

WEBVTT

NOTE duration:"00:14:43.8080000"

NOTE language:en-us

NOTE Confidence: 0.857964396476746

00:00:00.000 --> 00:00:02.527 Well, it's my privilege and honor to

NOTE Confidence: 0.857964396476746

00:00:02.527 --> 00:00:05.647 be with you in this guided meditation,

NOTE Confidence: 0.857964396476746

00:00:05.650 --> 00:00:08.858 an opportunity just to ground a little bit.

NOTE Confidence: 0.857964396476746

00:00:08.860 --> 00:00:10.496 Block out everything that's

NOTE Confidence: 0.857964396476746

00:00:10.496 --> 00:00:13.406 going on around us so that we

NOTE Confidence: 0.857964396476746

00:00:13.406 --> 00:00:15.674 can just have some peace within.

NOTE Confidence: 0.857964396476746

00:00:15.680 --> 00:00:18.270 Today we're going to just do an

NOTE Confidence: 0.857964396476746

00:00:18.270 --> 00:00:19.901 opening meditation to create

NOTE Confidence: 0.857964396476746

00:00:19.901 --> 00:00:21.689 a present time awareness,

NOTE Confidence: 0.857964396476746

00:00:21.690 --> 00:00:24.060 and then we're going to transition

NOTE Confidence: 0.857964396476746

00:00:24.060 --> 00:00:26.509 into a guided meditation around rest,

NOTE Confidence: 0.857964396476746

00:00:26.510 --> 00:00:28.110 rest, restfulness mindful rest.

NOTE Confidence: 0.857964396476746

00:00:28.110 --> 00:00:30.560 OK, so as we begin, just.

NOTE Confidence: 0.857964396476746

00:00:30.560 --> 00:00:33.180 Bring yourself into a comfortable

NOTE Confidence: 0.857964396476746
00:00:33.180 --> 00:00:34.228 seated position.
NOTE Confidence: 0.857964396476746
00:00:34.230 --> 00:00:36.174 You could sit cross legged or
NOTE Confidence: 0.857964396476746
00:00:36.174 --> 00:00:38.398 with your feet flat on the floor,
NOTE Confidence: 0.857964396476746
00:00:38.400 --> 00:00:41.256 whatever is most comfortable for you.
NOTE Confidence: 0.857964396476746
00:00:41.260 --> 00:00:42.800 You wanna sit up straight,
NOTE Confidence: 0.857964396476746
00:00:42.800 --> 00:00:45.110 not in a perfect rigid posture
NOTE Confidence: 0.857964396476746
00:00:45.110 --> 00:00:47.320 which is straight and relaxed.
NOTE Confidence: 0.857964396476746
00:00:47.320 --> 00:00:48.820 Soften your gaze.
NOTE Confidence: 0.90496701002121
00:00:50.910 --> 00:00:53.190 Take a breath and just
NOTE Confidence: 0.90496701002121
00:00:53.190 --> 00:00:55.014 gently close your eyes.
NOTE Confidence: 0.90496701002121
00:00:55.020 --> 00:00:58.984 Now without changing or
NOTE Confidence: 0.90496701002121
00:00:58.984 --> 00:01:01.957 controlling your breath.
NOTE Confidence: 0.90496701002121
00:01:01.960 --> 00:01:05.470 Were you attention to it?
NOTE Confidence: 0.90496701002121
00:01:05.470 --> 00:01:08.310 Maybe identify a specific sensation,
NOTE Confidence: 0.90496701002121
00:01:08.310 --> 00:01:13.350 perhaps at the tip of your nose.
NOTE Confidence: 0.90496701002121

00:01:13.350 --> 00:01:16.660 The roof of your mouth.
NOTE Confidence: 0.90496701002121

00:01:16.660 --> 00:01:19.299 Maybe notice the top of your chest,
NOTE Confidence: 0.90496701002121

00:01:19.300 --> 00:01:21.180 the back of your sternum,
NOTE Confidence: 0.90496701002121

00:01:21.180 --> 00:01:22.688 or wherever the breath
NOTE Confidence: 0.90496701002121

00:01:22.688 --> 00:01:24.573 may feel pleasant for you.
NOTE Confidence: 0.8555828332901

00:01:28.320 --> 00:01:31.736 In your head or softly out loud,
NOTE Confidence: 0.8555828332901

00:01:31.740 --> 00:01:34.784 repeat the following phrases.
NOTE Confidence: 0.8555828332901

00:01:34.784 --> 00:01:39.605 I am capable. I am calm.
NOTE Confidence: 0.8555828332901

00:01:39.605 --> 00:01:43.580 I am confident. I am relaxed.
NOTE Confidence: 0.835823714733124

00:01:45.770 --> 00:01:50.400 Just slowly, mindfully continue to
NOTE Confidence: 0.835823714733124

00:01:50.400 --> 00:01:54.659 repeat those phrases. I am capable.
NOTE Confidence: 0.790574371814728

00:01:57.260 --> 00:01:58.670 I am calm.
NOTE Confidence: 0.916601538658142

00:02:01.910 --> 00:02:03.278 I am confident.
NOTE Confidence: 0.895812213420868

00:02:06.150 --> 00:02:07.839 I am relaxed.
NOTE Confidence: 0.882024168968201

00:02:11.540 --> 00:02:14.795 If you find your mind is wandering,
NOTE Confidence: 0.882024168968201

00:02:14.800 --> 00:02:16.198 wandering, just pause.

NOTE Confidence: 0.882024168968201
00:02:16.198 --> 00:02:18.994 I just returned to your breath.
NOTE Confidence: 0.841231763362885
00:02:23.850 --> 00:02:27.558 With each inhalation.
NOTE Confidence: 0.841231763362885
00:02:27.560 --> 00:02:30.890 An escalation just continue with the
NOTE Confidence: 0.841231763362885
00:02:30.890 --> 00:02:34.219 thoughts to yourself. I am capable.
NOTE Confidence: 0.794904351234436
00:02:37.440 --> 00:02:38.748 I am calm.
NOTE Confidence: 0.90284663438797
00:02:41.990 --> 00:02:47.898 I am confident. And I am relaxed.
NOTE Confidence: 0.876615822315216
00:02:51.190 --> 00:02:54.598 Keep your focus on these phrases.
NOTE Confidence: 0.876615822315216
00:02:54.600 --> 00:02:58.080 Stayed completely present with the
NOTE Confidence: 0.876615822315216
00:02:58.080 --> 00:03:02.229 rhythm and the meaning. Of your words.
NOTE Confidence: 0.837138533592224
00:03:04.580 --> 00:03:09.186 And with the breath steady and fluid.
NOTE Confidence: 0.874101519584656
00:03:11.370 --> 00:03:15.078 I am capable.
NOTE Confidence: 0.814051806926727
00:03:17.700 --> 00:03:19.140 I am calm.
NOTE Confidence: 0.906649827957153
00:03:21.430 --> 00:03:26.779 I am confident. I am relaxed.
NOTE Confidence: 0.871003687381744
00:03:28.930 --> 00:03:31.110 Remembering the purpose of this
NOTE Confidence: 0.871003687381744
00:03:31.110 --> 00:03:33.023 meditation, like all meditations,
NOTE Confidence: 0.871003687381744

00:03:33.023 --> 00:03:35.478 is to cultivate an awareness
NOTE Confidence: 0.871003687381744

00:03:35.478 --> 00:03:37.849 of the present moment.
NOTE Confidence: 0.871003687381744

00:03:37.850 --> 00:03:40.490 Stay in the moment.
NOTE Confidence: 0.871003687381744

00:03:40.490 --> 00:03:44.360 Pre from striding, free from grid.
NOTE Confidence: 0.871003687381744

00:03:44.360 --> 00:03:47.648 We remain present.
NOTE Confidence: 0.871003687381744

00:03:47.650 --> 00:03:50.177 And observe how the meaning of the
NOTE Confidence: 0.871003687381744

00:03:50.177 --> 00:03:52.429 words affects your emotional state.
NOTE Confidence: 0.859179437160492

00:03:56.740 --> 00:04:00.480 Continuing with the breath,
NOTE Confidence: 0.859179437160492

00:04:00.480 --> 00:04:06.374 I am capable. I am calm.
NOTE Confidence: 0.859179437160492

00:04:06.374 --> 00:04:11.329 I am confident. I am relaxed.
NOTE Confidence: 0.89516270160675

00:04:17.140 --> 00:04:20.398 And now I'm gonna share useful
NOTE Confidence: 0.89516270160675

00:04:20.398 --> 00:04:23.170 technique to hopefully help you
NOTE Confidence: 0.89516270160675

00:04:23.170 --> 00:04:25.670 sleep longer with more ease,
NOTE Confidence: 0.89516270160675

00:04:25.670 --> 00:04:28.998 less anxiety and worry.
NOTE Confidence: 0.89516270160675

00:04:29.000 --> 00:04:30.632 For many of us,
NOTE Confidence: 0.89516270160675

00:04:30.632 --> 00:04:34.099 for so many reasons now more than ever,

NOTE Confidence: 0.89516270160675
00:04:34.100 --> 00:04:38.916 it could be very difficult falling asleep.
NOTE Confidence: 0.89516270160675
00:04:38.920 --> 00:04:41.035 We may have repeating thoughts
NOTE Confidence: 0.89516270160675
00:04:41.035 --> 00:04:43.150 that won't seem to stop.
NOTE Confidence: 0.89516270160675
00:04:43.150 --> 00:04:46.228 Maybe memories of what happened today
NOTE Confidence: 0.89516270160675
00:04:46.228 --> 00:04:50.173 and the days prior to you and worry
NOTE Confidence: 0.89516270160675
00:04:50.173 --> 00:04:52.867 about the future keep coming up.
NOTE Confidence: 0.89516270160675
00:04:52.870 --> 00:04:57.399 Thinking about our plans or fantasies and
NOTE Confidence: 0.89516270160675
00:04:57.399 --> 00:05:00.364 worries about tomorrow, keep resurfacing.
NOTE Confidence: 0.89516270160675
00:05:00.364 --> 00:05:04.460 And energy that we have in our body
NOTE Confidence: 0.89516270160675
00:05:04.566 --> 00:05:07.758 may keep you tossing and turning.
NOTE Confidence: 0.89516270160675
00:05:07.760 --> 00:05:10.565 All the while frustrations around
NOTE Confidence: 0.89516270160675
00:05:10.565 --> 00:05:13.977 not sleeping fuel the worry and
NOTE Confidence: 0.89516270160675
00:05:13.977 --> 00:05:16.507 restless energy in our minds,
NOTE Confidence: 0.89516270160675
00:05:16.510 --> 00:05:18.148 ironically preventing us
NOTE Confidence: 0.89516270160675
00:05:18.148 --> 00:05:20.343 from feeling relaxed, calm.
NOTE Confidence: 0.89516270160675

00:05:20.343 --> 00:05:23.661 And peaceful, this is much more
NOTE Confidence: 0.89516270160675

00:05:23.661 --> 00:05:26.860 common than than you may think,
NOTE Confidence: 0.89516270160675

00:05:26.860 --> 00:05:30.142 and you are not alone in
NOTE Confidence: 0.89516270160675

00:05:30.142 --> 00:05:31.783 having this experience.
NOTE Confidence: 0.89516270160675

00:05:31.790 --> 00:05:34.620 We live in a society,
NOTE Confidence: 0.89516270160675

00:05:34.620 --> 00:05:37.440 particularly now filled with expectations,
NOTE Confidence: 0.89516270160675

00:05:37.440 --> 00:05:39.048 pressures, stresses, unknowns.
NOTE Confidence: 0.89516270160675

00:05:39.048 --> 00:05:43.480 It's no wonder that our minds are filled.
NOTE Confidence: 0.89516270160675

00:05:43.480 --> 00:05:46.006 With media, images,
NOTE Confidence: 0.89516270160675

00:05:46.006 --> 00:05:47.690 news stories.
NOTE Confidence: 0.89516270160675

00:05:47.690 --> 00:05:50.588 Maybe some financial stress worries about
NOTE Confidence: 0.89516270160675

00:05:50.588 --> 00:05:54.566 our love ones and the list goes on and on.
NOTE Confidence: 0.89516270160675

00:05:54.570 --> 00:05:56.450 This has always been true.
NOTE Confidence: 0.89516270160675

00:05:56.450 --> 00:05:59.396 Then maybe now more than ever.
NOTE Confidence: 0.89516270160675

00:05:59.400 --> 00:06:01.560 Just hearing me talk about these
NOTE Confidence: 0.89516270160675

00:06:01.560 --> 00:06:03.544 things may create a physical

NOTE Confidence: 0.89516270160675
00:06:03.544 --> 00:06:05.909 reaction and you have tightness,
NOTE Confidence: 0.89516270160675
00:06:05.910 --> 00:06:08.610 tension or he you may feel
NOTE Confidence: 0.89516270160675
00:06:08.610 --> 00:06:10.844 that just thinking about what
NOTE Confidence: 0.89516270160675
00:06:10.844 --> 00:06:13.238 we do before we go to bed.
NOTE Confidence: 0.89516270160675
00:06:13.240 --> 00:06:15.270 This is understandable and again,
NOTE Confidence: 0.89516270160675
00:06:15.270 --> 00:06:16.179 it's very common.
NOTE Confidence: 0.89516270160675
00:06:16.179 --> 00:06:19.005 Our minds will be filled with one or more
NOTE Confidence: 0.89516270160675
00:06:19.005 --> 00:06:21.266 of these stressors on a consistent basis,
NOTE Confidence: 0.89516270160675
00:06:21.270 --> 00:06:22.730 preventing us from getting as
NOTE Confidence: 0.89516270160675
00:06:22.730 --> 00:06:24.540 much rest as we would like,
NOTE Confidence: 0.89516270160675
00:06:24.540 --> 00:06:27.466 and as much rest as we need.
NOTE Confidence: 0.89516270160675
00:06:27.470 --> 00:06:27.920 Unfortunately,
NOTE Confidence: 0.89516270160675
00:06:27.920 --> 00:06:30.620 there are ways to address this,
NOTE Confidence: 0.89516270160675
00:06:30.620 --> 00:06:33.254 and we're going to come cover
NOTE Confidence: 0.89516270160675
00:06:33.254 --> 00:06:36.019 some of these ways right now,
NOTE Confidence: 0.89516270160675

00:06:36.020 --> 00:06:38.720 such as getting to know the
NOTE Confidence: 0.89516270160675

00:06:38.720 --> 00:06:40.520 bodily sensations of worry,
NOTE Confidence: 0.89516270160675

00:06:40.520 --> 00:06:43.199 anxiety, and trauma.
NOTE Confidence: 0.89516270160675

00:06:43.200 --> 00:06:46.360 Wherever it feels most predominant.
NOTE Confidence: 0.89516270160675

00:06:46.360 --> 00:06:49.336 And we're not going to feed into the
NOTE Confidence: 0.89516270160675

00:06:49.336 --> 00:06:52.027 energy of this with our thoughts.
NOTE Confidence: 0.89516270160675

00:06:52.030 --> 00:06:52.876 But again,
NOTE Confidence: 0.89516270160675

00:06:52.876 --> 00:06:54.991 there's other useful math methods
NOTE Confidence: 0.89516270160675

00:06:54.991 --> 00:06:57.700 when it's time for sleep and rest.
NOTE Confidence: 0.89516270160675

00:06:57.700 --> 00:07:00.148 That's important for our body and
NOTE Confidence: 0.89516270160675

00:07:00.148 --> 00:07:02.560 mind to function at its best.
NOTE Confidence: 0.89516270160675

00:07:02.560 --> 00:07:05.227 What we can do each night potentially
NOTE Confidence: 0.89516270160675

00:07:05.227 --> 00:07:07.716 is adjust the temperature in our
NOTE Confidence: 0.89516270160675

00:07:07.716 --> 00:07:10.254 bedroom to be around 68 degrees,
NOTE Confidence: 0.89516270160675

00:07:10.260 --> 00:07:13.088 which is the ideal temperature for sleeping.
NOTE Confidence: 0.89516270160675

00:07:13.090 --> 00:07:16.354 We can do this with fans, windows heaters,

NOTE Confidence: 0.89516270160675

00:07:16.354 --> 00:07:18.439 or whatever works for you.

NOTE Confidence: 0.89516270160675

00:07:18.440 --> 00:07:21.597 And at 68 degrees feels too cool.

NOTE Confidence: 0.89516270160675

00:07:21.600 --> 00:07:24.384 Put an extra blanket around you

NOTE Confidence: 0.89516270160675

00:07:24.384 --> 00:07:26.754 which will not interfere too

NOTE Confidence: 0.89516270160675

00:07:26.754 --> 00:07:29.292 much with the benefits of having

NOTE Confidence: 0.89516270160675

00:07:29.292 --> 00:07:31.559 the air around 68 degrees.

NOTE Confidence: 0.89516270160675

00:07:31.560 --> 00:07:33.810 In the hours before going to

NOTE Confidence: 0.89516270160675

00:07:33.810 --> 00:07:35.720 sleep or taking a nap,

NOTE Confidence: 0.89516270160675

00:07:35.720 --> 00:07:38.618 maybe try to avoid upsetting music.

NOTE Confidence: 0.89516270160675

00:07:38.620 --> 00:07:41.917 Worrying about news report or anything that

NOTE Confidence: 0.89516270160675

00:07:41.917 --> 00:07:45.059 tends to trigger your mind into worry.

NOTE Confidence: 0.89516270160675

00:07:45.060 --> 00:07:46.776 Stress or discomfort.

NOTE Confidence: 0.89516270160675

00:07:46.776 --> 00:07:51.431 It's also important to sleep in a room

NOTE Confidence: 0.89516270160675

00:07:51.431 --> 00:07:55.775 that says dark as possible without any TV,

NOTE Confidence: 0.89516270160675

00:07:55.780 --> 00:07:59.248 tablet or mobile screens around you.

NOTE Confidence: 0.89516270160675

00:07:59.250 --> 00:08:02.904 Indicating to your eyes and your
NOTE Confidence: 0.89516270160675

00:08:02.904 --> 00:08:06.490 brain that it's time for rest.
NOTE Confidence: 0.89516270160675

00:08:06.490 --> 00:08:07.990 Then when you lay down,
NOTE Confidence: 0.89516270160675

00:08:07.990 --> 00:08:10.839 try to lay flat on your back.
NOTE Confidence: 0.89516270160675

00:08:10.840 --> 00:08:12.332 And for the moment,
NOTE Confidence: 0.89516270160675

00:08:12.332 --> 00:08:14.570 we're just going to emulate what
NOTE Confidence: 0.901384711265564

00:08:14.647 --> 00:08:17.877 we can do before we go to sleep this evening.
NOTE Confidence: 0.901384711265564

00:08:17.880 --> 00:08:21.412 So if you can lay back, that's fine.
NOTE Confidence: 0.901384711265564

00:08:21.412 --> 00:08:25.870 If you can't just relax into your seat now.
NOTE Confidence: 0.901384711265564

00:08:25.870 --> 00:08:29.097 Feel the weight of your body pressing
NOTE Confidence: 0.901384711265564

00:08:29.097 --> 00:08:32.490 against the fabric of your seat, your chair,
NOTE Confidence: 0.901384711265564

00:08:32.490 --> 00:08:35.890 or whatever you may be laying down on
NOTE Confidence: 0.901384711265564

00:08:35.979 --> 00:08:39.185 and just notice what that feels like.
NOTE Confidence: 0.901384711265564

00:08:39.190 --> 00:08:41.944 Just notice the sensations of your
NOTE Confidence: 0.901384711265564

00:08:41.944 --> 00:08:44.520 body being relaxed an at rest.
NOTE Confidence: 0.886507391929626

00:08:46.980 --> 00:08:50.228 Take some deep breaths.

NOTE Confidence: 0.886507391929626
00:08:50.228 --> 00:08:54.288 Allow the body to relax.
NOTE Confidence: 0.903908916882106
00:08:56.490 --> 00:09:00.438 And just notice. What it feels like.
NOTE Confidence: 0.892211198806763
00:09:05.880 --> 00:09:09.256 Just allow yourself to simply be there now,
NOTE Confidence: 0.892211198806763
00:09:09.260 --> 00:09:12.296 emulating what it would feel like
NOTE Confidence: 0.892211198806763
00:09:12.296 --> 00:09:16.307 when you get into bed in the evening.
NOTE Confidence: 0.892211198806763
00:09:16.310 --> 00:09:20.517 And just bring yourself into a total
NOTE Confidence: 0.892211198806763
00:09:20.517 --> 00:09:24.180 feeling of calm and relaxation.
NOTE Confidence: 0.892211198806763
00:09:24.180 --> 00:09:25.940 And enjoy the feeling.
NOTE Confidence: 0.772928297519684
00:09:28.140 --> 00:09:30.660 Offer last two. You're tired,
NOTE Confidence: 0.772928297519684
00:09:30.660 --> 00:09:32.668 weary mind and body.
NOTE Confidence: 0.844056904315948
00:09:36.030 --> 00:09:41.574 Then notice any sensations in your body
NOTE Confidence: 0.844056904315948
00:09:41.574 --> 00:09:44.786 consciously releasing any tightness
NOTE Confidence: 0.844056904315948
00:09:44.786 --> 00:09:49.064 or tension from each body part.
NOTE Confidence: 0.844056904315948
00:09:49.070 --> 00:09:54.650 Just move from one body part to the next.
NOTE Confidence: 0.844056904315948
00:09:54.650 --> 00:09:57.233 You could start at the tip of
NOTE Confidence: 0.844056904315948

00:09:57.233 --> 00:10:00.299 your head or you could start at
NOTE Confidence: 0.844056904315948

00:10:00.299 --> 00:10:03.095 your toes and just gradually move.
NOTE Confidence: 0.844056904315948

00:10:03.100 --> 00:10:06.440 From either the toes.
NOTE Confidence: 0.844056904315948

00:10:06.440 --> 00:10:11.450 Upward or from the head downwards.
NOTE Confidence: 0.844056904315948

00:10:11.450 --> 00:10:17.190 Just notice an release.
NOTE Confidence: 0.844056904315948

00:10:17.190 --> 00:10:19.848 As you continue their deep Blacks.
NOTE Confidence: 0.76641321182251

00:10:23.120 --> 00:10:27.278 Just continue this with this sense
NOTE Confidence: 0.76641321182251

00:10:27.278 --> 00:10:31.310 of calm with curious kind NIS.
NOTE Confidence: 0.76641321182251

00:10:31.310 --> 00:10:33.918 Gifting yourself the spaciousness
NOTE Confidence: 0.76641321182251

00:10:33.918 --> 00:10:37.830 an embodiment that you so deserve.
NOTE Confidence: 0.857204735279083

00:10:43.400 --> 00:10:48.685 Offer yourself a genuine sense of care.
NOTE Confidence: 0.857204735279083

00:10:48.690 --> 00:10:54.416 Anna lightly held wish for peaceful sleep.
NOTE Confidence: 0.857204735279083

00:10:54.420 --> 00:10:59.920 Sweet dreams. And refreshed body.
NOTE Confidence: 0.857204735279083

00:10:59.920 --> 00:11:03.670 So notice how you feel.
NOTE Confidence: 0.857204735279083

00:11:03.670 --> 00:11:08.388 Are you more relaxed and at ease
NOTE Confidence: 0.857204735279083

00:11:08.388 --> 00:11:12.750 more peaceful? Then before.

NOTE Confidence: 0.857204735279083
00:11:12.750 --> 00:11:15.690 I recommend using this technique each
NOTE Confidence: 0.857204735279083
00:11:15.690 --> 00:11:19.212 night so that you will hopefully get
NOTE Confidence: 0.857204735279083
00:11:19.212 --> 00:11:22.642 better and better at learning how to
NOTE Confidence: 0.857204735279083
00:11:22.735 --> 00:11:26.383 prepare your body for a full nights rest.
NOTE Confidence: 0.857204735279083
00:11:26.390 --> 00:11:29.918 It may not work 100% of the time,
NOTE Confidence: 0.857204735279083
00:11:29.918 --> 00:11:31.406 but with practice.
NOTE Confidence: 0.857204735279083
00:11:31.410 --> 00:11:34.560 You'll notice that if you bring a
NOTE Confidence: 0.857204735279083
00:11:34.560 --> 00:11:37.885 genuine sense of care and some effort
NOTE Confidence: 0.857204735279083
00:11:37.885 --> 00:11:41.240 to soften the sensations of the body,
NOTE Confidence: 0.857204735279083
00:11:41.240 --> 00:11:44.509 you will gradually taste the fruits of
NOTE Confidence: 0.857204735279083
00:11:44.509 --> 00:11:48.279 reducing worry, anxiety and stress.
NOTE Confidence: 0.857204735279083
00:11:48.280 --> 00:11:50.516 An increasing calm relaxation
NOTE Confidence: 0.857204735279083
00:11:50.516 --> 00:11:54.500 and a sense of peace and ease.
NOTE Confidence: 0.89795196056366
00:11:56.620 --> 00:11:59.255 It's perfectly normal and understandable
NOTE Confidence: 0.89795196056366
00:11:59.255 --> 00:12:02.765 to at times feel frustrated by a
NOTE Confidence: 0.89795196056366

00:12:02.765 --> 00:12:04.755 mind that's filled with stress.
NOTE Confidence: 0.89795196056366

00:12:04.760 --> 00:12:08.659 It's coming and it makes sense given
NOTE Confidence: 0.89795196056366

00:12:08.659 --> 00:12:12.090 everything on our plate sometimes.
NOTE Confidence: 0.89795196056366

00:12:12.090 --> 00:12:15.306 But each night, just try to remember to
NOTE Confidence: 0.89795196056366

00:12:15.306 --> 00:12:18.954 sleep in a dark room that's around 68
NOTE Confidence: 0.89795196056366

00:12:18.954 --> 00:12:22.140 degrees without any mobile screens around.
NOTE Confidence: 0.89795196056366

00:12:22.140 --> 00:12:24.620 And when you lie down.
NOTE Confidence: 0.89795196056366

00:12:24.620 --> 00:12:28.610 Feel the bed. Feel the weight.
NOTE Confidence: 0.89795196056366

00:12:28.610 --> 00:12:32.057 Have your body on the bed feel the areas
NOTE Confidence: 0.89795196056366

00:12:32.057 --> 00:12:35.566 of tightness or tension in your body.
NOTE Confidence: 0.89795196056366

00:12:35.570 --> 00:12:38.520 And continually soften and loosen
NOTE Confidence: 0.89795196056366

00:12:38.520 --> 00:12:42.737 the different areas of your body as
NOTE Confidence: 0.89795196056366

00:12:42.737 --> 00:12:47.480 you breathe naturally. And calmly.
NOTE Confidence: 0.89795196056366

00:12:47.480 --> 00:12:51.106 I hope these tips and exercises will
NOTE Confidence: 0.89795196056366

00:12:51.106 --> 00:12:55.253 be useful to you and will create a
NOTE Confidence: 0.89795196056366

00:12:55.253 --> 00:12:58.480 sense of ease and restful sleep.

NOTE Confidence: 0.89795196056366
00:12:58.480 --> 00:12:59.959 When you're ready,
NOTE Confidence: 0.89795196056366
00:12:59.959 --> 00:13:02.917 just take a mindful breath in.
NOTE Confidence: 0.702266335487366
00:13:05.140 --> 00:13:10.336 An release. Glad if your eyes are closed now.
NOTE Confidence: 0.702266335487366
00:13:10.340 --> 00:13:13.460 Just open your eyes.
NOTE Confidence: 0.702266335487366
00:13:13.460 --> 00:13:15.926 Stretch your arms out to the
NOTE Confidence: 0.702266335487366
00:13:15.926 --> 00:13:18.480 left and the right. Take your.
NOTE Confidence: 0.702266335487366
00:13:18.480 --> 00:13:22.120 With and move them gently around in both
NOTE Confidence: 0.702266335487366
00:13:22.210 --> 00:13:25.600 directions as you continue to stretch,
NOTE Confidence: 0.702266335487366
00:13:25.600 --> 00:13:28.500 press your poms outward to
NOTE Confidence: 0.702266335487366
00:13:28.500 --> 00:13:32.290 the left and to the right.
NOTE Confidence: 0.702266335487366
00:13:32.290 --> 00:13:37.148 With a deep breath in arms overhead.
NOTE Confidence: 0.702266335487366
00:13:37.150 --> 00:13:41.520 And Exhale into prayer pose.
NOTE Confidence: 0.702266335487366
00:13:41.520 --> 00:13:44.352 Take your arms gently and just
NOTE Confidence: 0.702266335487366
00:13:44.352 --> 00:13:46.240 give yourself a hug.
NOTE Confidence: 0.702266335487366
00:13:46.240 --> 00:13:50.900 Just feeling. The love inside.
NOTE Confidence: 0.702266335487366

00:13:50.900 --> 00:13:54.428 OK, thank you so much for
NOTE Confidence: 0.702266335487366

00:13:54.428 --> 00:13:57.930 being here today and joining.
NOTE Confidence: 0.702266335487366

00:13:57.930 --> 00:14:01.700 I hope each night as you lay down to rest,
NOTE Confidence: 0.702266335487366

00:14:01.700 --> 00:14:03.685 you can implement these exercises
NOTE Confidence: 0.702266335487366

00:14:03.685 --> 00:14:06.219 and little by little day by day.
NOTE Confidence: 0.702266335487366

00:14:06.220 --> 00:14:06.644 Hopefully,
NOTE Confidence: 0.702266335487366

00:14:06.644 --> 00:14:09.612 you'll notice that you're able to just
NOTE Confidence: 0.702266335487366

00:14:09.612 --> 00:14:12.259 associate laying down to sleep with a clear,
NOTE Confidence: 0.702266335487366

00:14:12.260 --> 00:14:13.018 peaceful mind,
NOTE Confidence: 0.702266335487366

00:14:13.018 --> 00:14:16.400 just not bringing in the thoughts of the day.
NOTE Confidence: 0.702266335487366

00:14:16.400 --> 00:14:19.039 The thoughts of the future into you,
NOTE Confidence: 0.702266335487366

00:14:19.040 --> 00:14:21.770 not looking at your phone at your
NOTE Confidence: 0.702266335487366

00:14:21.770 --> 00:14:25.066 iPad at your TV before you go to bed,
NOTE Confidence: 0.702266335487366

00:14:25.070 --> 00:14:27.332 and it's just your time for
NOTE Confidence: 0.702266335487366

00:14:27.332 --> 00:14:28.778 resting with rejuvenation, OK?
NOTE Confidence: 0.702266335487366

00:14:28.778 --> 00:14:30.934 So may the long time sunshine upon

NOTE Confidence: 0.702266335487366

00:14:30.934 --> 00:14:33.089 you and all love surround you.

NOTE Confidence: 0.702266335487366

00:14:33.090 --> 00:14:35.094 Your pure light within you guide

NOTE Confidence: 0.702266335487366

00:14:35.094 --> 00:14:37.299 your way on guide your way on.

NOTE Confidence: 0.702266335487366

00:14:37.300 --> 00:14:39.568 Thank you for joining wishes for health,

NOTE Confidence: 0.702266335487366

00:14:39.570 --> 00:14:41.526 peace and happiness and I hope

NOTE Confidence: 0.702266335487366

00:14:41.526 --> 00:14:43.808 to see you again next week be.