

WEBVTT

NOTE duration:"00:16:01.2160000"

NOTE language:en-us

NOTE Confidence: 0.915855884552002

00:00:00.000 --> 00:00:02.910 Left work leading into our

NOTE Confidence: 0.915855884552002

00:00:02.910 --> 00:00:04.656 guided meditation today.

NOTE Confidence: 0.915855884552002

00:00:04.660 --> 00:00:07.600 I'm so as we begin as always,

NOTE Confidence: 0.915855884552002

00:00:07.600 --> 00:00:09.660 just bring yourself into

NOTE Confidence: 0.915855884552002

00:00:09.660 --> 00:00:11.205 a comfortable position.

NOTE Confidence: 0.915855884552002

00:00:11.210 --> 00:00:13.100 Whatever is comfortable for you,

NOTE Confidence: 0.915855884552002

00:00:13.100 --> 00:00:14.895 whether it's sitting down feet

NOTE Confidence: 0.915855884552002

00:00:14.895 --> 00:00:17.240 on the ground or cross legget,

NOTE Confidence: 0.915855884552002

00:00:17.240 --> 00:00:19.850 or even laying down flat on

NOTE Confidence: 0.915855884552002

00:00:19.850 --> 00:00:22.459 the floor is fine as well.

NOTE Confidence: 0.915855884552002

00:00:22.460 --> 00:00:25.290 Just begin to soften any

NOTE Confidence: 0.915855884552002

00:00:25.290 --> 00:00:28.120 unnecessary tension in your belly

NOTE Confidence: 0.915855884552002

00:00:28.218 --> 00:00:31.494 and shoulders and find a posture

NOTE Confidence: 0.915855884552002

00:00:31.494 --> 00:00:34.660 that feels both relaxed an alert.

NOTE Confidence: 0.915855884552002
00:00:34.660 --> 00:00:37.600 Just rest your hands in an easy,
NOTE Confidence: 0.915855884552002
00:00:37.600 --> 00:00:39.620 effortless way.
NOTE Confidence: 0.915855884552002
00:00:39.620 --> 00:00:41.312 With your eyes open,
NOTE Confidence: 0.915855884552002
00:00:41.312 --> 00:00:44.434 take a few moments to scan your
NOTE Confidence: 0.915855884552002
00:00:44.434 --> 00:00:47.350 aware NIS through the sensations of
NOTE Confidence: 0.915855884552002
00:00:47.350 --> 00:00:50.529 your body and wherever possible,
NOTE Confidence: 0.915855884552002
00:00:50.530 --> 00:00:51.790 just soften.
NOTE Confidence: 0.915855884552002
00:00:51.790 --> 00:00:54.310 And release obvious areas
NOTE Confidence: 0.915855884552002
00:00:54.310 --> 00:00:56.200 of physical tension.
NOTE Confidence: 0.915855884552002
00:00:56.200 --> 00:01:00.384 Let your eyes stay open for the moment.
NOTE Confidence: 0.915855884552002
00:01:00.390 --> 00:01:02.640 And just focus on the middle
NOTE Confidence: 0.915855884552002
00:01:02.640 --> 00:01:04.830 of the room wherever you are.
NOTE Confidence: 0.915855884552002
00:01:04.830 --> 00:01:07.784 And then see how you can let
NOTE Confidence: 0.915855884552002
00:01:07.784 --> 00:01:10.147 your awareness travel across the
NOTE Confidence: 0.915855884552002
00:01:10.147 --> 00:01:12.677 room from where you're sitting.
NOTE Confidence: 0.915855884552002

00:01:12.680 --> 00:01:14.252 If you're lying down,
NOTE Confidence: 0.915855884552002

00:01:14.252 --> 00:01:16.217 you can let your attention
NOTE Confidence: 0.915855884552002

00:01:16.217 --> 00:01:18.470 go upwards to the ceiling.
NOTE Confidence: 0.915855884552002

00:01:18.470 --> 00:01:21.248 And then notice how you can
NOTE Confidence: 0.915855884552002

00:01:21.248 --> 00:01:23.596 let your attention come back
NOTE Confidence: 0.915855884552002

00:01:23.596 --> 00:01:26.008 to the center of the room.
NOTE Confidence: 0.915855884552002

00:01:26.010 --> 00:01:28.509 And see if you can bring your
NOTE Confidence: 0.915855884552002

00:01:28.509 --> 00:01:30.798 attention closer now to about book
NOTE Confidence: 0.915855884552002

00:01:30.798 --> 00:01:32.693 reading distance as if you're
NOTE Confidence: 0.915855884552002

00:01:32.693 --> 00:01:35.027 reading a book with your hands.
NOTE Confidence: 0.915855884552002

00:01:35.030 --> 00:01:37.390 So clearly you can determine
NOTE Confidence: 0.915855884552002

00:01:37.390 --> 00:01:39.278 where your attention goes.
NOTE Confidence: 0.933132231235504

00:01:41.800 --> 00:01:44.920 And now you can let your eyes close
NOTE Confidence: 0.933132231235504

00:01:44.920 --> 00:01:48.359 and just let your attention go inward.
NOTE Confidence: 0.934138834476471

00:01:50.770 --> 00:01:53.302 And gently begin to focus on
NOTE Confidence: 0.934138834476471

00:01:53.302 --> 00:01:55.466 the sensations of the breath

NOTE Confidence: 0.934138834476471
00:01:55.466 --> 00:01:58.196 moving in and out of the body.
NOTE Confidence: 0.926226794719696
00:02:00.610 --> 00:02:04.355 You could let your attention go wherever
NOTE Confidence: 0.926226794719696
00:02:04.355 --> 00:02:08.130 the breath comes most naturally to you.
NOTE Confidence: 0.926226794719696
00:02:08.130 --> 00:02:10.692 For some people, it's the sensations in
NOTE Confidence: 0.926226794719696
00:02:10.692 --> 00:02:13.984 the ear in the air, in the nostrils.
NOTE Confidence: 0.926226794719696
00:02:13.984 --> 00:02:17.032 And with that gentle feeling coming
NOTE Confidence: 0.926226794719696
00:02:17.032 --> 00:02:20.319 in and out as the air passes in.
NOTE Confidence: 0.926226794719696
00:02:20.320 --> 00:02:22.250 An out of the nostrils.
NOTE Confidence: 0.908769845962524
00:02:24.260 --> 00:02:27.592 For others, they naturally feel the breath
NOTE Confidence: 0.908769845962524
00:02:27.592 --> 00:02:31.267 in the chest with the rising and falling
NOTE Confidence: 0.908769845962524
00:02:31.267 --> 00:02:34.818 of the chest with each half breath in.
NOTE Confidence: 0.908769845962524
00:02:34.820 --> 00:02:40.240 And out. And for most, maybe just beginning
NOTE Confidence: 0.908769845962524
00:02:40.240 --> 00:02:43.066 Breathwork and meditation, you may feel
NOTE Confidence: 0.908769845962524
00:02:43.066 --> 00:02:46.580 the breath most naturally in the belly.
NOTE Confidence: 0.908769845962524
00:02:46.580 --> 00:02:49.256 Feeling the diaphragm underneath the lungs,
NOTE Confidence: 0.908769845962524

00:02:49.260 --> 00:02:51.500 pulling air into your lungs,
NOTE Confidence: 0.908769845962524

00:02:51.500 --> 00:02:53.858 expanding your belly.
NOTE Confidence: 0.908769845962524

00:02:53.860 --> 00:02:56.608 As you breathe in.
NOTE Confidence: 0.908769845962524

00:02:56.610 --> 00:02:59.340 And then when the air is released
NOTE Confidence: 0.908769845962524

00:02:59.340 --> 00:03:02.139 from the lungs as you breathe out,
NOTE Confidence: 0.908769845962524

00:03:02.140 --> 00:03:04.120 the belly actually moves inward.
NOTE Confidence: 0.908769845962524

00:03:04.120 --> 00:03:08.168 Since in the abdominal movements in an out.
NOTE Confidence: 0.908769845962524

00:03:08.170 --> 00:03:11.202 So see if you can let your awareness
NOTE Confidence: 0.908769845962524

00:03:11.202 --> 00:03:13.906 ride the wave of the breath
NOTE Confidence: 0.908769845962524

00:03:13.906 --> 00:03:16.690 wherever you feel it most naturally.
NOTE Confidence: 0.908769845962524

00:03:16.690 --> 00:03:18.534 Your nostrils?
NOTE Confidence: 0.908769845962524

00:03:18.534 --> 00:03:23.144 Your chest, your abdominal movement.
NOTE Confidence: 0.908769845962524

00:03:23.150 --> 00:03:25.551 Or for some it may even just
NOTE Confidence: 0.908769845962524

00:03:25.551 --> 00:03:27.823 be the whole body breathing
NOTE Confidence: 0.908769845962524

00:03:27.823 --> 00:03:30.698 whatever comes naturally for you.
NOTE Confidence: 0.908769845962524

00:03:30.700 --> 00:03:33.255 Let's just let your attention

NOTE Confidence: 0.908769845962524
00:03:33.255 --> 00:03:36.920 ride the wave of your breathing.
NOTE Confidence: 0.908769845962524
00:03:36.920 --> 00:03:39.968 As you're sensing your breath in and out,
NOTE Confidence: 0.908769845962524
00:03:39.970 --> 00:03:42.502 you may also sense that your
NOTE Confidence: 0.908769845962524
00:03:42.502 --> 00:03:45.540 mind is as vast as the ocean.
NOTE Confidence: 0.908769845962524
00:03:45.540 --> 00:03:49.068 Where deep in the ocean beneath the surface,
NOTE Confidence: 0.908769845962524
00:03:49.070 --> 00:03:50.746 it's calm and clear.
NOTE Confidence: 0.908769845962524
00:03:50.746 --> 00:03:54.258 And from that deep place in the ocean
NOTE Confidence: 0.908769845962524
00:03:54.258 --> 00:03:57.436 you can look upward towards the surface
NOTE Confidence: 0.908769845962524
00:03:57.436 --> 00:04:01.210 no matter what is going on in your life,
NOTE Confidence: 0.908769845962524
00:04:01.210 --> 00:04:03.245 no matter what those conditions
NOTE Confidence: 0.908769845962524
00:04:03.245 --> 00:04:05.280 are deep in the ocean,
NOTE Confidence: 0.908769845962524
00:04:05.280 --> 00:04:08.168 it's calm and clear.
NOTE Confidence: 0.908769845962524
00:04:08.170 --> 00:04:10.888 And just sensing your breath allows
NOTE Confidence: 0.908769845962524
00:04:10.888 --> 00:04:13.996 you to access the depth and stillness
NOTE Confidence: 0.908769845962524
00:04:13.996 --> 00:04:17.410 of your mind as vast as the ocean.
NOTE Confidence: 0.908769845962524

00:04:17.410 --> 00:04:18.994 Where from this deep,
NOTE Confidence: 0.908769845962524

00:04:18.994 --> 00:04:21.370 peaceful place you can look upward
NOTE Confidence: 0.908769845962524

00:04:21.447 --> 00:04:23.427 at the waves at the surface,
NOTE Confidence: 0.908769845962524

00:04:23.430 --> 00:04:26.678 the brain waves that are the thoughts and
NOTE Confidence: 0.908769845962524

00:04:26.678 --> 00:04:29.369 emotions and conditions of your mind.
NOTE Confidence: 0.908769845962524

00:04:29.370 --> 00:04:32.172 Can you notice all those fleeting
NOTE Confidence: 0.908769845962524

00:04:32.172 --> 00:04:34.484 thoughts and emotions that are
NOTE Confidence: 0.908769845962524

00:04:34.484 --> 00:04:36.632 just there at the surface that
NOTE Confidence: 0.908769845962524

00:04:36.632 --> 00:04:38.960 come and go pretty quickly?
NOTE Confidence: 0.908769845962524

00:04:38.960 --> 00:04:40.916 In and out of your awareness,
NOTE Confidence: 0.908769845962524

00:04:40.920 --> 00:04:41.572 each day,
NOTE Confidence: 0.908769845962524

00:04:41.572 --> 00:04:44.180 like waves at the top of the ocean.
NOTE Confidence: 0.902194499969482

00:04:47.090 --> 00:04:48.362 Sensing your breath,
NOTE Confidence: 0.902194499969482

00:04:48.362 --> 00:04:51.330 bringing you back to this peaceful place,
NOTE Confidence: 0.902194499969482

00:04:51.330 --> 00:04:56.209 filling the profound death of your mind.
NOTE Confidence: 0.902194499969482

00:04:56.210 --> 00:04:58.796 When I thought Kamsar a feeling

NOTE Confidence: 0.902194499969482
00:04:58.796 --> 00:05:01.430 a memory or sensation and just
NOTE Confidence: 0.902194499969482
00:05:01.430 --> 00:05:03.914 warmly and calmly take note of
NOTE Confidence: 0.902194499969482
00:05:03.914 --> 00:05:06.386 that mental activity and redirect
NOTE Confidence: 0.902194499969482
00:05:06.386 --> 00:05:08.976 your attention to the breath.
NOTE Confidence: 0.934555351734161
00:05:11.150 --> 00:05:16.334 Just let your attention return to the breath.
NOTE Confidence: 0.934555351734161
00:05:16.340 --> 00:05:18.518 To this depth of your mind,
NOTE Confidence: 0.934555351734161
00:05:18.520 --> 00:05:21.880 where you can just sense and observe the
NOTE Confidence: 0.934555351734161
00:05:21.880 --> 00:05:24.987 activities of the mind as just activities.
NOTE Confidence: 0.934555351734161
00:05:24.990 --> 00:05:29.326 And not the totality of who you are.
NOTE Confidence: 0.934555351734161
00:05:29.330 --> 00:05:32.914 See if you can let yourself enjoy
NOTE Confidence: 0.934555351734161
00:05:32.914 --> 00:05:35.630 the deep tranquility that comes
NOTE Confidence: 0.934555351734161
00:05:35.630 --> 00:05:38.340 from just sensing the breath.
NOTE Confidence: 0.904691994190216
00:05:40.430 --> 00:05:42.915 Knowing that, just focusing your
NOTE Confidence: 0.904691994190216
00:05:42.915 --> 00:05:46.254 mind on your breathing brings you to
NOTE Confidence: 0.904691994190216
00:05:46.254 --> 00:05:48.935 this deep place of calm and clarity.
NOTE Confidence: 0.904691994190216

00:05:48.940 --> 00:05:55.270 If your eyes are open,
NOTE Confidence: 0.904691994190216
00:05:55.270 --> 00:06:01.818 just close your eyes.
NOTE Confidence: 0.904691994190216
00:06:01.820 --> 00:06:04.700 And continue to draw your
NOTE Confidence: 0.904691994190216
00:06:04.700 --> 00:06:07.004 attention to your breath.
NOTE Confidence: 0.904691994190216
00:06:07.010 --> 00:06:10.340 Continue to breathe evenly in quietly
NOTE Confidence: 0.904691994190216
00:06:10.340 --> 00:06:13.699 in and out through your nose.
NOTE Confidence: 0.904691994190216
00:06:13.700 --> 00:06:16.284 If you can allow each exhale breath to
NOTE Confidence: 0.904691994190216
00:06:16.284 --> 00:06:19.279 be at least as long as the in breath.
NOTE Confidence: 0.903251886367798
00:06:23.100 --> 00:06:26.775 Taking the D picture of what you're
NOTE Confidence: 0.903251886367798
00:06:26.775 --> 00:06:30.750 doing right now, just breathing.
NOTE Confidence: 0.903251886367798
00:06:30.750 --> 00:06:35.130 And sitting. Perhaps noticing yourself
NOTE Confidence: 0.903251886367798
00:06:35.130 --> 00:06:39.750 as if from the outside looking in?
NOTE Confidence: 0.903251886367798
00:06:39.750 --> 00:06:42.907 See the whole shape of your body.
NOTE Confidence: 0.903251886367798
00:06:42.910 --> 00:06:45.223 Its outer silhouette.
NOTE Confidence: 0.903251886367798
00:06:45.223 --> 00:06:50.620 Feel the breath moving in and out.
NOTE Confidence: 0.903251886367798
00:06:50.620 --> 00:06:53.210 Notice how the whole body

NOTE Confidence: 0.903251886367798
00:06:53.210 --> 00:06:55.800 moves with each breath in.
NOTE Confidence: 0.903251886367798
00:06:55.800 --> 00:06:59.160 And each breath out.
NOTE Confidence: 0.903251886367798
00:06:59.160 --> 00:07:02.070 A whole body is breathing.
NOTE Confidence: 0.903251886367798
00:07:02.070 --> 00:07:04.050 Soldiers lived.
NOTE Confidence: 0.903251886367798
00:07:04.050 --> 00:07:06.030 Chest expands.
NOTE Confidence: 0.903251886367798
00:07:06.030 --> 00:07:08.010 Value softens,
NOTE Confidence: 0.903251886367798
00:07:08.010 --> 00:07:11.856 take it all in the big
NOTE Confidence: 0.903251886367798
00:07:11.856 --> 00:07:13.779 picture of sitting.
NOTE Confidence: 0.903251886367798
00:07:13.780 --> 00:07:14.970 And breathing.
NOTE Confidence: 0.912144780158997
00:07:21.540 --> 00:07:24.774 And then still present with this
NOTE Confidence: 0.912144780158997
00:07:24.774 --> 00:07:27.550 breath awareness follow the sensation
NOTE Confidence: 0.912144780158997
00:07:27.550 --> 00:07:30.706 of breath to the specific area.
NOTE Confidence: 0.912144780158997
00:07:30.710 --> 00:07:34.161 Of your nose. Feel your breath as
NOTE Confidence: 0.912144780158997
00:07:34.161 --> 00:07:38.116 it moves in and out through your
NOTE Confidence: 0.912144780158997
00:07:38.116 --> 00:07:41.662 nostrils and notice what you can.
NOTE Confidence: 0.93489396572113

00:07:51.130 --> 00:07:53.965 Keep the attention of your mind on
NOTE Confidence: 0.93489396572113

00:07:53.965 --> 00:07:57.247 breath as it moves through the nose.
NOTE Confidence: 0.93489396572113

00:07:57.250 --> 00:08:02.458 Cool air warming as it comes in.
NOTE Confidence: 0.93489396572113

00:08:02.460 --> 00:08:05.853 And the warm air cooling as it goes out.
NOTE Confidence: 0.903944253921509

00:08:08.820 --> 00:08:11.785 Notice if one nostril is
NOTE Confidence: 0.903944253921509

00:08:11.785 --> 00:08:14.157 dominant over the other.
NOTE Confidence: 0.903944253921509

00:08:14.160 --> 00:08:17.807 Or notice if there is a change.
NOTE Confidence: 0.903944253921509

00:08:17.810 --> 00:08:19.790 Stay present with whatever
NOTE Confidence: 0.903944253921509

00:08:19.790 --> 00:08:22.760 it is that you notice about
NOTE Confidence: 0.903944253921509

00:08:22.856 --> 00:08:25.696 breath moving through the nose.
NOTE Confidence: 0.915602564811707

00:08:44.320 --> 00:08:48.280 And now still present with your
NOTE Confidence: 0.915602564811707

00:08:48.280 --> 00:08:52.122 attention on your breath zero in
NOTE Confidence: 0.915602564811707

00:08:52.122 --> 00:08:56.458 further to one small area of the nose.
NOTE Confidence: 0.915602564811707

00:08:56.460 --> 00:09:00.537 Notice the breath just as it moves in and
NOTE Confidence: 0.915602564811707

00:09:00.537 --> 00:09:04.720 out through the tip of the left nostril.
NOTE Confidence: 0.925160944461823

00:09:12.980 --> 00:09:16.118 Stay present with a smaller area

NOTE Confidence: 0.925160944461823
00:09:16.118 --> 00:09:18.880 holding the mind still there.
NOTE Confidence: 0.925160944461823
00:09:18.880 --> 00:09:21.530 Notice everything you can about
NOTE Confidence: 0.925160944461823
00:09:21.530 --> 00:09:24.770 the breath in this one spot.
NOTE Confidence: 0.914447069168091
00:09:46.790 --> 00:09:50.036 Feel the movement of the breath,
NOTE Confidence: 0.914447069168091
00:09:50.040 --> 00:09:54.460 the temperature of the breath.
NOTE Confidence: 0.914447069168091
00:09:54.460 --> 00:09:56.968 Notice that there is a smell
NOTE Confidence: 0.914447069168091
00:09:56.968 --> 00:09:59.410 or taste to the breath.
NOTE Confidence: 0.914447069168091
00:09:59.410 --> 00:10:04.786 Just notice every detail you can.
NOTE Confidence: 0.914447069168091
00:10:04.790 --> 00:10:07.514 But only as the breath moves
NOTE Confidence: 0.914447069168091
00:10:07.514 --> 00:10:09.910 past this one tiny spot.
NOTE Confidence: 0.916819751262665
00:10:32.330 --> 00:10:35.438 And then can you go further
NOTE Confidence: 0.916819751262665
00:10:35.438 --> 00:10:37.510 with attention to breath?
NOTE Confidence: 0.916819751262665
00:10:37.510 --> 00:10:42.478 Can you zero in on a smaller area
NOTE Confidence: 0.916819751262665
00:10:42.478 --> 00:10:44.998 of sensation? Could you notice,
NOTE Confidence: 0.916819751262665
00:10:44.998 --> 00:10:47.894 for example, the breath as it
NOTE Confidence: 0.916819751262665

00:10:47.894 --> 00:10:50.960 moves past as single nose hair?
NOTE Confidence: 0.916819751262665

00:10:50.960 --> 00:10:54.212 Dial into the tiniest level of
NOTE Confidence: 0.916819751262665

00:10:54.212 --> 00:10:57.290 awareness that you're capable of today.
NOTE Confidence: 0.916819751262665

00:10:57.290 --> 00:11:00.000 Still present with the breath.
NOTE Confidence: 0.916819751262665

00:11:00.000 --> 00:11:03.792 And the sensation of breath as it moves
NOTE Confidence: 0.916819751262665

00:11:03.792 --> 00:11:07.460 past this one small spot of the nose.
NOTE Confidence: 0.924814760684967

00:11:29.230 --> 00:11:32.434 Wherever the focus of the mind is right now,
NOTE Confidence: 0.924814760684967

00:11:32.440 --> 00:11:34.432 stay with the breath and notice
NOTE Confidence: 0.924814760684967

00:11:34.432 --> 00:11:36.370 that you could go further.
NOTE Confidence: 0.924814760684967

00:11:36.370 --> 00:11:41.228 You don't have to go further, but you could.
NOTE Confidence: 0.924814760684967

00:11:41.230 --> 00:11:44.606 Notice that this one small area of attention
NOTE Confidence: 0.924814760684967

00:11:44.606 --> 00:11:47.490 could further be broken down into pieces,
NOTE Confidence: 0.924814760684967

00:11:47.490 --> 00:11:51.634 and then those pieces are also made up
NOTE Confidence: 0.924814760684967

00:11:51.634 --> 00:11:55.847 of smaller pieces and it goes on and on.
NOTE Confidence: 0.924814760684967

00:11:55.850 --> 00:11:58.826 So as you closely inspect sensations
NOTE Confidence: 0.924814760684967

00:11:58.826 --> 00:12:02.467 in this one small area of the nose.

NOTE Confidence: 0.924814760684967
00:12:02.470 --> 00:12:05.806 With the sensation of breath in.
NOTE Confidence: 0.924814760684967
00:12:05.810 --> 00:12:08.474 And without, you're aware that this
NOTE Confidence: 0.924814760684967
00:12:08.474 --> 00:12:11.703 area can be infinitely broken down into
NOTE Confidence: 0.924814760684967
00:12:11.703 --> 00:12:14.457 smaller and smaller levels of detail,
NOTE Confidence: 0.924814760684967
00:12:14.460 --> 00:12:17.554 and the deeper you go into each
NOTE Confidence: 0.924814760684967
00:12:17.554 --> 00:12:19.919 of these levels of detail,
NOTE Confidence: 0.924814760684967
00:12:19.920 --> 00:12:23.250 the more you notice the spaciousness.
NOTE Confidence: 0.924814760684967
00:12:23.250 --> 00:12:24.420 That exists.
NOTE Confidence: 0.938578069210052
00:12:26.570 --> 00:12:29.666 The spaces between each tiny molecule
NOTE Confidence: 0.938578069210052
00:12:29.666 --> 00:12:32.880 that builds the structure of your nose.
NOTE Confidence: 0.9117152094841
00:12:35.570 --> 00:12:39.005 The spaciousness of awareness itself
NOTE Confidence: 0.9117152094841
00:12:39.005 --> 00:12:41.753 and it's infinite capabilities.
NOTE Confidence: 0.9117152094841
00:12:41.760 --> 00:12:45.228 This spaciousness of your own mind.
NOTE Confidence: 0.901663541793823
00:12:48.150 --> 00:12:51.608 For a moment West with your mind
NOTE Confidence: 0.901663541793823
00:12:51.608 --> 00:12:54.551 in that Spaciousness while at the
NOTE Confidence: 0.901663541793823

00:12:54.551 --> 00:12:57.743 same time still aware of the breath.
NOTE Confidence: 0.915691256523132

00:13:32.520 --> 00:13:35.698 Will continue for just another three breaths.
NOTE Confidence: 0.925128996372223

00:13:48.640 --> 00:13:51.420 Now with eyes closed,
NOTE Confidence: 0.925128996372223

00:13:51.420 --> 00:13:56.550 gently place a hand over your heart.
NOTE Confidence: 0.925128996372223

00:13:56.550 --> 00:13:58.226 Simply feeling the gentle
NOTE Confidence: 0.925128996372223

00:13:58.226 --> 00:14:00.740 pressure an warmth of your hand.
NOTE Confidence: 0.930344045162201

00:14:02.940 --> 00:14:05.684 You can place your other hand on top
NOTE Confidence: 0.930344045162201

00:14:05.684 --> 00:14:08.488 of that hand that's on your heart.
NOTE Confidence: 0.921833157539368

00:14:12.790 --> 00:14:15.660 Feel the natural rising and falling of
NOTE Confidence: 0.921833157539368

00:14:15.660 --> 00:14:18.789 your chest as you breathe in and out.
NOTE Confidence: 0.902356386184692

00:14:28.160 --> 00:14:33.454 Take a deep breath in. Do that mouth.
NOTE Confidence: 0.902356386184692

00:14:33.454 --> 00:14:36.926 Exhale through the nose.
NOTE Confidence: 0.902356386184692

00:14:36.930 --> 00:14:40.238 Inhale through the nose.
NOTE Confidence: 0.902356386184692

00:14:40.240 --> 00:14:42.140 And Exhale through the mouth.
NOTE Confidence: 0.939122557640076

00:14:45.960 --> 00:14:47.900 And when you're ready,
NOTE Confidence: 0.939122557640076

00:14:47.900 --> 00:14:50.325 you can open your eyes.

NOTE Confidence: 0.939122557640076
00:14:50.330 --> 00:14:54.785 Stretch your arms out as far as you can.
NOTE Confidence: 0.939122557640076
00:14:54.790 --> 00:14:57.760 Stretched to the right and
NOTE Confidence: 0.939122557640076
00:14:57.760 --> 00:15:00.136 stretched to the laughed.
NOTE Confidence: 0.939122557640076
00:15:00.140 --> 00:15:03.080 Arms overhead with the breath in.
NOTE Confidence: 0.939122557640076
00:15:03.080 --> 00:15:05.740 And Exhale into prayer pose.
NOTE Confidence: 0.928487598896027
00:15:10.490 --> 00:15:14.386 When you're ready, you can open your eyes.
NOTE Confidence: 0.928487598896027
00:15:14.390 --> 00:15:16.987 I hope you're all feeling relaxed now,
NOTE Confidence: 0.928487598896027
00:15:16.990 --> 00:15:19.132 and it's just so interesting to
NOTE Confidence: 0.928487598896027
00:15:19.132 --> 00:15:21.460 realize as we go from there.
NOTE Confidence: 0.928487598896027
00:15:21.460 --> 00:15:24.057 Meditation was going from big to small,
NOTE Confidence: 0.928487598896027
00:15:24.060 --> 00:15:26.426 so as we go from big thoughts
NOTE Confidence: 0.928487598896027
00:15:26.426 --> 00:15:28.339 to just focusing on smaller
NOTE Confidence: 0.928487598896027
00:15:28.339 --> 00:15:30.389 and smaller pieces in place,
NOTE Confidence: 0.928487598896027
00:15:30.390 --> 00:15:32.508 is it actually creates a spaciousness
NOTE Confidence: 0.928487598896027
00:15:32.508 --> 00:15:35.525 inside of us and a bigger a bigger
NOTE Confidence: 0.928487598896027

00:15:35.525 --> 00:15:37.450 awareness and a greater relaxation.

NOTE Confidence: 0.928487598896027

00:15:37.450 --> 00:15:40.096 So that's something that we can

NOTE Confidence: 0.928487598896027

00:15:40.096 --> 00:15:42.570 do at anytime throughout our day.

NOTE Confidence: 0.928487598896027

00:15:42.570 --> 00:15:44.120 I wish you all well.

NOTE Confidence: 0.928487598896027

00:15:44.120 --> 00:15:46.290 I wish you all a good week.

NOTE Confidence: 0.928487598896027

00:15:46.290 --> 00:15:47.845 Made a longtime sunshine upon

NOTE Confidence: 0.928487598896027

00:15:47.845 --> 00:15:49.700 you and I love surround you.

NOTE Confidence: 0.928487598896027

00:15:49.700 --> 00:15:51.374 The pure light within you guide

NOTE Confidence: 0.928487598896027

00:15:51.374 --> 00:15:53.911 your way on guide your way on on

NOTE Confidence: 0.928487598896027

00:15:53.911 --> 00:15:55.275 Michelle Grand Massage Therapist,

NOTE Confidence: 0.928487598896027

00:15:55.280 --> 00:15:57.050 Smilow Cancer Hospital and I hope

NOTE Confidence: 0.928487598896027

00:15:57.050 --> 00:15:58.999 to see you again on Thursday.

NOTE Confidence: 0.928487598896027

00:15:59.000 --> 00:16:01.212 If you can join at 1:30 K.