

WEBVTT

NOTE duration:"00:26:24.5760000"

NOTE language:en-us

NOTE Confidence: 0.918254256248474

00:00:00.000 --> 00:00:02.142 Hey good game, good morning everybody

NOTE Confidence: 0.918254256248474

00:00:02.142 --> 00:00:04.748 and thank you for being here today.

NOTE Confidence: 0.918254256248474

00:00:04.750 --> 00:00:07.478 We're gonna do some great work and then

NOTE Confidence: 0.918254256248474

00:00:07.478 --> 00:00:10.170 we're gonna do a guided meditation again.

NOTE Confidence: 0.918254256248474

00:00:10.170 --> 00:00:12.382 My name is Michelle Grand an I'm

NOTE Confidence: 0.918254256248474

00:00:12.382 --> 00:00:14.227 a licensed massage therapists and

NOTE Confidence: 0.918254256248474

00:00:14.227 --> 00:00:16.307 work with the oncology patients.

NOTE Confidence: 0.918254256248474

00:00:16.310 --> 00:00:17.878 It's Milo Cancer Hospital.

NOTE Confidence: 0.918254256248474

00:00:17.878 --> 00:00:20.600 It's my honor and privilege at this

NOTE Confidence: 0.918254256248474

00:00:20.600 --> 00:00:22.968 time to be with you today as we

NOTE Confidence: 0.918254256248474

00:00:22.968 --> 00:00:25.328 embark on the journey of relaxation.

NOTE Confidence: 0.918254256248474

00:00:25.330 --> 00:00:27.448 I'm gonna do something a little

NOTE Confidence: 0.918254256248474

00:00:27.448 --> 00:00:30.069 bit new today with the breath work.

NOTE Confidence: 0.918254256248474

00:00:30.070 --> 00:00:32.236 It's called naughty.

NOTE Confidence: 0.918254256248474
00:00:32.236 --> 00:00:36.260 Show Donna Annetts channel cleansing breath.
NOTE Confidence: 0.918254256248474
00:00:36.260 --> 00:00:40.602 This is something that's gonna open us
NOTE Confidence: 0.918254256248474
00:00:40.602 --> 00:00:43.968 up a bit and energize as a bit before
NOTE Confidence: 0.918254256248474
00:00:44.063 --> 00:00:47.430 we move into to the meditation work.
NOTE Confidence: 0.918254256248474
00:00:47.430 --> 00:00:49.368 Good to have some water nearby
NOTE Confidence: 0.918254256248474
00:00:49.368 --> 00:00:51.379 because sometimes when we do the
NOTE Confidence: 0.918254256248474
00:00:51.379 --> 00:00:53.353 Breathwork it's very could be very
NOTE Confidence: 0.918254256248474
00:00:53.353 --> 00:00:55.086 stimulating and you could need to
NOTE Confidence: 0.918254256248474
00:00:55.086 --> 00:00:57.630 Hydrate a little bit as we go along.
NOTE Confidence: 0.918254256248474
00:00:57.630 --> 00:01:00.324 So as always, just bring yourself
NOTE Confidence: 0.918254256248474
00:01:00.324 --> 00:01:01.876 into a comfortable position,
NOTE Confidence: 0.918254256248474
00:01:01.880 --> 00:01:03.820 whatever that is for you,
NOTE Confidence: 0.918254256248474
00:01:03.820 --> 00:01:05.372 whether it's sitting down,
NOTE Confidence: 0.918254256248474
00:01:05.372 --> 00:01:08.684 cross legged feet, flat on the ground,
NOTE Confidence: 0.918254256248474
00:01:08.684 --> 00:01:13.060 or even laying back and closing your eyes.
NOTE Confidence: 0.918254256248474

00:01:13.060 --> 00:01:16.060 What would you do to begin
NOTE Confidence: 0.918254256248474

00:01:16.060 --> 00:01:18.620 is Organa take our thumb.
NOTE Confidence: 0.918254256248474

00:01:18.620 --> 00:01:21.692 And we're gonna gently close the
NOTE Confidence: 0.918254256248474

00:01:21.692 --> 00:01:24.390 right nostril with your thumb.
NOTE Confidence: 0.918254256248474

00:01:24.390 --> 00:01:27.455 We're going to inhale through
NOTE Confidence: 0.918254256248474

00:01:27.455 --> 00:01:29.294 the left nostril.
NOTE Confidence: 0.918254256248474

00:01:29.300 --> 00:01:33.836 And then we're going to take our ring finger.
NOTE Confidence: 0.918254256248474

00:01:33.840 --> 00:01:35.450 I'm just gonna explain it first and
NOTE Confidence: 0.918254256248474

00:01:35.450 --> 00:01:37.160 then we'll get into the breath work.
NOTE Confidence: 0.918254256248474

00:01:37.160 --> 00:01:39.185 So just to give you a little and it
NOTE Confidence: 0.918254256248474

00:01:39.185 --> 00:01:40.949 takes a little practice as we go.
NOTE Confidence: 0.918254256248474

00:01:40.950 --> 00:01:42.366 So just go slow with this.
NOTE Confidence: 0.918254256248474

00:01:42.370 --> 00:01:42.800 But again,
NOTE Confidence: 0.918254256248474

00:01:42.800 --> 00:01:44.520 I'm just going to run through it one
NOTE Confidence: 0.918254256248474

00:01:44.568 --> 00:01:46.395 time and then will begin the Breathwork.
NOTE Confidence: 0.918254256248474

00:01:46.400 --> 00:01:47.798 So we're going to be closing

NOTE Confidence: 0.918254256248474

00:01:47.798 --> 00:01:49.249 the right master with the thumb.

NOTE Confidence: 0.918254256248474

00:01:49.250 --> 00:01:50.430 We're going to inhale through

NOTE Confidence: 0.918254256248474

00:01:50.430 --> 00:01:51.138 the left nostril.

NOTE Confidence: 0.918254256248474

00:01:51.140 --> 00:01:52.556 We're going to close the left.

NOTE Confidence: 0.918254256248474

00:01:52.560 --> 00:01:54.990 Not sure with the ring finger.

NOTE Confidence: 0.918254256248474

00:01:54.990 --> 00:01:56.775 And we're going to Exhale

NOTE Confidence: 0.918254256248474

00:01:56.775 --> 00:01:58.203 through the right nostril.

NOTE Confidence: 0.918254256248474

00:01:58.210 --> 00:01:59.656 And then we're going to inhale

NOTE Confidence: 0.918254256248474

00:01:59.656 --> 00:02:01.889 through the right nostril.

NOTE Confidence: 0.918254256248474

00:02:01.890 --> 00:02:04.040 Close it of.-.

NOTE Confidence: 0.918254256248474

00:02:04.040 --> 00:02:05.792 And Exhale through the left nostril.

NOTE Confidence: 0.918254256248474

00:02:05.792 --> 00:02:07.257 We're going to take turns

NOTE Confidence: 0.918254256248474

00:02:07.257 --> 00:02:08.378 going back and forth,

NOTE Confidence: 0.918254256248474

00:02:08.380 --> 00:02:09.820 but just will go slow.

NOTE Confidence: 0.918254256248474

00:02:09.820 --> 00:02:11.440 And it does require some practice

NOTE Confidence: 0.918254256248474

00:02:11.440 --> 00:02:13.578 in a little bit of a coordination.
NOTE Confidence: 0.918254256248474

00:02:13.580 --> 00:02:15.020 So let's do that together.
NOTE Confidence: 0.918254256248474

00:02:15.020 --> 00:02:17.318 Now we're going to close off
NOTE Confidence: 0.918254256248474

00:02:17.318 --> 00:02:18.467 the right nostril.
NOTE Confidence: 0.918254256248474

00:02:18.470 --> 00:02:20.510 Inhale through the left nostril.
NOTE Confidence: 0.90484255522919

00:02:23.850 --> 00:02:27.346 Close the left nostril with your ring finger,
NOTE Confidence: 0.90484255522919

00:02:27.350 --> 00:02:29.970 an exhale through the right nostril.
NOTE Confidence: 0.899718105792999

00:02:33.430 --> 00:02:34.780 Now we're going to inhale
NOTE Confidence: 0.899718105792999

00:02:34.780 --> 00:02:36.130 through the night right nostril.
NOTE Confidence: 0.754655241966248

00:02:38.500 --> 00:02:41.010 Close it of-. Exhale with the lap.
NOTE Confidence: 0.845415830612183

00:02:43.150 --> 00:02:44.560 And how with the left?
NOTE Confidence: 0.769177496433258

00:02:47.580 --> 00:02:53.280 Close it of-. Exhale with the right.
NOTE Confidence: 0.769177496433258

00:02:53.280 --> 00:02:54.700 In here with the right.
NOTE Confidence: 0.748450577259064

00:02:57.900 --> 00:02:58.990 Close it of-.
NOTE Confidence: 0.813687324523926

00:03:01.160 --> 00:03:05.432 Exhale with the left. In hell
NOTE Confidence: 0.813687324523926

00:03:05.432 --> 00:03:09.270 with the left. Close it of-.

NOTE Confidence: 0.805018603801727
00:03:12.040 --> 00:03:16.210 XL with the right. Anyhow, with the right.
NOTE Confidence: 0.774930715560913
00:03:18.350 --> 00:03:19.358 Close it of.-.
NOTE Confidence: 0.783632278442383
00:03:21.450 --> 00:03:26.010 XL with the left. Here now with the left.
NOTE Confidence: 0.738154649734497
00:03:28.400 --> 00:03:32.332 Close it of.-. Exhale with the right,
NOTE Confidence: 0.738154649734497
00:03:32.332 --> 00:03:34.209 go a little deeper with the breath
NOTE Confidence: 0.738154649734497
00:03:34.209 --> 00:03:36.106 now as you get comfortable with it.
NOTE Confidence: 0.738154649734497
00:03:36.110 --> 00:03:37.658 So take a deeper breath in
NOTE Confidence: 0.738154649734497
00:03:37.658 --> 00:03:39.309 with the Latin with the right.
NOTE Confidence: 0.72058117389679
00:03:42.010 --> 00:03:45.520 Close it all. Exhale with the left.
NOTE Confidence: 0.785296380519867
00:03:47.850 --> 00:03:51.120 And help with the left.
NOTE Confidence: 0.785296380519867
00:03:51.120 --> 00:03:53.920 Deeper breath close it of.-.
NOTE Confidence: 0.785296380519867
00:03:53.920 --> 00:03:55.904 Exhale with the right.
NOTE Confidence: 0.785296380519867
00:03:55.904 --> 00:03:58.880 Will do it two more times.
NOTE Confidence: 0.785296380519867
00:03:58.880 --> 00:04:01.420 In hell with the right.
NOTE Confidence: 0.785296380519867
00:04:01.420 --> 00:04:07.620 Close it of- backshell with the left.
NOTE Confidence: 0.785296380519867

00:04:07.620 --> 00:04:09.460 In hell with the left.
NOTE Confidence: 0.754285097122192

00:04:11.770 --> 00:04:12.670 Close it of.-.
NOTE Confidence: 0.773161649703979

00:04:15.100 --> 00:04:16.568 Exhale with the right.
NOTE Confidence: 0.862769365310669

00:04:17.200 --> 00:04:19.936 One more time in hell with the right.
NOTE Confidence: 0.766813337802887

00:04:22.300 --> 00:04:27.989 Close it all. And Exhale with the left.
NOTE Confidence: 0.766813337802887

00:04:27.990 --> 00:04:31.446 Good now just take a few natural deep breaths
NOTE Confidence: 0.766813337802887

00:04:31.446 --> 00:04:34.946 in will do three just natural depressing.
NOTE Confidence: 0.890783786773682

00:04:37.540 --> 00:04:41.320 And Exhale through the mouth.
NOTE Confidence: 0.890783786773682

00:04:41.320 --> 00:04:47.640 Inhale through the nose. An hold.
NOTE Confidence: 0.890783786773682

00:04:47.640 --> 00:04:51.220 And Exhale through the mouth.
NOTE Confidence: 0.890783786773682

00:04:51.220 --> 00:04:53.954 And one more in hell through the nose.
NOTE Confidence: 0.803375005722046

00:04:56.220 --> 00:04:57.310 And hold.
NOTE Confidence: 0.906904995441437

00:04:59.900 --> 00:05:01.800 And Exhale through the mouth.
NOTE Confidence: 0.906904995441437

00:05:01.800 --> 00:05:02.940 Excellent, very good.
NOTE Confidence: 0.906904995441437

00:05:02.940 --> 00:05:05.285 So that again, is called Nadi Shodhana
NOTE Confidence: 0.906904995441437

00:05:05.285 --> 00:05:07.500 and it's Clear Channel breathing.

NOTE Confidence: 0.906904995441437
00:05:07.500 --> 00:05:10.148 It's a very good opening exercise and it
NOTE Confidence: 0.906904995441437
00:05:10.148 --> 00:05:12.440 does require practice in coordination,
NOTE Confidence: 0.906904995441437
00:05:12.440 --> 00:05:14.925 so that's something if you do on
NOTE Confidence: 0.906904995441437
00:05:14.925 --> 00:05:17.955 your own it will develop and become
NOTE Confidence: 0.906904995441437
00:05:17.955 --> 00:05:20.769 more natural and easier with time.
NOTE Confidence: 0.906904995441437
00:05:20.770 --> 00:05:25.036 So once again will just ground.
NOTE Confidence: 0.906904995441437
00:05:25.040 --> 00:05:28.140 Get into a comfortable position.
NOTE Confidence: 0.906904995441437
00:05:28.140 --> 00:05:31.300 Take a moment and just make sure that
NOTE Confidence: 0.906904995441437
00:05:31.300 --> 00:05:34.165 your warm seated comfortably and just
NOTE Confidence: 0.906904995441437
00:05:34.165 --> 00:05:37.570 rest your hands loosely in your lap.
NOTE Confidence: 0.906904995441437
00:05:37.570 --> 00:05:41.440 And now close your eyes.
NOTE Confidence: 0.906904995441437
00:05:41.440 --> 00:05:45.829 Take a long slow deep breath in.
NOTE Confidence: 0.906904995441437
00:05:45.830 --> 00:05:49.486 Hold it for a moment and slowly exhale.
NOTE Confidence: 0.906904995441437
00:05:49.490 --> 00:05:52.718 Just allow any tension to melt
NOTE Confidence: 0.906904995441437
00:05:52.718 --> 00:05:56.114 away as you gradually relax more
NOTE Confidence: 0.906904995441437

00:05:56.114 --> 00:05:59.528 and more deeply with each breath.
NOTE Confidence: 0.906904995441437

00:05:59.530 --> 00:06:04.248 Take another long slow deep breath in.
NOTE Confidence: 0.906904995441437

00:06:04.250 --> 00:06:08.830 And hold it. And Exhale.
NOTE Confidence: 0.906904995441437

00:06:08.830 --> 00:06:11.295 Empty your lungs completely
NOTE Confidence: 0.906904995441437

00:06:11.295 --> 00:06:14.035 with your out breath.
NOTE Confidence: 0.906904995441437

00:06:14.040 --> 00:06:17.268 Take a third deep breath in.
NOTE Confidence: 0.906904995441437

00:06:17.270 --> 00:06:21.392 Take your time and hold it for a moment.
NOTE Confidence: 0.906904995441437

00:06:21.400 --> 00:06:24.870 And then let it go.
NOTE Confidence: 0.906904995441437

00:06:24.870 --> 00:06:27.648 You can already feel yourself drifting
NOTE Confidence: 0.906904995441437

00:06:27.648 --> 00:06:30.969 into a state of deep relaxation.
NOTE Confidence: 0.906904995441437

00:06:30.970 --> 00:06:34.458 Continue to breathe slowly and gently as you
NOTE Confidence: 0.906904995441437

00:06:34.458 --> 00:06:38.114 bring your awareness to the top of your head.
NOTE Confidence: 0.906904995441437

00:06:38.120 --> 00:06:41.116 Just sensor imagine a feeling of relaxation,
NOTE Confidence: 0.906904995441437

00:06:41.120 --> 00:06:43.188 beginning to spread down
NOTE Confidence: 0.906904995441437

00:06:43.188 --> 00:06:46.290 from the top of your scalp.
NOTE Confidence: 0.906904995441437

00:06:46.290 --> 00:06:48.340 Feel the muscles in your

NOTE Confidence: 0.906904995441437
00:06:48.340 --> 00:06:50.210 forehead and temples, relax.
NOTE Confidence: 0.906904995441437
00:06:50.210 --> 00:06:54.050 Allow your eye muscles to relax.
NOTE Confidence: 0.906904995441437
00:06:54.050 --> 00:06:57.235 But your cheeks in your jaw soften
NOTE Confidence: 0.906904995441437
00:06:57.235 --> 00:07:00.289 and lack of all the tension.
NOTE Confidence: 0.906904995441437
00:07:00.290 --> 00:07:02.425 Now let this peaceful feeling
NOTE Confidence: 0.906904995441437
00:07:02.425 --> 00:07:05.040 flow down into your neck belt,
NOTE Confidence: 0.906904995441437
00:07:05.040 --> 00:07:08.150 loosening every muscle and fiber.
NOTE Confidence: 0.906904995441437
00:07:08.150 --> 00:07:11.930 With each breath you take this relaxing
NOTE Confidence: 0.906904995441437
00:07:11.930 --> 00:07:14.509 feeling becomes deeper an warmer.
NOTE Confidence: 0.906904995441437
00:07:14.510 --> 00:07:16.772 It works its way deep into
NOTE Confidence: 0.906904995441437
00:07:16.772 --> 00:07:19.190 the muscles in your shoulders,
NOTE Confidence: 0.906904995441437
00:07:19.190 --> 00:07:22.490 soothing and relaxing them.
NOTE Confidence: 0.906904995441437
00:07:22.490 --> 00:07:24.980 This peaceful feeling flows down from
NOTE Confidence: 0.906904995441437
00:07:24.980 --> 00:07:27.735 your shoulders into your arms and it
NOTE Confidence: 0.906904995441437
00:07:27.735 --> 00:07:30.122 loosens the muscles in your upper arms,
NOTE Confidence: 0.906904995441437

00:07:30.130 --> 00:07:31.140 your forearms,
NOTE Confidence: 0.906904995441437
00:07:31.140 --> 00:07:32.150 your hands.
NOTE Confidence: 0.906904995441437
00:07:32.150 --> 00:07:35.180 Relaxing and soothing all the way
NOTE Confidence: 0.906904995441437
00:07:35.264 --> 00:07:37.973 to the tips of your fingers as
NOTE Confidence: 0.906904995441437
00:07:37.973 --> 00:07:40.647 your body relax is now your mind.
NOTE Confidence: 0.906904995441437
00:07:40.650 --> 00:07:42.363 Relax is an.
NOTE Confidence: 0.906904995441437
00:07:42.363 --> 00:07:45.789 Your thought seemed to become lighter.
NOTE Confidence: 0.906904995441437
00:07:45.790 --> 00:07:47.398 You're slipping further and
NOTE Confidence: 0.906904995441437
00:07:47.398 --> 00:07:49.006 further into a dream.
NOTE Confidence: 0.906904995441437
00:07:49.010 --> 00:07:51.817 Lights take state of still Nishan relaxation.
NOTE Confidence: 0.919166743755341
00:07:54.870 --> 00:07:56.965 Now bring your awareness to
NOTE Confidence: 0.919166743755341
00:07:56.965 --> 00:07:59.060 your chest and your stomach.
NOTE Confidence: 0.919166743755341
00:07:59.060 --> 00:08:03.004 And feel how this area of your body
NOTE Confidence: 0.919166743755341
00:08:03.004 --> 00:08:06.669 gently rises and falls as you breathe.
NOTE Confidence: 0.919166743755341
00:08:06.670 --> 00:08:08.722 This peaceful sensation flows
NOTE Confidence: 0.919166743755341
00:08:08.722 --> 00:08:11.800 throughout this area of your body,

NOTE Confidence: 0.919166743755341
00:08:11.800 --> 00:08:13.771 soothing every muscle
NOTE Confidence: 0.919166743755341
00:08:13.771 --> 00:08:16.399 and relaxing every organ.
NOTE Confidence: 0.919166743755341
00:08:16.400 --> 00:08:19.274 Turn your attention to your upper
NOTE Confidence: 0.919166743755341
00:08:19.274 --> 00:08:22.350 back and feel this relaxing sensation
NOTE Confidence: 0.919166743755341
00:08:22.350 --> 00:08:26.074 flow all the way down your spine.
NOTE Confidence: 0.919166743755341
00:08:26.080 --> 00:08:29.860 As it gradually works its way down your body,
NOTE Confidence: 0.919166743755341
00:08:29.860 --> 00:08:32.380 feel every muscle in your back.
NOTE Confidence: 0.919166743755341
00:08:32.380 --> 00:08:35.209 Relax and unwind.
NOTE Confidence: 0.919166743755341
00:08:35.210 --> 00:08:38.294 Feel that your entire upper body
NOTE Confidence: 0.919166743755341
00:08:38.294 --> 00:08:42.588 has become loose, limp and relaxed.
NOTE Confidence: 0.919166743755341
00:08:42.590 --> 00:08:44.642 Now feel your hips,
NOTE Confidence: 0.919166743755341
00:08:44.642 --> 00:08:48.279 relax as the peaceful feeling starts to
NOTE Confidence: 0.919166743755341
00:08:48.279 --> 00:08:51.943 work its way down through your lower body.
NOTE Confidence: 0.919166743755341
00:08:51.950 --> 00:08:54.005 Relax the biotics.
NOTE Confidence: 0.919166743755341
00:08:54.005 --> 00:08:57.430 The backs of your thighs.
NOTE Confidence: 0.919166743755341

00:08:57.430 --> 00:09:00.230 The front of your thighs.
NOTE Confidence: 0.919166743755341

00:09:00.230 --> 00:09:03.026 Feel all the large strong muscle
NOTE Confidence: 0.919166743755341

00:09:03.026 --> 00:09:04.890 groups becoming Lutheran more
NOTE Confidence: 0.919166743755341

00:09:04.968 --> 00:09:07.448 relaxed with each passing moment.
NOTE Confidence: 0.919166743755341

00:09:07.450 --> 00:09:10.498 Soothing feelings of relaxation flow down
NOTE Confidence: 0.919166743755341

00:09:10.498 --> 00:09:13.960 through your knees and into your calves.
NOTE Confidence: 0.919166743755341

00:09:13.960 --> 00:09:16.225 Your ankles relax.
NOTE Confidence: 0.919166743755341

00:09:16.225 --> 00:09:19.245 Now your feet relax.
NOTE Confidence: 0.919166743755341

00:09:19.250 --> 00:09:22.589 And allow your entire lower body to
NOTE Confidence: 0.919166743755341

00:09:22.589 --> 00:09:25.568 completely relax and allow any remaining
NOTE Confidence: 0.919166743755341

00:09:25.568 --> 00:09:28.484 tension from anywhere in your body
NOTE Confidence: 0.919166743755341

00:09:28.484 --> 00:09:32.375 to flow out through the tips of your toes.
NOTE Confidence: 0.919166743755341

00:09:32.380 --> 00:09:36.199 You're comfortable peaceful.
NOTE Confidence: 0.919166743755341

00:09:36.200 --> 00:09:38.699 Now is the time to leave the
NOTE Confidence: 0.919166743755341

00:09:38.699 --> 00:09:40.540 external world behind and we're
NOTE Confidence: 0.919166743755341

00:09:40.540 --> 00:09:42.628 gonna go on an inner journey.

NOTE Confidence: 0.919166743755341
00:09:42.630 --> 00:09:47.679 A journey to a place of deep inner stillness.
NOTE Confidence: 0.919166743755341
00:09:47.680 --> 00:09:49.621 Picture yourself walking
NOTE Confidence: 0.919166743755341
00:09:49.621 --> 00:09:52.856 down a busy City Street.
NOTE Confidence: 0.919166743755341
00:09:52.860 --> 00:09:55.386 It's full of shops and businesses
NOTE Confidence: 0.919166743755341
00:09:55.386 --> 00:09:58.647 and you can see crowds of people
NOTE Confidence: 0.919166743755341
00:09:58.647 --> 00:10:01.623 hurrying from one place to another.
NOTE Confidence: 0.919166743755341
00:10:01.630 --> 00:10:05.990 Cars and buses lined the roads and they
NOTE Confidence: 0.919166743755341
00:10:05.990 --> 00:10:09.860 crawl through the city bumper to bumper.
NOTE Confidence: 0.919166743755341
00:10:09.860 --> 00:10:13.066 Just up ahead next to the sidewalk,
NOTE Confidence: 0.919166743755341
00:10:13.070 --> 00:10:15.970 you notice a narrow doorway
NOTE Confidence: 0.919166743755341
00:10:15.970 --> 00:10:17.710 between two buildings.
NOTE Confidence: 0.919166743755341
00:10:17.710 --> 00:10:19.840 It's a small opening that looks
NOTE Confidence: 0.919166743755341
00:10:19.840 --> 00:10:22.377 like a Cousy retreat from the hustle
NOTE Confidence: 0.919166743755341
00:10:22.377 --> 00:10:24.813 and bustle of the world around you.
NOTE Confidence: 0.919166743755341
00:10:24.820 --> 00:10:27.420 You walk Tord the doorway,
NOTE Confidence: 0.919166743755341

00:10:27.420 --> 00:10:31.360 slipping easily through the crowds.
NOTE Confidence: 0.919166743755341

00:10:31.360 --> 00:10:34.048 You arrive at the doorway and you
NOTE Confidence: 0.919166743755341

00:10:34.048 --> 00:10:36.540 step inside the narrow entrance.
NOTE Confidence: 0.919166743755341

00:10:36.540 --> 00:10:39.830 The entrance is dimly lit.
NOTE Confidence: 0.919166743755341

00:10:39.830 --> 00:10:42.548 It's warm and inviting Anet shelters
NOTE Confidence: 0.919166743755341

00:10:42.548 --> 00:10:44.920 you from the outside world.
NOTE Confidence: 0.919166743755341

00:10:44.920 --> 00:10:48.742 You take a few steps deeper inside
NOTE Confidence: 0.919166743755341

00:10:48.742 --> 00:10:51.867 the entrance and arrive at the
NOTE Confidence: 0.919166743755341

00:10:51.867 --> 00:10:55.087 top of a flight up 10 stairs.
NOTE Confidence: 0.919166743755341

00:10:55.090 --> 00:10:58.298 You slowly make your way down the steps,
NOTE Confidence: 0.919166743755341

00:10:58.300 --> 00:11:00.084 and as you do,
NOTE Confidence: 0.919166743755341

00:11:00.084 --> 00:11:04.220 the sound of the city begins to fade away.
NOTE Confidence: 0.919166743755341

00:11:04.220 --> 00:11:06.300 With each step you take,
NOTE Confidence: 0.919166743755341

00:11:06.300 --> 00:11:08.715 you feel yourself moving away
NOTE Confidence: 0.919166743755341

00:11:08.715 --> 00:11:12.113 from the noise of the world and
NOTE Confidence: 0.919166743755341

00:11:12.113 --> 00:11:15.207 down into a place of deep quiet.

NOTE Confidence: 0.919166743755341
00:11:15.210 --> 00:11:20.089 As you gradually descend, the 10 steps.
NOTE Confidence: 0.919166743755341
00:11:20.090 --> 00:11:23.210 You sink deeper and deeper into
NOTE Confidence: 0.919166743755341
00:11:23.210 --> 00:11:26.520 a state of peaceful relaxation.
NOTE Confidence: 0.919166743755341
00:11:26.520 --> 00:11:34.340 Going down one. 2. 3.
NOTE Confidence: 0.919166743755341
00:11:34.340 --> 00:11:43.580 4. 5. Sex. 7. 8. 9.
NOTE Confidence: 0.919166743755341
00:11:43.580 --> 00:11:47.500 10 You've reached the bottom of the
NOTE Confidence: 0.919166743755341
00:11:47.500 --> 00:11:51.110 staircase and you're feeling common.
NOTE Confidence: 0.919166743755341
00:11:51.110 --> 00:11:51.942 Deeply relaxed.
NOTE Confidence: 0.919166743755341
00:11:51.942 --> 00:11:55.270 You can barely hear the sound of the
NOTE Confidence: 0.919166743755341
00:11:55.356 --> 00:11:58.713 street above you now it seems so far away.
NOTE Confidence: 0.919166743755341
00:11:58.720 --> 00:12:01.170 Before he was a tall wooden door,
NOTE Confidence: 0.919166743755341
00:12:01.170 --> 00:12:03.528 a door with no handle or
NOTE Confidence: 0.919166743755341
00:12:03.528 --> 00:12:05.909 lever with which to open it.
NOTE Confidence: 0.919166743755341
00:12:05.910 --> 00:12:08.994 Study the door more closely and
NOTE Confidence: 0.919166743755341
00:12:08.994 --> 00:12:12.335 you notice the word release has
NOTE Confidence: 0.919166743755341

00:12:12.335 --> 00:12:15.285 been carved into its surface.
NOTE Confidence: 0.919166743755341

00:12:15.290 --> 00:12:17.150 Contemplate this word and
NOTE Confidence: 0.919166743755341

00:12:17.150 --> 00:12:19.475 feel the essence of it.
NOTE Confidence: 0.754436492919922

00:12:21.600 --> 00:12:29.090 Slowly you begin to feel a sensation
NOTE Confidence: 0.754436492919922

00:12:29.090 --> 00:12:36.134 of opening of letting go of
NOTE Confidence: 0.754436492919922

00:12:36.134 --> 00:12:42.154 releasing and the door Unlocks.
NOTE Confidence: 0.754436492919922

00:12:42.160 --> 00:12:45.282 It's old, hinges creak as it slowly
NOTE Confidence: 0.754436492919922

00:12:45.282 --> 00:12:48.368 opens to reveal a small round room.
NOTE Confidence: 0.754436492919922

00:12:48.370 --> 00:12:50.710 The room is a library and
NOTE Confidence: 0.754436492919922

00:12:50.710 --> 00:12:52.270 it's filled with bookshelves,
NOTE Confidence: 0.754436492919922

00:12:52.270 --> 00:12:55.826 and it has a tall Dome ceiling.
NOTE Confidence: 0.754436492919922

00:12:55.830 --> 00:12:58.398 You step inside the room and
NOTE Confidence: 0.754436492919922

00:12:58.398 --> 00:13:01.120 slowly the door closes behind you.
NOTE Confidence: 0.754436492919922

00:13:01.120 --> 00:13:04.655 This room is a very private place.
NOTE Confidence: 0.754436492919922

00:13:04.660 --> 00:13:06.580 It's secluded an inviting.
NOTE Confidence: 0.754436492919922

00:13:06.580 --> 00:13:11.890 It has no windows, and it's very, very quiet.

NOTE Confidence: 0.754436492919922
00:13:11.890 --> 00:13:15.738 You feel content and secure in this place.
NOTE Confidence: 0.754436492919922
00:13:15.740 --> 00:13:18.476 In the center of the room's
NOTE Confidence: 0.754436492919922
00:13:18.476 --> 00:13:20.890 it's a small wooden desk,
NOTE Confidence: 0.754436492919922
00:13:20.890 --> 00:13:24.334 an on the desk Lisa large
NOTE Confidence: 0.754436492919922
00:13:24.334 --> 00:13:26.630 old dust covered book.
NOTE Confidence: 0.754436492919922
00:13:26.630 --> 00:13:29.646 You pick up the book and you feel
NOTE Confidence: 0.754436492919922
00:13:29.646 --> 00:13:32.196 the weight of it in your hands.
NOTE Confidence: 0.933385074138641
00:13:37.220 --> 00:13:39.728 You feel a sense of wonder,
NOTE Confidence: 0.933385074138641
00:13:39.730 --> 00:13:42.670 as you behold this grand old book.
NOTE Confidence: 0.933385074138641
00:13:42.670 --> 00:13:46.860 It has rested in this place for a long time,
NOTE Confidence: 0.933385074138641
00:13:46.860 --> 00:13:49.950 waiting for you since long
NOTE Confidence: 0.933385074138641
00:13:49.950 --> 00:13:52.422 before you were born.
NOTE Confidence: 0.933385074138641
00:13:52.430 --> 00:13:55.874 You open the cover and you notice
NOTE Confidence: 0.933385074138641
00:13:55.874 --> 00:13:59.179 that all the pages are blank.
NOTE Confidence: 0.933385074138641
00:13:59.180 --> 00:14:02.396 This is a book of freedom.
NOTE Confidence: 0.933385074138641

00:14:02.400 --> 00:14:05.120 It has the power to free you from
NOTE Confidence: 0.933385074138641

00:14:05.120 --> 00:14:07.510 anything in life that might be
NOTE Confidence: 0.933385074138641

00:14:07.510 --> 00:14:09.958 bothering you or weighing you down.
NOTE Confidence: 0.933385074138641

00:14:09.960 --> 00:14:13.870 It is time for you to write in the book.
NOTE Confidence: 0.947810343333653

00:14:16.150 --> 00:14:19.853 Take a moment. And think about anything
NOTE Confidence: 0.947810343333653

00:14:19.853 --> 00:14:23.120 that is troubling you in your life.
NOTE Confidence: 0.947810343333653

00:14:23.120 --> 00:14:26.635 Bring to mind any situation
NOTE Confidence: 0.947810343333653

00:14:26.635 --> 00:14:30.820 that seems to be blocking you.
NOTE Confidence: 0.947810343333653

00:14:30.820 --> 00:14:37.660 Any forthcoming event that frightens you.
NOTE Confidence: 0.915997624397278

00:14:40.800 --> 00:14:44.188 Any person that you're in conflict with.
NOTE Confidence: 0.935243308544159

00:14:46.970 --> 00:14:48.821 Any negative feelings
NOTE Confidence: 0.935243308544159

00:14:48.821 --> 00:14:51.906 that you're holding on to?
NOTE Confidence: 0.935243308544159

00:14:51.910 --> 00:14:56.574 Write about anything at all that you feel
NOTE Confidence: 0.935243308544159

00:14:56.574 --> 00:15:01.108 is holding you back or that burdens you.
NOTE Confidence: 0.935243308544159

00:15:01.110 --> 00:15:05.250 There's no right or wrong way to do this.
NOTE Confidence: 0.935243308544159

00:15:05.250 --> 00:15:09.485 Simply feel or imagine your thoughts and

NOTE Confidence: 0.935243308544159
00:15:09.485 --> 00:15:12.789 feelings being imprinted into this book.
NOTE Confidence: 0.935243308544159
00:15:12.790 --> 00:15:19.918 Take your time. Allow images to form in
NOTE Confidence: 0.935243308544159
00:15:19.918 --> 00:15:27.708 your mind and allow your feelings to flow.
NOTE Confidence: 0.935243308544159
00:15:27.710 --> 00:15:30.230 Let them flow out on to the
NOTE Confidence: 0.935243308544159
00:15:30.230 --> 00:15:31.850 pages of the book.
NOTE Confidence: 0.78336763381958
00:15:44.300 --> 00:15:50.150 with all your worldly concerns.
NOTE Confidence: 0.78336763381958
00:15:50.150 --> 00:15:56.010 The book absorbs them all.
NOTE Confidence: 0.858282804489136
00:16:00.540 --> 00:16:05.420 Ask the pages filled with words and pictures.
NOTE Confidence: 0.858282804489136
00:16:05.420 --> 00:16:10.509 You begin to feel lighter and more
NOTE Confidence: 0.858282804489136
00:16:10.509 --> 00:16:14.084 positive. You have been heard.
NOTE Confidence: 0.858282804489136
00:16:14.084 --> 00:16:16.928 You have been understood.
NOTE Confidence: 0.858282804489136
00:16:16.930 --> 00:16:20.500 You feel reassured and relieved.
NOTE Confidence: 0.820232510566711
00:16:29.460 --> 00:16:34.300 can close the book.
NOTE Confidence: 0.865232586860657
00:16:36.630 --> 00:16:41.652 Now the Dome roof above you begins to open.
NOTE Confidence: 0.865232586860657
00:16:41.660 --> 00:16:43.940 And slowly but surely,
NOTE Confidence: 0.865232586860657

00:16:43.940 --> 00:16:46.220 the roof opens completely,
NOTE Confidence: 0.865232586860657

00:16:46.220 --> 00:16:50.198 revealing the clear blue Sky above.
NOTE Confidence: 0.865232586860657

00:16:50.200 --> 00:16:54.365 You stand with your arms by your
NOTE Confidence: 0.865232586860657

00:16:54.365 --> 00:16:57.440 side observing the Sky above.
NOTE Confidence: 0.865232586860657

00:16:57.440 --> 00:17:00.518 You gently raise your forearms and
NOTE Confidence: 0.865232586860657

00:17:00.518 --> 00:17:03.928 hands your poms facing away from you.
NOTE Confidence: 0.865232586860657

00:17:03.930 --> 00:17:07.953 And as you do, your body begins to float.
NOTE Confidence: 0.865232586860657

00:17:07.960 --> 00:17:11.524 Can you feel your feet lift off the floor?
NOTE Confidence: 0.865232586860657

00:17:11.530 --> 00:17:14.428 A wave of exhilaration flows through
NOTE Confidence: 0.865232586860657

00:17:14.428 --> 00:17:18.312 you as you realize that you have the
NOTE Confidence: 0.865232586860657

00:17:18.312 --> 00:17:21.102 freedom to fly anywhere you choose.
NOTE Confidence: 0.865232586860657

00:17:21.110 --> 00:17:24.648 As you raise your hands, you float higher.
NOTE Confidence: 0.865232586860657

00:17:24.648 --> 00:17:27.128 And when you lower them,
NOTE Confidence: 0.865232586860657

00:17:27.130 --> 00:17:28.309 you gently descend.
NOTE Confidence: 0.92304527759552

00:17:31.050 --> 00:17:33.348 With effortless ease you begin to
NOTE Confidence: 0.92304527759552

00:17:33.348 --> 00:17:35.979 float towards the open roof above you,

NOTE Confidence: 0.92304527759552

00:17:35.980 --> 00:17:38.772 and you glide up and out of the

NOTE Confidence: 0.92304527759552

00:17:38.772 --> 00:17:41.658 room and slowly out into the Sky.

NOTE Confidence: 0.92304527759552

00:17:41.660 --> 00:17:44.620 You feel a wondrous sense of freedom as

NOTE Confidence: 0.92304527759552

00:17:44.620 --> 00:17:47.730 you fly higher and higher in the Sky.

NOTE Confidence: 0.92304527759552

00:17:47.730 --> 00:17:50.754 You can see the entire city below you,

NOTE Confidence: 0.92304527759552

00:17:50.760 --> 00:17:53.370 and it is gradually becoming

NOTE Confidence: 0.92304527759552

00:17:53.370 --> 00:17:54.936 smaller and smaller.

NOTE Confidence: 0.92304527759552

00:17:54.940 --> 00:17:57.275 Higher and higher you fly

NOTE Confidence: 0.92304527759552

00:17:57.275 --> 00:17:59.143 passing beyond the clouds,

NOTE Confidence: 0.92304527759552

00:17:59.150 --> 00:18:02.426 feeling even more joyful and more free.

NOTE Confidence: 0.919036030769348

00:18:05.880 --> 00:18:09.016 Now you turn, you turn to look back

NOTE Confidence: 0.919036030769348

00:18:09.016 --> 00:18:11.999 down at the city and the earth,

NOTE Confidence: 0.919036030769348

00:18:12.000 --> 00:18:14.040 and it's a small space,

NOTE Confidence: 0.919036030769348

00:18:14.040 --> 00:18:17.703 now small as you float in the vast emptiness,

NOTE Confidence: 0.919036030769348

00:18:17.710 --> 00:18:21.278 you just take a moment to drift slowly

NOTE Confidence: 0.919036030769348

00:18:21.278 --> 00:18:23.948 through space and admire the beauty
NOTE Confidence: 0.919036030769348

00:18:23.948 --> 00:18:27.419 of the stars and the planet far below.
NOTE Confidence: 0.919036030769348

00:18:27.420 --> 00:18:30.846 You're weightless, serene and at peace.
NOTE Confidence: 0.899490773677826

00:18:33.150 --> 00:18:37.805 The sensation is profoundly relaxing and you.
NOTE Confidence: 0.899490773677826

00:18:37.810 --> 00:18:41.856 Ball into a deeper state of stillness.
NOTE Confidence: 0.899490773677826

00:18:41.860 --> 00:18:44.278 As though you're millions of miles
NOTE Confidence: 0.899490773677826

00:18:44.278 --> 00:18:47.510 from anything or anyone, and yet you
NOTE Confidence: 0.899490773677826

00:18:47.510 --> 00:18:50.750 feel connected to the entire universe.
NOTE Confidence: 0.899490773677826

00:18:50.750 --> 00:18:55.755 You feel bad and weightless and timeless.
NOTE Confidence: 0.899490773677826

00:18:55.760 --> 00:18:58.430 From deep within the silent space
NOTE Confidence: 0.899490773677826

00:18:58.430 --> 00:19:01.513 inside you a voice can be heard
NOTE Confidence: 0.899490773677826

00:19:01.513 --> 00:19:04.334 and it's loving words echo in your
NOTE Confidence: 0.899490773677826

00:19:04.419 --> 00:19:07.415 mind I am without beginning or end.
NOTE Confidence: 0.899490773677826

00:19:07.420 --> 00:19:08.716 I am eternal.
NOTE Confidence: 0.899490773677826

00:19:08.716 --> 00:19:11.308 I am free to experience life
NOTE Confidence: 0.899490773677826

00:19:11.308 --> 00:19:13.947 in any way that I choose.

NOTE Confidence: 0.899490773677826

00:19:13.950 --> 00:19:16.771 My consciousness is not bound by time

NOTE Confidence: 0.899490773677826

00:19:16.771 --> 00:19:19.640 or space like the universe itself.

NOTE Confidence: 0.899490773677826

00:19:19.640 --> 00:19:20.894 I am limitless.

NOTE Confidence: 0.899490773677826

00:19:20.894 --> 00:19:24.900 I am part of a vast unified whole NIS.

NOTE Confidence: 0.899490773677826

00:19:24.900 --> 00:19:27.330 I'm free from all concerns about

NOTE Confidence: 0.899490773677826

00:19:27.330 --> 00:19:29.985 the past and I'm free from

NOTE Confidence: 0.899490773677826

00:19:29.985 --> 00:19:32.350 all concerns about the future.

NOTE Confidence: 0.899490773677826

00:19:32.350 --> 00:19:36.670 My life is in perfect order and it

NOTE Confidence: 0.899490773677826

00:19:36.670 --> 00:19:39.727 unfolds according to A perfect plan.

NOTE Confidence: 0.899490773677826

00:19:39.730 --> 00:19:41.818 I do not strive to attain.

NOTE Confidence: 0.899490773677826

00:19:41.820 --> 00:19:45.084 The thing is that I desire I simply

NOTE Confidence: 0.899490773677826

00:19:45.084 --> 00:19:47.588 allow them to flow around me.

NOTE Confidence: 0.899490773677826

00:19:47.590 --> 00:19:50.956 I release my grip on life.

NOTE Confidence: 0.899490773677826

00:19:50.960 --> 00:19:53.354 I am calm and the knowledge that

NOTE Confidence: 0.899490773677826

00:19:53.354 --> 00:19:55.828 all my needs are taken care of.

NOTE Confidence: 0.899490773677826

00:19:55.830 --> 00:19:58.614 I am open to all of life's experiences
NOTE Confidence: 0.899490773677826

00:19:58.614 --> 00:20:01.797 as the moments of my life come and go.
NOTE Confidence: 0.899490773677826

00:20:01.800 --> 00:20:03.792 I am at peace.
NOTE Confidence: 0.899490773677826

00:20:03.792 --> 00:20:06.780 I do not judge these moments.
NOTE Confidence: 0.899490773677826

00:20:06.780 --> 00:20:09.720 I welcome them, I observe them,
NOTE Confidence: 0.899490773677826

00:20:09.720 --> 00:20:12.708 I accept them all.
NOTE Confidence: 0.899490773677826

00:20:12.710 --> 00:20:14.410 If problems arrive arise,
NOTE Confidence: 0.899490773677826

00:20:14.410 --> 00:20:16.535 I do not resist them.
NOTE Confidence: 0.899490773677826

00:20:16.540 --> 00:20:20.116 I observe them with a com open mind
NOTE Confidence: 0.899490773677826

00:20:20.116 --> 00:20:24.498 for I know they will resolve in time.
NOTE Confidence: 0.899490773677826

00:20:24.500 --> 00:20:28.415 And I have all the time in the world.
NOTE Confidence: 0.899490773677826

00:20:28.420 --> 00:20:31.360 In the quiet spaces between my thoughts,
NOTE Confidence: 0.899490773677826

00:20:31.360 --> 00:20:33.632 inspiration comes to me
NOTE Confidence: 0.899490773677826

00:20:33.632 --> 00:20:35.904 and all becomes clear.
NOTE Confidence: 0.899490773677826

00:20:35.910 --> 00:20:38.975 My life transforms in magical
NOTE Confidence: 0.899490773677826

00:20:38.975 --> 00:20:40.814 and unexpected ways.

NOTE Confidence: 0.899490773677826
00:20:40.820 --> 00:20:43.468 Obstacles that once seemed
NOTE Confidence: 0.899490773677826
00:20:43.468 --> 00:20:46.116 impassable now seem insignificant.
NOTE Confidence: 0.899490773677826
00:20:46.120 --> 00:20:48.808 I rise effortlessly above all challenges
NOTE Confidence: 0.899490773677826
00:20:48.808 --> 00:20:52.186 to a place of Serenity and knowing
NOTE Confidence: 0.899490773677826
00:20:52.186 --> 00:20:55.174 my path forward is becoming clearer
NOTE Confidence: 0.899490773677826
00:20:55.174 --> 00:20:58.337 and clearer every day in every way.
NOTE Confidence: 0.899490773677826
00:20:58.340 --> 00:21:01.630 My life becomes more and more harmonious.
NOTE Confidence: 0.899490773677826
00:21:01.630 --> 00:21:05.390 I trust in the natural flow of life.
NOTE Confidence: 0.899490773677826
00:21:05.390 --> 00:21:10.014 I resist nothing and I yearn for nothing.
NOTE Confidence: 0.899490773677826
00:21:10.020 --> 00:21:14.356 I gratefully received all that comes my way.
NOTE Confidence: 0.899490773677826
00:21:14.360 --> 00:21:16.922 My consciousness is not bound by time
NOTE Confidence: 0.899490773677826
00:21:16.922 --> 00:21:19.528 or space like the universe itself.
NOTE Confidence: 0.899490773677826
00:21:19.530 --> 00:21:20.850 I am limitless.
NOTE Confidence: 0.899490773677826
00:21:20.850 --> 00:21:26.198 I am a part of a vast unified whole NIS.
NOTE Confidence: 0.899490773677826
00:21:26.200 --> 00:21:30.124 And now it is time to return home to
NOTE Confidence: 0.899490773677826

00:21:30.124 --> 00:21:33.910 return to your wonderful life on Earth.
NOTE Confidence: 0.899490773677826

00:21:33.910 --> 00:21:36.836 Take one last look around you at
NOTE Confidence: 0.899490773677826

00:21:36.836 --> 00:21:38.975 the Infinite Glorious expanse of
NOTE Confidence: 0.899490773677826

00:21:38.975 --> 00:21:41.387 space and know that you could
NOTE Confidence: 0.899490773677826

00:21:41.387 --> 00:21:43.748 return here anytime you choose.
NOTE Confidence: 0.899490773677826

00:21:43.750 --> 00:21:45.890 At anytime you see clarity,
NOTE Confidence: 0.899490773677826

00:21:45.890 --> 00:21:48.458 anytime you wish to free yourself
NOTE Confidence: 0.899490773677826

00:21:48.458 --> 00:21:50.170 from the worldly life.
NOTE Confidence: 0.899490773677826

00:21:50.170 --> 00:21:53.138 Simply ways open your poms to the
NOTE Confidence: 0.899490773677826

00:21:53.138 --> 00:21:55.910 world and imagine floating upwards.
NOTE Confidence: 0.899490773677826

00:21:55.910 --> 00:21:58.904 You will be instantly transported to
NOTE Confidence: 0.899490773677826

00:21:58.904 --> 00:22:02.508 this infinite space of peace and clarity.
NOTE Confidence: 0.899490773677826

00:22:02.510 --> 00:22:05.751 You gently lower your hands and slowly
NOTE Confidence: 0.899490773677826

00:22:05.751 --> 00:22:09.677 began to drift back down towards the earth.
NOTE Confidence: 0.899490773677826

00:22:09.680 --> 00:22:14.118 Gradually the planet grows larger and larger.
NOTE Confidence: 0.899490773677826

00:22:14.120 --> 00:22:16.742 You passed through wisps of clouds

NOTE Confidence: 0.899490773677826
00:22:16.742 --> 00:22:18.960 as you gracefully guide yourself
NOTE Confidence: 0.899490773677826
00:22:18.960 --> 00:22:20.905 back down to the city.
NOTE Confidence: 0.899490773677826
00:22:20.910 --> 00:22:24.094 The open roof of the library comes into
NOTE Confidence: 0.899490773677826
00:22:24.094 --> 00:22:27.469 view and you steer yourself towards it.
NOTE Confidence: 0.899490773677826
00:22:27.470 --> 00:22:29.360 Nuclide down into the library
NOTE Confidence: 0.899490773677826
00:22:29.360 --> 00:22:31.250 and as your feet come
NOTE Confidence: 0.909268379211426
00:22:31.331 --> 00:22:32.886 to rest on the floor,
NOTE Confidence: 0.909268379211426
00:22:32.890 --> 00:22:35.344 the roof above you begins to
NOTE Confidence: 0.909268379211426
00:22:35.344 --> 00:22:37.670 slowly close all by itself.
NOTE Confidence: 0.909268379211426
00:22:37.670 --> 00:22:40.854 You look up and watch as they opening
NOTE Confidence: 0.909268379211426
00:22:40.854 --> 00:22:43.648 arrows and then closes completely.
NOTE Confidence: 0.909268379211426
00:22:43.650 --> 00:22:46.800 You feel relaxed and refreshed.
NOTE Confidence: 0.909268379211426
00:22:46.800 --> 00:22:49.698 You feel later and so much
NOTE Confidence: 0.909268379211426
00:22:49.698 --> 00:22:52.520 stronger than when you arrived.
NOTE Confidence: 0.909268379211426
00:22:52.520 --> 00:22:54.578 The large old book still left
NOTE Confidence: 0.909268379211426

00:22:54.578 --> 00:22:56.900 on the desk where you left it.
NOTE Confidence: 0.909268379211426

00:22:56.900 --> 00:23:00.715 You pick it up and open it.
NOTE Confidence: 0.909268379211426

00:23:00.720 --> 00:23:05.220 And you notice all the pages are empty again.
NOTE Confidence: 0.909268379211426

00:23:05.220 --> 00:23:08.244 During your journey it has been cleansed.
NOTE Confidence: 0.909268379211426

00:23:08.250 --> 00:23:11.680 Only pure white paper remains.
NOTE Confidence: 0.909268379211426

00:23:11.680 --> 00:23:14.410 Close the book now and you make
NOTE Confidence: 0.909268379211426

00:23:14.410 --> 00:23:17.140 your way back towards the door.
NOTE Confidence: 0.909268379211426

00:23:17.140 --> 00:23:20.157 The door swings open for you and
NOTE Confidence: 0.909268379211426

00:23:20.157 --> 00:23:22.988 you step out of the library.
NOTE Confidence: 0.909268379211426

00:23:22.990 --> 00:23:25.503 Before you are the 10 steps that
NOTE Confidence: 0.909268379211426

00:23:25.503 --> 00:23:28.622 lead back up to the city and as you
NOTE Confidence: 0.909268379211426

00:23:28.622 --> 00:23:31.699 make your way back up the steps you
NOTE Confidence: 0.909268379211426

00:23:31.699 --> 00:23:33.809 feel yourself becoming more and
NOTE Confidence: 0.909268379211426

00:23:33.809 --> 00:23:37.370 more alert more an more refreshed.
NOTE Confidence: 0.909268379211426

00:23:37.370 --> 00:23:45.920 You go up the steps 10. 9. 8.
NOTE Confidence: 0.909268379211426

00:23:45.920 --> 00:23:54.400 76 becoming more and more alert 5 four.

NOTE Confidence: 0.909268379211426
00:23:54.400 --> 00:23:57.940 Three, you're nearly back up now.
NOTE Confidence: 0.909268379211426
00:23:57.940 --> 00:24:00.778 Two and one.
NOTE Confidence: 0.909268379211426
00:24:00.780 --> 00:24:04.436 And now you stand in the open doorway
NOTE Confidence: 0.909268379211426
00:24:04.436 --> 00:24:07.868 looking out on to a quiet City Street.
NOTE Confidence: 0.909268379211426
00:24:07.870 --> 00:24:09.860 You're feeling calm and clear.
NOTE Confidence: 0.909268379211426
00:24:09.860 --> 00:24:13.430 An at peace with the world.
NOTE Confidence: 0.909268379211426
00:24:13.430 --> 00:24:16.172 You notice that all the traffic
NOTE Confidence: 0.909268379211426
00:24:16.172 --> 00:24:18.000 has departed at all.
NOTE Confidence: 0.909268379211426
00:24:18.000 --> 00:24:19.892 The pedestrians have disappeared.
NOTE Confidence: 0.909268379211426
00:24:19.892 --> 00:24:23.145 You step out of the doorway and
NOTE Confidence: 0.909268379211426
00:24:23.145 --> 00:24:25.809 you can now see that all of the
NOTE Confidence: 0.909268379211426
00:24:25.809 --> 00:24:27.780 streets are quiet and empty.
NOTE Confidence: 0.909268379211426
00:24:27.780 --> 00:24:30.390 You can stroll freely and
NOTE Confidence: 0.909268379211426
00:24:30.390 --> 00:24:33.780 confidently to any place you choose.
NOTE Confidence: 0.909268379211426
00:24:33.780 --> 00:24:36.429 You feel wonderful.
NOTE Confidence: 0.909268379211426

00:24:36.430 --> 00:24:38.733 You're ready to return to the full
NOTE Confidence: 0.909268379211426

00:24:38.733 --> 00:24:40.799 waking state and to take this
NOTE Confidence: 0.909268379211426

00:24:40.799 --> 00:24:42.479 sense of newfound freedom with
NOTE Confidence: 0.909268379211426

00:24:42.479 --> 00:24:44.248 you into your daily life.
NOTE Confidence: 0.938647985458374

00:24:46.870 --> 00:24:48.680 Take a deep breath in,
NOTE Confidence: 0.938647985458374

00:24:48.680 --> 00:24:51.753 become aware of your physical body and
NOTE Confidence: 0.938647985458374

00:24:51.753 --> 00:24:55.028 the room around you and which you said.
NOTE Confidence: 0.938647985458374

00:24:55.030 --> 00:24:58.768 Wiggle your toes in your fingers.
NOTE Confidence: 0.938647985458374

00:24:58.770 --> 00:25:01.482 Stretch your arms out as far as you
NOTE Confidence: 0.938647985458374

00:25:01.482 --> 00:25:04.347 can to the right and to the left.
NOTE Confidence: 0.938647985458374

00:25:04.350 --> 00:25:08.095 No. Open your eyes when you're ready.
NOTE Confidence: 0.938647985458374

00:25:08.100 --> 00:25:09.558 With an inhalation,
NOTE Confidence: 0.938647985458374

00:25:09.558 --> 00:25:12.474 bring your arms above your head.
NOTE Confidence: 0.938647985458374

00:25:12.480 --> 00:25:15.780 Man, Exhale. And to propose.
NOTE Confidence: 0.895454108715057

00:25:18.020 --> 00:25:22.610 And open your eyes. And thank you
NOTE Confidence: 0.895454108715057

00:25:22.610 --> 00:25:24.890 so much for taking that journey.

NOTE Confidence: 0.895454108715057
00:25:24.890 --> 00:25:27.682 It's not easy at all to take the
NOTE Confidence: 0.895454108715057
00:25:27.682 --> 00:25:30.710 time out of your day and to just
NOTE Confidence: 0.895454108715057
00:25:30.710 --> 00:25:33.256 block out all that's going around
NOTE Confidence: 0.895454108715057
00:25:33.256 --> 00:25:36.130 you and take that inner journey.
NOTE Confidence: 0.895454108715057
00:25:36.130 --> 00:25:37.790 To peace and quiet.
NOTE Confidence: 0.895454108715057
00:25:37.790 --> 00:25:39.865 And it's interesting in the
NOTE Confidence: 0.895454108715057
00:25:39.865 --> 00:25:42.008 Times that we're living in,
NOTE Confidence: 0.895454108715057
00:25:42.010 --> 00:25:44.292 we don't have those hustle and bustle
NOTE Confidence: 0.895454108715057
00:25:44.292 --> 00:25:46.833 so much going on in the city and we
NOTE Confidence: 0.895454108715057
00:25:46.833 --> 00:25:48.860 don't have all of that around us.
NOTE Confidence: 0.895454108715057
00:25:48.860 --> 00:25:50.350 But at the same time,
NOTE Confidence: 0.895454108715057
00:25:50.350 --> 00:25:51.770 sometimes our internal world
NOTE Confidence: 0.895454108715057
00:25:51.770 --> 00:25:53.900 gets a little busy just from.
NOTE Confidence: 0.895454108715057
00:25:53.900 --> 00:25:56.258 The distraction maybe of the virus
NOTE Confidence: 0.895454108715057
00:25:56.258 --> 00:25:59.382 going on and the distraction of the
NOTE Confidence: 0.895454108715057

00:25:59.382 --> 00:26:01.837 interruption of our normal life.
NOTE Confidence: 0.895454108715057

00:26:01.840 --> 00:26:04.264 So it's more important than ever
NOTE Confidence: 0.895454108715057

00:26:04.264 --> 00:26:06.604 just to bring ourselves to that
NOTE Confidence: 0.895454108715057

00:26:06.604 --> 00:26:08.548 place of quiet in that place
NOTE Confidence: 0.895454108715057

00:26:08.548 --> 00:26:11.095 of peace and do a little bit of
NOTE Confidence: 0.895454108715057

00:26:11.095 --> 00:26:12.986 a meditation as you did today.
NOTE Confidence: 0.895454108715057

00:26:12.986 --> 00:26:16.096 So I thank you all for your time an
NOTE Confidence: 0.895454108715057

00:26:16.096 --> 00:26:18.672 I wish you a wonderful week of joy
NOTE Confidence: 0.895454108715057

00:26:18.672 --> 00:26:21.300 and peace and happiness and I will
NOTE Confidence: 0.895454108715057

00:26:21.300 --> 00:26:24.575 see you again on Thursday at 1:30 KB well.