.482 --> 00:20:27.966 you are able to not get so wrapped up.
NOTE Confidence: 0.910731762647629
00:20:27.970 --> 00:20:30.130 Maybe in all whatever chaos.
NOTE Confidence: 0.910731762647629
00:20:30.130 --> 00:20:33.326 Maybe around you at the moment. Just.
NOTE Confidence: 0.910731762647629

00:20:33.326 --> 00:20:37.358 Being able to acknowledge what you see,
NOTE Confidence: 0.910731762647629

00:20:37.360 --> 00:20:40.688 what you hear an not trying to change
NOTE Confidence: 0.910731762647629

00:20:40.688 --> 00:20:43.905 anything on just staying grounded in your
NOTE Confidence: 0.910731762647629

00:20:43.905 --> 00:20:47.785 own thoughts and and who you are and
NOTE Confidence: 0.910731762647629

00:20:47.785 --> 00:20:50.785 maintaining your own peace and happiness.
NOTE Confidence: 0.910731762647629

00:20:50.790 --> 00:20:52.654 And we just respecting,
NOTE Confidence: 0.910731762647629

00:20:52.654 --> 00:20:56.432 you know whatever else is around you as
NOTE Confidence: 0.910731762647629

00:20:56.432 --> 00:20:59.114 being maybe truth for somebody else.
NOTE Confidence: 0.910731762647629

00:20:59.120 --> 00:21:01.826 So thank you all everybody to
NOTE Confidence: 0.910731762647629

00:21:01.826 --> 00:21:04.690 for your time and your face.
NOTE Confidence: 0.910731762647629

00:21:04.690 --> 00:21:06.280 And we leave by saying,
NOTE Confidence: 0.910731762647629

00:21:06.280 --> 00:21:08.808 may the longtime sunshine upon you at all.
NOTE Confidence: 0.910731762647629

00:21:08.810 --> 00:21:10.868 Love surrounds you in the pure
NOTE Confidence: 0.910731762647629

00:21:10.868 --> 00:21:13.162 light within you guys your way on
NOTE Confidence: 0.910731762647629

00:21:13.162 --> 00:21:15.150 guide your way on which is for,
NOTE Confidence: 0.910731762647629

00:21:15.150 --> 00:21:17.518 uh, a good weekend and I hope to

NOTE Confidence: 0.910731762647629

00:21:17.518 --> 00:21:19.588 see you on Monday at 10:30.

NOTE Confidence: 0.910731762647629

00:21:19.590 --> 00:21:22.044 If you can all join again.