

WEBVTT

NOTE duration:"00:15:51.4560000"

NOTE language:en-us

NOTE Confidence: 0.887627780437469

00:00:00.000 --> 00:00:01.436 OK, Good morning everybody.

NOTE Confidence: 0.887627780437469

00:00:01.436 --> 00:00:04.410 Thank you so much for joining it's Monday.

NOTE Confidence: 0.887627780437469

00:00:04.410 --> 00:00:06.769 I hope you all had a wonderful

NOTE Confidence: 0.887627780437469

00:00:06.769 --> 00:00:08.962 weekend and I'm glad you're taking

NOTE Confidence: 0.887627780437469

00:00:08.962 --> 00:00:11.531 this time now to just start the

NOTE Confidence: 0.887627780437469

00:00:11.605 --> 00:00:13.686 week in a peaceful, ungrounded way.

NOTE Confidence: 0.887627780437469

00:00:13.686 --> 00:00:15.401 Again, on Michelle Grand Massage

NOTE Confidence: 0.887627780437469

00:00:15.401 --> 00:00:17.290 therapist at Smilow Cancer Hospital.

NOTE Confidence: 0.887627780437469

00:00:17.290 --> 00:00:21.050 It's my pleasure to be with you today.

NOTE Confidence: 0.887627780437469

00:00:21.050 --> 00:00:23.630 We're gonna start with just a

NOTE Confidence: 0.887627780437469

00:00:23.630 --> 00:00:24.920 relaxing grounding meditation,

NOTE Confidence: 0.887627780437469

00:00:24.920 --> 00:00:27.587 and then we're going to go into

NOTE Confidence: 0.887627780437469

00:00:27.587 --> 00:00:29.805 a guided meditation about giving

NOTE Confidence: 0.887627780437469

00:00:29.805 --> 00:00:31.797 yourself love and kindness.

NOTE Confidence: 0.887627780437469  
00:00:31.800 --> 00:00:34.380 So as always, just bring yourself  
NOTE Confidence: 0.887627780437469  
00:00:34.380 --> 00:00:36.100 into a comfortable position.  
NOTE Confidence: 0.887627780437469  
00:00:36.100 --> 00:00:38.250 Whatever is comfortable for you,  
NOTE Confidence: 0.887627780437469  
00:00:38.250 --> 00:00:39.970 whether it's sitting down,  
NOTE Confidence: 0.887627780437469  
00:00:39.970 --> 00:00:42.120 feet grounded on the floor,  
NOTE Confidence: 0.887627780437469  
00:00:42.120 --> 00:00:44.664 cross legged or laying down and  
NOTE Confidence: 0.887627780437469  
00:00:44.664 --> 00:00:47.280 keep your eyes open or closed,  
NOTE Confidence: 0.887627780437469  
00:00:47.280 --> 00:00:49.680 whatever you prefer.  
NOTE Confidence: 0.887627780437469  
00:00:49.680 --> 00:00:51.690 Let's take a deep breath in  
NOTE Confidence: 0.887627780437469  
00:00:51.690 --> 00:00:52.695 through your nose.  
NOTE Confidence: 0.839389622211456  
00:00:54.850 --> 00:00:58.060 And Exhale through your mouth.  
NOTE Confidence: 0.839389622211456  
00:00:58.060 --> 00:01:02.722 The past has already gone and  
NOTE Confidence: 0.839389622211456  
00:01:02.722 --> 00:01:07.319 the future is yet to come.  
NOTE Confidence: 0.839389622211456  
00:01:07.320 --> 00:01:09.780 You're concentrating on being peaceful,  
NOTE Confidence: 0.839389622211456  
00:01:09.780 --> 00:01:13.217 happy, and free in this present moment,  
NOTE Confidence: 0.839389622211456

00:01:13.220 --> 00:01:15.844 just again concentrating on  
NOTE Confidence: 0.839389622211456

00:01:15.844 --> 00:01:19.124 being aware of each breath.  
NOTE Confidence: 0.839389622211456

00:01:19.130 --> 00:01:23.988 Your attention on the breath is continuous.  
NOTE Confidence: 0.839389622211456

00:01:23.990 --> 00:01:26.580 You follow the breath as it begins  
NOTE Confidence: 0.839389622211456

00:01:26.580 --> 00:01:30.639 in your abdomen, starts to expand.  
NOTE Confidence: 0.839389622211456

00:01:30.640 --> 00:01:34.063 Continue to pay attention is your abdomen  
NOTE Confidence: 0.839389622211456

00:01:34.063 --> 00:01:37.272 rises and falls with each breath like  
NOTE Confidence: 0.839389622211456

00:01:37.272 --> 00:01:40.780 a child going high and low on a swing.  
NOTE Confidence: 0.839389622211456

00:01:40.780 --> 00:01:43.120 Like a swing, your breath slows  
NOTE Confidence: 0.839389622211456

00:01:43.120 --> 00:01:45.765 down at each end and you follow  
NOTE Confidence: 0.839389622211456

00:01:45.765 --> 00:01:48.590 it all the way as it slows down.  
NOTE Confidence: 0.892044305801392

00:01:50.890 --> 00:01:53.848 And starts again.  
NOTE Confidence: 0.892044305801392

00:01:53.850 --> 00:01:55.506 Your mind keeps producing  
NOTE Confidence: 0.892044305801392

00:01:55.506 --> 00:01:57.576 thoughts and that's its nature.  
NOTE Confidence: 0.892044305801392

00:01:57.580 --> 00:02:00.464 But you do not follow the thoughts,  
NOTE Confidence: 0.892044305801392

00:02:00.470 --> 00:02:02.960 you just concentrate on the breath.

NOTE Confidence: 0.892044305801392  
00:02:02.960 --> 00:02:06.680 Feeling comfortable and at ease.  
NOTE Confidence: 0.892044305801392  
00:02:06.680 --> 00:02:09.907 With each breath, just let go of  
NOTE Confidence: 0.892044305801392  
00:02:09.907 --> 00:02:13.029 tension somewhere in your body and mind.  
NOTE Confidence: 0.892044305801392  
00:02:13.030 --> 00:02:16.045 If you hear sounds you don't react to them,  
NOTE Confidence: 0.892044305801392  
00:02:16.050 --> 00:02:20.117 just notice them and let them go.  
NOTE Confidence: 0.892044305801392  
00:02:20.120 --> 00:02:25.070 And continue to enjoy breathing peacefully.  
NOTE Confidence: 0.892044305801392  
00:02:25.070 --> 00:02:27.330 Focusing on your breath keeps  
NOTE Confidence: 0.892044305801392  
00:02:27.330 --> 00:02:30.350 you from getting lost in thought.  
NOTE Confidence: 0.892044305801392  
00:02:30.350 --> 00:02:33.115 If you notice sounds and skin sensations,  
NOTE Confidence: 0.892044305801392  
00:02:33.120 --> 00:02:36.410 just don't react to them.  
NOTE Confidence: 0.892044305801392  
00:02:36.410 --> 00:02:39.500 Smile it disturbances such as Memories,  
NOTE Confidence: 0.892044305801392  
00:02:39.500 --> 00:02:43.304 Little Itches and noises because smile  
NOTE Confidence: 0.892044305801392  
00:02:43.304 --> 00:02:47.379 relaxes you and you feel content.  
NOTE Confidence: 0.892044305801392  
00:02:47.380 --> 00:02:49.650 With each breath just arrive  
NOTE Confidence: 0.892044305801392  
00:02:49.650 --> 00:02:51.920 in the here and now.  
NOTE Confidence: 0.892044305801392

00:02:51.920 --> 00:02:54.750 Spreading comfortably, remind is peaceful.

NOTE Confidence: 0.892044305801392

00:02:54.750 --> 00:02:58.746 Your body is free of tension.

NOTE Confidence: 0.892044305801392

00:02:58.750 --> 00:03:01.042 And your common rested.

NOTE Confidence: 0.892044305801392

00:03:01.042 --> 00:03:05.200 Can you feel free and at home?

NOTE Confidence: 0.89726060628891

00:03:08.980 --> 00:03:11.780 Just continue to feel grounded.

NOTE Confidence: 0.89726060628891

00:03:11.780 --> 00:03:15.710 If you're sitting in a chair.

NOTE Confidence: 0.89726060628891

00:03:15.710 --> 00:03:18.335 Just feel the back of the chair.

NOTE Confidence: 0.89726060628891

00:03:18.340 --> 00:03:21.044 Support your lower back.

NOTE Confidence: 0.89726060628891

00:03:21.044 --> 00:03:26.480 Just ground your feet flat on the floor.

NOTE Confidence: 0.89726060628891

00:03:26.480 --> 00:03:28.910 Failure spine upright.

NOTE Confidence: 0.817376554012299

00:03:31.270 --> 00:03:34.540 Your neck in the Crown of

NOTE Confidence: 0.817376554012299

00:03:34.540 --> 00:03:36.720 your head pulled skyward.

NOTE Confidence: 0.817376554012299

00:03:36.720 --> 00:03:38.800 Gently pull your shoulder

NOTE Confidence: 0.817376554012299

00:03:38.800 --> 00:03:40.880 blades back and down.

NOTE Confidence: 0.817376554012299

00:03:40.880 --> 00:03:43.250 Raising your rib cage slightly.

NOTE Confidence: 0.829678356647491

00:03:45.510 --> 00:03:48.926 These small ships will create a true

NOTE Confidence: 0.829678356647491  
00:03:48.926 --> 00:03:51.409 physical openness for your heart.  
NOTE Confidence: 0.829678356647491  
00:03:51.410 --> 00:03:54.290 And open this consistent with the  
NOTE Confidence: 0.829678356647491  
00:03:54.290 --> 00:03:57.350 positive emotions you aim to cultivate.  
NOTE Confidence: 0.829678356647491  
00:03:57.350 --> 00:03:59.919 Gently lower your gaze to reduce any  
NOTE Confidence: 0.829678356647491  
00:03:59.919 --> 00:04:02.159 distractions and a few comfortable.  
NOTE Confidence: 0.829678356647491  
00:04:02.160 --> 00:04:05.370 If your eyes are open, close your eyes.  
NOTE Confidence: 0.887097418308258  
00:04:08.310 --> 00:04:10.788 Take a few deep breaths and bring  
NOTE Confidence: 0.887097418308258  
00:04:10.788 --> 00:04:12.689 your awareness to your heart.  
NOTE Confidence: 0.827035903930664  
00:04:17.120 --> 00:04:20.510 Visualize how each in breath  
NOTE Confidence: 0.827035903930664  
00:04:20.510 --> 00:04:23.222 affects your heart physically.  
NOTE Confidence: 0.827035903930664  
00:04:23.230 --> 00:04:25.738 Just breathe normally now,  
NOTE Confidence: 0.827035903930664  
00:04:25.738 --> 00:04:28.873 making no special effort to  
NOTE Confidence: 0.827035903930664  
00:04:28.873 --> 00:04:31.828 breathe in any particular way.  
NOTE Confidence: 0.827035903930664  
00:04:31.830 --> 00:04:33.962 Continue to rest your  
NOTE Confidence: 0.827035903930664  
00:04:33.962 --> 00:04:36.627 where NIS on your heart.  
NOTE Confidence: 0.827035903930664

00:04:36.630 --> 00:04:39.325 Consider how each in breath  
NOTE Confidence: 0.827035903930664

00:04:39.325 --> 00:04:42.860 nurses you as your heart drinks.  
NOTE Confidence: 0.827035903930664

00:04:42.860 --> 00:04:46.200 In pressing precious oxygen.  
NOTE Confidence: 0.827035903930664

00:04:46.200 --> 00:04:48.870 This passage of oxygen from the  
NOTE Confidence: 0.827035903930664

00:04:48.870 --> 00:04:51.623 nearby air through your lungs and  
NOTE Confidence: 0.827035903930664

00:04:51.623 --> 00:04:54.293 then into your beating heart and  
NOTE Confidence: 0.827035903930664

00:04:54.293 --> 00:04:57.110 blood stream is the most basic  
NOTE Confidence: 0.827035903930664

00:04:57.110 --> 00:04:58.954 and constant connection between  
NOTE Confidence: 0.827035903930664

00:04:58.954 --> 00:05:01.700 you and the world around you.  
NOTE Confidence: 0.909634709358215

00:05:04.000 --> 00:05:07.630 This simple act of breathing mix  
NOTE Confidence: 0.909634709358215

00:05:07.630 --> 00:05:11.357 together all that is within you  
NOTE Confidence: 0.909634709358215

00:05:11.357 --> 00:05:15.529 with all that lies beyond your skin.  
NOTE Confidence: 0.909634709358215

00:05:15.530 --> 00:05:18.898 Each new Brad creates a unity of life  
NOTE Confidence: 0.909634709358215

00:05:18.898 --> 00:05:23.244 as all people share the nourishment that  
NOTE Confidence: 0.909634709358215

00:05:23.244 --> 00:05:26.644 the Earth's atmosphere freely offers.  
NOTE Confidence: 0.904118001461029

00:05:28.980 --> 00:05:33.804 Check in now with how your body is feeling.

NOTE Confidence: 0.904118001461029

00:05:33.810 --> 00:05:38.990 Do you have any eggs? Any pains?

NOTE Confidence: 0.904118001461029

00:05:38.990 --> 00:05:43.790 Any worries or areas of tension?

NOTE Confidence: 0.904118001461029

00:05:43.790 --> 00:05:47.786 Or are you excited caught up

NOTE Confidence: 0.904118001461029

00:05:47.786 --> 00:05:50.450 in an eager anticipation?

NOTE Confidence: 0.904118001461029

00:05:50.450 --> 00:05:51.980 Whatever the feeling,

NOTE Confidence: 0.904118001461029

00:05:51.980 --> 00:05:55.550 there's no need to push it aside.

NOTE Confidence: 0.904118001461029

00:05:55.550 --> 00:05:59.267 Pleasant or not, let that feeling in,

NOTE Confidence: 0.904118001461029

00:05:59.270 --> 00:06:02.742 except it as part of what it

NOTE Confidence: 0.904118001461029

00:06:02.742 --> 00:06:06.717 means to be you at this moment.

NOTE Confidence: 0.745230078697205

00:06:08.970 --> 00:06:12.280 Meet the feeling with Curiosity.

NOTE Confidence: 0.745230078697205

00:06:12.280 --> 00:06:18.030 An open NIS. Note how it registers in

NOTE Confidence: 0.745230078697205

00:06:18.030 --> 00:06:21.768 your body and how those sensations change

NOTE Confidence: 0.745230078697205

00:06:21.768 --> 00:06:25.954 subtly from one moment to the next.

NOTE Confidence: 0.867086470127106

00:06:28.560 --> 00:06:30.760 Whether your current experience

NOTE Confidence: 0.867086470127106

00:06:30.760 --> 00:06:32.960 is pleasant or unpleasant,

NOTE Confidence: 0.867086470127106



00:06:32.960 --> 00:06:35.710 just witness and accept it.  
NOTE Confidence: 0.881952524185181

00:06:39.040 --> 00:06:42.834 Weather events in your life are presenting  
NOTE Confidence: 0.881952524185181

00:06:42.834 --> 00:06:47.076 you with good or bad fortune these days.  
NOTE Confidence: 0.881952524185181

00:06:47.080 --> 00:06:50.356 Just witnessed an except those events  
NOTE Confidence: 0.881952524185181

00:06:50.356 --> 00:06:55.036 see them as part of the inevitable ups  
NOTE Confidence: 0.881952524185181

00:06:55.036 --> 00:06:58.618 and downs that all people experience.  
NOTE Confidence: 0.881952524185181

00:06:58.620 --> 00:07:01.320 Just as surely as all people  
NOTE Confidence: 0.881952524185181

00:07:01.320 --> 00:07:04.000 face good and bad fortune.  
NOTE Confidence: 0.881952524185181

00:07:04.000 --> 00:07:07.966 All people, all the world over,  
NOTE Confidence: 0.881952524185181

00:07:07.970 --> 00:07:11.270 yearn to feel good, safe,  
NOTE Confidence: 0.881952524185181

00:07:11.270 --> 00:07:15.188 peaceful and healthy.  
NOTE Confidence: 0.881952524185181

00:07:15.190 --> 00:07:18.712 Alongside your awareness of suffering and  
NOTE Confidence: 0.881952524185181

00:07:18.712 --> 00:07:22.089 the fundamental sameness of all people.  
NOTE Confidence: 0.881952524185181

00:07:22.090 --> 00:07:26.395 You can choose to wish yourself well.  
NOTE Confidence: 0.881952524185181

00:07:26.400 --> 00:07:29.015 You deserve this kind NIS  
NOTE Confidence: 0.881952524185181

00:07:29.015 --> 00:07:31.630 as much as anyone else.

NOTE Confidence: 0.827311158180237

00:07:34.560 --> 00:07:38.130 Begin to lightly call to

NOTE Confidence: 0.827311158180237

00:07:38.130 --> 00:07:41.700 mind your own good qualities.

NOTE Confidence: 0.827311158180237

00:07:41.700 --> 00:07:43.840 Let these qualities remind

NOTE Confidence: 0.827311158180237

00:07:43.840 --> 00:07:47.050 you of what's good in you.

NOTE Confidence: 0.878703892230988

00:07:49.920 --> 00:07:53.550 What touches your heart about yourself?

NOTE Confidence: 0.879555593837391

00:07:59.460 --> 00:08:03.192 Then gently offer. The classic wishes

NOTE Confidence: 0.879555593837391

00:08:03.192 --> 00:08:06.740 of loving kindness to yourself.

NOTE Confidence: 0.879555593837391

00:08:06.740 --> 00:08:08.624 Choosing phrases that

NOTE Confidence: 0.879555593837391

00:08:08.624 --> 00:08:11.764 best speak to your heart.

NOTE Confidence: 0.879555593837391

00:08:11.770 --> 00:08:16.876 May I feel safe? And protected.

NOTE Confidence: 0.879555593837391

00:08:16.880 --> 00:08:21.290 May I feel happy and peaceful?

NOTE Confidence: 0.879555593837391

00:08:21.290 --> 00:08:25.640 May I feel healthy and strong?

NOTE Confidence: 0.879555593837391

00:08:25.640 --> 00:08:28.930 May I live with ease?

NOTE Confidence: 0.879555593837391

00:08:28.930 --> 00:08:31.855 See yourself as being a

NOTE Confidence: 0.879555593837391

00:08:31.855 --> 00:08:34.195 dear friend to yourself.

NOTE Confidence: 0.862256526947021

00:08:36.860 --> 00:08:39.710 It might help to 1st imagine  
NOTE Confidence: 0.862256526947021

00:08:39.710 --> 00:08:41.610 the warmth and tenderness.  
NOTE Confidence: 0.862256526947021

00:08:41.610 --> 00:08:44.088 You might feel Tord an infant  
NOTE Confidence: 0.862256526947021

00:08:44.088 --> 00:08:46.938 or a kitten as innocent as  
NOTE Confidence: 0.862256526947021

00:08:46.938 --> 00:08:49.688 these small creatures can be.  
NOTE Confidence: 0.782352149486542

00:08:52.370 --> 00:08:57.180 Experience how your face softens.  
NOTE Confidence: 0.782352149486542

00:08:57.180 --> 00:09:00.757 And your heart expands in their presence.  
NOTE Confidence: 0.856925189495087

00:09:10.000 --> 00:09:12.605 Now imagine directing these same  
NOTE Confidence: 0.856925189495087

00:09:12.605 --> 00:09:15.210 feelings ever more of warmth  
NOTE Confidence: 0.856925189495087

00:09:15.301 --> 00:09:17.609 and tenderness to yourself.  
NOTE Confidence: 0.856925189495087

00:09:17.610 --> 00:09:23.010 May I feel safe? May I feel happy?  
NOTE Confidence: 0.856925189495087

00:09:23.010 --> 00:09:25.490 May I feel healthy?  
NOTE Confidence: 0.856925189495087

00:09:25.490 --> 00:09:28.590 May I live with ease?  
NOTE Confidence: 0.881584286689758

00:09:30.930 --> 00:09:32.166 Between each phrase,  
NOTE Confidence: 0.881584286689758

00:09:32.166 --> 00:09:35.050 pause for just a moment to drop  
NOTE Confidence: 0.881584286689758

00:09:35.133 --> 00:09:37.749 your awareness down to your body,

NOTE Confidence: 0.881584286689758  
00:09:37.750 --> 00:09:40.470 to your heart in particular.  
NOTE Confidence: 0.881584286689758  
00:09:40.470 --> 00:09:44.680 And note and accept whatever  
NOTE Confidence: 0.881584286689758  
00:09:44.680 --> 00:09:47.206 sensations arise there.  
NOTE Confidence: 0.881584286689758  
00:09:47.210 --> 00:09:49.010 May I feel safe?  
NOTE Confidence: 0.894418656826019  
00:09:51.680 --> 00:09:58.490 May I feel happy? May I feel  
NOTE Confidence: 0.894418656826019  
00:09:58.490 --> 00:10:02.760 healthy? May I live with ease?  
NOTE Confidence: 0.869504332542419  
00:10:06.800 --> 00:10:09.458 Know that this practice is more  
NOTE Confidence: 0.869504332542419  
00:10:09.458 --> 00:10:12.190 than the mere repetition of phrases.  
NOTE Confidence: 0.869504332542419  
00:10:12.190 --> 00:10:15.004 The phrases simply open the door  
NOTE Confidence: 0.869504332542419  
00:10:15.004 --> 00:10:18.410 to a chance for you to condition  
NOTE Confidence: 0.869504332542419  
00:10:18.410 --> 00:10:21.272 your heart to be more open.  
NOTE Confidence: 0.869504332542419  
00:10:21.280 --> 00:10:24.370 Excepting. Anne Kinder  
NOTE Confidence: 0.865511536598206  
00:10:26.380 --> 00:10:29.105 Becoming aware of your heart  
NOTE Confidence: 0.865511536598206  
00:10:29.105 --> 00:10:31.830 region allows you to witness  
NOTE Confidence: 0.865511536598206  
00:10:31.929 --> 00:10:34.989 this conditioning as it unfolds.  
NOTE Confidence: 0.865511536598206

00:10:34.990 --> 00:10:40.998 May I feel safe? May I feel happy?  
NOTE Confidence: 0.865511536598206

00:10:41.000 --> 00:10:43.580 May I feel healthy?  
NOTE Confidence: 0.865511536598206

00:10:43.580 --> 00:10:46.805 May I live with ease?  
NOTE Confidence: 0.828117311000824

00:10:50.690 --> 00:10:55.022 At times you'll find that your  
NOTE Confidence: 0.828117311000824

00:10:55.022 --> 00:10:59.559 attention has strayed from the phrases.  
NOTE Confidence: 0.828117311000824

00:10:59.560 --> 00:11:01.640 This may happen a lot,  
NOTE Confidence: 0.828117311000824

00:11:01.640 --> 00:11:04.410 but don't worry, it's normal.  
NOTE Confidence: 0.828117311000824

00:11:04.410 --> 00:11:08.136 Simply Begin again by gently bringing  
NOTE Confidence: 0.828117311000824

00:11:08.136 --> 00:11:11.969 your awareness back to the phrases.  
NOTE Confidence: 0.896876931190491

00:11:14.430 --> 00:11:21.068 May I feel safe? May I feel happy?  
NOTE Confidence: 0.896876931190491

00:11:21.070 --> 00:11:28.220 May I feel healthy? May I live with ease?  
NOTE Confidence: 0.875533223152161

00:11:31.240 --> 00:11:34.378 Each new moment of beginning again  
NOTE Confidence: 0.875533223152161

00:11:34.378 --> 00:11:37.126 presents another chance to experiment  
NOTE Confidence: 0.875533223152161

00:11:37.126 --> 00:11:40.510 with the spirit of loving kindness.  
NOTE Confidence: 0.875533223152161

00:11:40.510 --> 00:11:46.126 Can you acknowledge your laps while at the  
NOTE Confidence: 0.875533223152161

00:11:46.126 --> 00:11:51.999 same time gently returning to the phrases?

NOTE Confidence: 0.875533223152161  
00:11:52.000 --> 00:11:55.824 What would it take to set aside all  
NOTE Confidence: 0.875533223152161  
00:11:55.824 --> 00:11:59.858 harshness and begin again with a kind  
NOTE Confidence: 0.875533223152161  
00:11:59.858 --> 00:12:02.833 and loving attitude towards yourself?  
NOTE Confidence: 0.875533223152161  
00:12:02.840 --> 00:12:08.072 May I feel safe? May I feel happy?  
NOTE Confidence: 0.875533223152161  
00:12:08.072 --> 00:12:10.604 May I feel healthy?  
NOTE Confidence: 0.875533223152161  
00:12:10.610 --> 00:12:13.080 May I live with ease?  
NOTE Confidence: 0.896051526069641  
00:12:16.390 --> 00:12:18.390 As you end this practice,  
NOTE Confidence: 0.896051526069641  
00:12:18.390 --> 00:12:20.325 know that it's completely natural  
NOTE Confidence: 0.896051526069641  
00:12:20.325 --> 00:12:22.790 for you to treat yourself kindly,  
NOTE Confidence: 0.896051526069641  
00:12:22.790 --> 00:12:28.220 even if you may forget to do so quite often.  
NOTE Confidence: 0.896051526069641  
00:12:28.220 --> 00:12:31.292 Know that you can generate this  
NOTE Confidence: 0.896051526069641  
00:12:31.292 --> 00:12:34.038 tender an loving attitude towards  
NOTE Confidence: 0.896051526069641  
00:12:34.038 --> 00:12:37.048 yourself anytime just by reminding  
NOTE Confidence: 0.896051526069641  
00:12:37.048 --> 00:12:40.180 yourself that this dance exists.  
NOTE Confidence: 0.896051526069641  
00:12:40.180 --> 00:12:44.308 And how it is it makes you feel.  
NOTE Confidence: 0.896051526069641

00:12:44.310 --> 00:12:48.330 Difficulties and obstacles will still arise.  
NOTE Confidence: 0.896051526069641

00:12:48.330 --> 00:12:49.350 Suffering happens,  
NOTE Confidence: 0.896051526069641

00:12:49.350 --> 00:12:53.430 but you need not add to that suffering  
NOTE Confidence: 0.896051526069641

00:12:53.523 --> 00:12:56.119 by treating yourself harshly.  
NOTE Confidence: 0.896051526069641

00:12:56.120 --> 00:12:59.792 You can instead offer the ancient  
NOTE Confidence: 0.896051526069641

00:12:59.792 --> 00:13:02.240 wishes of loving kindness.  
NOTE Confidence: 0.896051526069641

00:13:02.240 --> 00:13:03.694 To yourself.  
NOTE Confidence: 0.896051526069641

00:13:03.694 --> 00:13:07.329 And we end once again.  
NOTE Confidence: 0.913261532783508

00:13:09.490 --> 00:13:17.990 May I feel safe? May I feel happy?  
NOTE Confidence: 0.913261532783508

00:13:17.990 --> 00:13:24.830 May I feel healthy? May I live with ease?  
NOTE Confidence: 0.921430826187134

00:13:28.200 --> 00:13:29.616 When you're ready, you  
NOTE Confidence: 0.921430826187134

00:13:29.616 --> 00:13:31.740 can take a deep breath in.  
NOTE Confidence: 0.784410655498505

00:13:35.230 --> 00:13:43.480 Then slowly Exhale. And again I breath in.  
NOTE Confidence: 0.846098363399506

00:13:45.980 --> 00:13:49.988 And slowly. Exhale.  
NOTE Confidence: 0.846098363399506

00:13:49.988 --> 00:13:54.176 Stretch your arms out to the  
NOTE Confidence: 0.846098363399506

00:13:54.176 --> 00:13:58.828 left and to the weight as far

NOTE Confidence: 0.846098363399506  
00:13:58.828 --> 00:14:03.460 as you can. Arms overhead.  
NOTE Confidence: 0.846098363399506  
00:14:03.460 --> 00:14:10.090 Head down into prayer pose.  
NOTE Confidence: 0.846098363399506  
00:14:10.090 --> 00:14:12.078 And when you're ready,  
NOTE Confidence: 0.846098363399506  
00:14:12.078 --> 00:14:14.563 you can open your eyes.  
NOTE Confidence: 0.846098363399506  
00:14:14.570 --> 00:14:17.714 And just take a moment and  
NOTE Confidence: 0.846098363399506  
00:14:17.714 --> 00:14:19.810 come back to yourself.  
NOTE Confidence: 0.846098363399506  
00:14:19.810 --> 00:14:22.115 And just acknowledge that we  
NOTE Confidence: 0.846098363399506  
00:14:22.115 --> 00:14:24.850 can always take that time to  
NOTE Confidence: 0.846098363399506  
00:14:24.850 --> 00:14:26.896 know what is going on around  
NOTE Confidence: 0.846098363399506  
00:14:26.896 --> 00:14:29.600 us to be realistic with what  
NOTE Confidence: 0.846098363399506  
00:14:29.600 --> 00:14:32.245 our limitations are with what  
NOTE Confidence: 0.846098363399506  
00:14:32.245 --> 00:14:34.294 our external influences are.  
NOTE Confidence: 0.846098363399506  
00:14:34.294 --> 00:14:38.230 But we can always be kind to ourselves  
NOTE Confidence: 0.846098363399506  
00:14:38.327 --> 00:14:41.519 and offer ourselves a bit of peace.  
NOTE Confidence: 0.846098363399506  
00:14:41.520 --> 00:14:44.696 I want you to take your fist and  
NOTE Confidence: 0.846098363399506



00:14:44.696 --> 00:14:48.045 put it over your heart and take  
NOTE Confidence: 0.846098363399506

00:14:48.045 --> 00:14:51.526 your other hand and Cup that fist  
NOTE Confidence: 0.846098363399506

00:14:51.526 --> 00:14:54.774 and just press in for a moment.  
NOTE Confidence: 0.846098363399506

00:14:54.780 --> 00:14:59.900 And just kind of feel your own strength.  
NOTE Confidence: 0.846098363399506

00:14:59.900 --> 00:15:01.500 Just take a moment,  
NOTE Confidence: 0.846098363399506

00:15:01.500 --> 00:15:02.300 I'm relax.  
NOTE Confidence: 0.882117867469788

00:15:04.480 --> 00:15:07.096 And just feel your inner strength.  
NOTE Confidence: 0.921507775783539

00:15:15.070 --> 00:15:18.740 Excellent and open your eyes.  
NOTE Confidence: 0.921507775783539

00:15:18.740 --> 00:15:21.564 I thank you so much for being here  
NOTE Confidence: 0.921507775783539

00:15:21.564 --> 00:15:24.608 today for taking the time to yourself.  
NOTE Confidence: 0.921507775783539

00:15:24.610 --> 00:15:27.088 May the long time sun shine upon  
NOTE Confidence: 0.921507775783539

00:15:27.088 --> 00:15:29.688 you and all love surround you.  
NOTE Confidence: 0.921507775783539

00:15:29.690 --> 00:15:32.294 The pure light within you guide your  
NOTE Confidence: 0.921507775783539

00:15:32.294 --> 00:15:35.157 way on guide your way on everybody.  
NOTE Confidence: 0.921507775783539

00:15:35.160 --> 00:15:37.115 Have a wonderful week as  
NOTE Confidence: 0.921507775783539

00:15:37.115 --> 00:15:38.679 we move into September.

NOTE Confidence: 0.921507775783539

00:15:38.680 --> 00:15:41.403 Will be doing our guided meditation on

NOTE Confidence: 0.921507775783539

00:15:41.403 --> 00:15:44.158 Mondays just on Mondays now at 10:30.

NOTE Confidence: 0.921507775783539

00:15:44.160 --> 00:15:46.904 So I hope to see you throughout

NOTE Confidence: 0.921507775783539

00:15:46.904 --> 00:15:49.298 the month and just be well.

NOTE Confidence: 0.921507775783539

00:15:49.300 --> 00:15:50.840 And take care of yourselves.

NOTE Confidence: 0.921507775783539

00:15:50.840 --> 00:15:51.456 Thank you.