

WEBVTT

NOTE duration:"00:14:15.7760000"

NOTE language:en-us

NOTE Confidence: 0.853189885616302

00:00:00.000 --> 00:00:01.296 OK, Good morning everybody.

NOTE Confidence: 0.853189885616302

00:00:01.296 --> 00:00:03.603 Thank you so much for joining and

NOTE Confidence: 0.853189885616302

00:00:03.603 --> 00:00:05.409 taking the time for yourself to

NOTE Confidence: 0.853189885616302

00:00:05.409 --> 00:00:07.207 ground and become present through

NOTE Confidence: 0.853189885616302

00:00:07.207 --> 00:00:09.282 guided meditation again on Michelle

NOTE Confidence: 0.853189885616302

00:00:09.282 --> 00:00:11.160 Grand license massage therapist,

NOTE Confidence: 0.853189885616302

00:00:11.160 --> 00:00:12.984 it's Milo Cancer Hospital.

NOTE Confidence: 0.853189885616302

00:00:12.984 --> 00:00:15.264 It's went monitor and privileged

NOTE Confidence: 0.853189885616302

00:00:15.264 --> 00:00:17.120 to be with you today.

NOTE Confidence: 0.853189885616302

00:00:17.120 --> 00:00:20.256 We're going to open up with just a

NOTE Confidence: 0.853189885616302

00:00:20.256 --> 00:00:21.883 breathing exercise about stopping

NOTE Confidence: 0.853189885616302

00:00:21.883 --> 00:00:24.571 and then that's going to lead us

NOTE Confidence: 0.853189885616302

00:00:24.571 --> 00:00:26.631 into a guided meditation about

NOTE Confidence: 0.853189885616302

00:00:26.631 --> 00:00:29.567 letting go and the impact of fall.

NOTE Confidence: 0.853189885616302
00:00:29.567 --> 00:00:33.326 The season of fall on our being.
NOTE Confidence: 0.853189885616302
00:00:33.330 --> 00:00:34.706 So as we begin,
NOTE Confidence: 0.853189885616302
00:00:34.706 --> 00:00:36.082 just bring yourself into
NOTE Confidence: 0.853189885616302
00:00:36.082 --> 00:00:37.410 a comfortable position.
NOTE Confidence: 0.853189885616302
00:00:37.410 --> 00:00:39.270 Whatever is comfortable for you,
NOTE Confidence: 0.853189885616302
00:00:39.270 --> 00:00:40.754 whether it's sitting down,
NOTE Confidence: 0.853189885616302
00:00:40.754 --> 00:00:42.980 let straight back on a chair,
NOTE Confidence: 0.853189885616302
00:00:42.980 --> 00:00:44.460 feet in a comfortable,
NOTE Confidence: 0.853189885616302
00:00:44.460 --> 00:00:47.000 relaxed position, laying down.
NOTE Confidence: 0.853189885616302
00:00:47.000 --> 00:00:49.142 You can close your eyes or
NOTE Confidence: 0.853189885616302
00:00:49.142 --> 00:00:51.000 just keep them slightly open,
NOTE Confidence: 0.853189885616302
00:00:51.000 --> 00:00:55.000 just allowing the spine to left a bit.
NOTE Confidence: 0.853189885616302
00:00:55.000 --> 00:00:58.210 Shoulders to soften.
NOTE Confidence: 0.853189885616302
00:00:58.210 --> 00:00:59.040 And again
NOTE Confidence: 0.879872381687164
00:00:59.040 --> 00:01:01.130 today, for the moment we're
NOTE Confidence: 0.879872381687164

00:01:01.130 --> 00:01:04.238 gonna practice simply stopping.
NOTE Confidence: 0.879872381687164

00:01:04.240 --> 00:01:06.864 We're going to begin by taking in a
NOTE Confidence: 0.879872381687164

00:01:06.864 --> 00:01:09.058 full breath for the count of two.
NOTE Confidence: 0.834700226783752

00:01:11.120 --> 00:01:13.670 Anna long breath out for
NOTE Confidence: 0.834700226783752

00:01:13.670 --> 00:01:15.710 the count of five.
NOTE Confidence: 0.891070944922311

00:01:19.610 --> 00:01:23.411 Ann again. We're gonna take a deep
NOTE Confidence: 0.891070944922311

00:01:23.411 --> 00:01:27.080 breath in for the count of two.
NOTE Confidence: 0.891070944922311

00:01:27.080 --> 00:01:29.428 I don't long breath
NOTE Confidence: 0.86944568157196

00:01:29.430 --> 00:01:32.950 out for the count of five.
NOTE Confidence: 0.905568301677704

00:01:35.160 --> 00:01:39.428 Just simply be still an present
NOTE Confidence: 0.905568301677704

00:01:39.428 --> 00:01:43.073 in this moment. You may notice
NOTE Confidence: 0.905568301677704

00:01:43.073 --> 00:01:45.040 thoughts and bodily sensations
NOTE Confidence: 0.898858904838562

00:01:45.040 --> 00:01:47.490 and sounds just noticing what
NOTE Confidence: 0.898858904838562

00:01:47.490 --> 00:01:50.440 it's like to be alive and
NOTE Confidence: 0.898858904838562

00:01:50.440 --> 00:01:54.816 present in this moment. Again, take
NOTE Confidence: 0.898858904838562

00:01:54.816 --> 00:02:00.590 a breath in for the count of two. And

NOTE Confidence: 0.865453898906708
00:02:00.590 --> 00:02:03.440 Exhale for the count of five.
NOTE Confidence: 0.915332615375519
00:02:04.460 --> 00:02:10.942 If you find your mind wandering somewhere
NOTE Confidence: 0.915332615375519
00:02:10.942 --> 00:02:15.048 else. Just play with inviting a sense of
NOTE Confidence: 0.915332615375519
00:02:15.048 --> 00:02:18.100 stopping and coming back to the moment.
NOTE Confidence: 0.849905788898468
00:02:20.750 --> 00:02:24.789 Again, take a deep breath in for
NOTE Confidence: 0.849905788898468
00:02:24.789 --> 00:02:29.180 the count of two. Any Exhale.
NOTE Confidence: 0.849905788898468
00:02:29.180 --> 00:02:32.880 For the count of five.
NOTE Confidence: 0.890287160873413
00:02:35.420 --> 00:02:38.445 Just keep your eyes closed
NOTE Confidence: 0.890287160873413
00:02:38.445 --> 00:02:40.260 and relaxed position.
NOTE Confidence: 0.890287160873413
00:02:40.260 --> 00:02:44.780 As we begin a guided meditation for fall.
NOTE Confidence: 0.890287160873413
00:02:44.780 --> 00:02:49.040 Each of the seasons has its own particular
NOTE Confidence: 0.890287160873413
00:02:49.040 --> 00:02:51.785 energy that represents where nature
NOTE Confidence: 0.890287160873413
00:02:51.785 --> 00:02:55.439 is in its recurring cycle of birth,
NOTE Confidence: 0.890287160873413
00:02:55.440 --> 00:02:56.871 transformation, and death.
NOTE Confidence: 0.890287160873413
00:02:56.871 --> 00:03:01.144 As a being who is closely connected to and
NOTE Confidence: 0.890287160873413

00:03:01.144 --> 00:03:04.133 directly affected by the rhythms of nature,
NOTE Confidence: 0.890287160873413

00:03:04.140 --> 00:03:06.534 you can capture and use the
NOTE Confidence: 0.890287160873413

00:03:06.534 --> 00:03:09.264 energy of the season by moving
NOTE Confidence: 0.890287160873413

00:03:09.264 --> 00:03:11.879 through your own seasonal process.
NOTE Confidence: 0.890287160873413

00:03:11.880 --> 00:03:13.890 In the months when summer
NOTE Confidence: 0.890287160873413

00:03:13.890 --> 00:03:15.096 transitions to fall,
NOTE Confidence: 0.890287160873413

00:03:15.100 --> 00:03:17.986 nature prepares for the coming changes
NOTE Confidence: 0.890287160873413

00:03:17.986 --> 00:03:21.319 by shedding what it no longer needs.
NOTE Confidence: 0.890287160873413

00:03:21.320 --> 00:03:23.690 In many ways, the energy of
NOTE Confidence: 0.890287160873413

00:03:23.690 --> 00:03:25.800 winter is synonymous with death,
NOTE Confidence: 0.890287160873413

00:03:25.800 --> 00:03:27.830 as foliage appears to die,
NOTE Confidence: 0.890287160873413

00:03:27.830 --> 00:03:30.150 the ground freezes over in
NOTE Confidence: 0.890287160873413

00:03:30.150 --> 00:03:32.006 the days become darker.
NOTE Confidence: 0.890287160873413

00:03:32.010 --> 00:03:32.637 However,
NOTE Confidence: 0.890287160873413

00:03:32.637 --> 00:03:35.772 winter really is about hibernation
NOTE Confidence: 0.890287160873413

00:03:35.772 --> 00:03:40.012 an the incubation of what will be

NOTE Confidence: 0.890287160873413

00:03:40.012 --> 00:03:43.276 renewed again with the coming spring.

NOTE Confidence: 0.890287160873413

00:03:43.280 --> 00:03:46.838 In actuality, there is no death,

NOTE Confidence: 0.890287160873413

00:03:46.840 --> 00:03:49.556 just a long slow,

NOTE Confidence: 0.890287160873413

00:03:49.556 --> 00:03:54.380 deep sleep as Nature's energy changes form.

NOTE Confidence: 0.890287160873413

00:03:54.380 --> 00:03:56.744 Fall is the season that prepares

NOTE Confidence: 0.890287160873413

00:03:56.744 --> 00:03:58.970 nature for the pruning process,

NOTE Confidence: 0.890287160873413

00:03:58.970 --> 00:04:01.802 which will ultimately result in seeds

NOTE Confidence: 0.890287160873413

00:04:01.802 --> 00:04:04.810 being planted for the next chapter.

NOTE Confidence: 0.890287160873413

00:04:04.810 --> 00:04:07.295 It's a great time to take inventory

NOTE Confidence: 0.890287160873413

00:04:07.295 --> 00:04:09.835 of what you need to trim back

NOTE Confidence: 0.890287160873413

00:04:09.835 --> 00:04:11.923 or tend to differently to 10

NOTE Confidence: 0.890287160873413

00:04:11.999 --> 00:04:14.269 differently for yourself as you

NOTE Confidence: 0.890287160873413

00:04:14.269 --> 00:04:17.091 settle inward for the coming months.

NOTE Confidence: 0.890287160873413

00:04:17.091 --> 00:04:21.499 Imagine for a moment you're about to begin

NOTE Confidence: 0.890287160873413

00:04:21.499 --> 00:04:26.300 a journey of preparing for a long winter.

NOTE Confidence: 0.890287160873413

00:04:26.300 --> 00:04:28.514 During this time you know that
NOTE Confidence: 0.890287160873413

00:04:28.514 --> 00:04:30.700 the days will be shorter,
NOTE Confidence: 0.890287160873413

00:04:30.700 --> 00:04:32.940 the temperature will be colder
NOTE Confidence: 0.890287160873413

00:04:32.940 --> 00:04:35.726 and some of your creature comforts
NOTE Confidence: 0.890287160873413

00:04:35.726 --> 00:04:38.056 won't be available to you.
NOTE Confidence: 0.890287160873413

00:04:38.060 --> 00:04:42.800 You think what do you want to let go of?
NOTE Confidence: 0.890287160873413

00:04:42.800 --> 00:04:45.060 What has become too burdensome
NOTE Confidence: 0.890287160873413

00:04:45.060 --> 00:04:47.320 or unnecessary on your journey?
NOTE Confidence: 0.890287160873413

00:04:47.320 --> 00:04:51.008 At some point it becomes apparent that you
NOTE Confidence: 0.890287160873413

00:04:51.008 --> 00:04:53.649 have accumulated far too much baggage.
NOTE Confidence: 0.890287160873413

00:04:53.650 --> 00:04:56.362 You've been lugging it around for
NOTE Confidence: 0.890287160873413

00:04:56.362 --> 00:04:59.892 far too long, and life feels heavy.
NOTE Confidence: 0.890287160873413

00:04:59.892 --> 00:05:02.064 It's time to unload,
NOTE Confidence: 0.890287160873413

00:05:02.070 --> 00:05:05.028 drop a few thousand dead leaves
NOTE Confidence: 0.890287160873413

00:05:05.028 --> 00:05:08.380 and prune a couple 100 branches.
NOTE Confidence: 0.890287160873413

00:05:08.380 --> 00:05:09.124 Like nature,

NOTE Confidence: 0.890287160873413
00:05:09.124 --> 00:05:11.736 you need to clear out the thick
NOTE Confidence: 0.890287160873413
00:05:11.736 --> 00:05:14.370 brush and rid yourself of things
NOTE Confidence: 0.890287160873413
00:05:14.370 --> 00:05:17.280 you been afraid to let go of.
NOTE Confidence: 0.890287160873413
00:05:17.280 --> 00:05:19.730 It's time to abandon the rules of
NOTE Confidence: 0.890287160873413
00:05:19.730 --> 00:05:21.989 society that seek to convince you
NOTE Confidence: 0.890287160873413
00:05:21.989 --> 00:05:24.257 it's not acceptable to speak your
NOTE Confidence: 0.890287160873413
00:05:24.257 --> 00:05:26.765 truth to quiet that voice that
NOTE Confidence: 0.890287160873413
00:05:26.765 --> 00:05:28.825 convinces you to stay uncomfortably
NOTE Confidence: 0.890287160873413
00:05:28.830 --> 00:05:31.520 comfortable right where you are.
NOTE Confidence: 0.890287160873413
00:05:31.520 --> 00:05:34.464 Now is a good time to shed anything
NOTE Confidence: 0.890287160873413
00:05:34.464 --> 00:05:37.613 that binds you to your indignant and
NOTE Confidence: 0.890287160873413
00:05:37.613 --> 00:05:40.580 stubborn ways of sabotaging your dreams.
NOTE Confidence: 0.890287160873413
00:05:40.580 --> 00:05:41.922 Without pruning,
NOTE Confidence: 0.890287160873413
00:05:41.922 --> 00:05:45.948 there could be no new growth.
NOTE Confidence: 0.890287160873413
00:05:45.950 --> 00:05:48.074 During this fall season,
NOTE Confidence: 0.890287160873413

00:05:48.074 --> 00:05:50.198 were gonna retreat inward,
NOTE Confidence: 0.890287160873413

00:05:50.200 --> 00:05:53.386 light a candle and see what
NOTE Confidence: 0.890287160873413

00:05:53.386 --> 00:05:54.979 cobwebs need cleaning.
NOTE Confidence: 0.867392897605896

00:05:57.420 --> 00:05:59.860 Continue to settle yourself now
NOTE Confidence: 0.867392897605896

00:05:59.860 --> 00:06:02.310 by connecting with your breath,
NOTE Confidence: 0.867392897605896

00:06:02.310 --> 00:06:05.090 slowly inhaling through your nose
NOTE Confidence: 0.867392897605896

00:06:05.090 --> 00:06:08.520 and Exhale Ng through your mouth.
NOTE Confidence: 0.867392897605896

00:06:08.520 --> 00:06:11.045 Continue to feel your body
NOTE Confidence: 0.867392897605896

00:06:11.045 --> 00:06:13.570 and mind soften and relax.
NOTE Confidence: 0.867392897605896

00:06:13.570 --> 00:06:16.900 Now visualize the scene from nature.
NOTE Confidence: 0.867392897605896

00:06:16.900 --> 00:06:21.107 During the fall the weds Browns darker
NOTE Confidence: 0.867392897605896

00:06:21.107 --> 00:06:25.770 greens and yellows of the terrain around you.
NOTE Confidence: 0.867392897605896

00:06:25.770 --> 00:06:29.179 A cool breeze blowing and the dryness
NOTE Confidence: 0.867392897605896

00:06:29.179 --> 00:06:32.489 of the brush branches an Earth.
NOTE Confidence: 0.867392897605896

00:06:32.490 --> 00:06:35.330 Now imagine that your body, your breath,
NOTE Confidence: 0.867392897605896

00:06:35.330 --> 00:06:37.760 and your emotions and your mind.

NOTE Confidence: 0.867392897605896
00:06:37.760 --> 00:06:39.780 You're an extension of nature.
NOTE Confidence: 0.867392897605896
00:06:39.780 --> 00:06:43.929 Perhaps you see yourself as a tall Oak tree.
NOTE Confidence: 0.867392897605896
00:06:43.930 --> 00:06:47.710 The mist rising off of a Lake at dawn,
NOTE Confidence: 0.867392897605896
00:06:47.710 --> 00:06:50.788 or you're simply basking in the
NOTE Confidence: 0.867392897605896
00:06:50.788 --> 00:06:53.379 late afternoon sunset or the
NOTE Confidence: 0.867392897605896
00:06:53.379 --> 00:06:56.049 Golden glow of a harvest moon.
NOTE Confidence: 0.867392897605896
00:06:56.050 --> 00:06:58.962 Be aware that you are about to
NOTE Confidence: 0.867392897605896
00:06:58.962 --> 00:07:01.760 embark on an inward journey.
NOTE Confidence: 0.867392897605896
00:07:01.760 --> 00:07:04.226 As you prepare to less tahn,
NOTE Confidence: 0.867392897605896
00:07:04.230 --> 00:07:06.953 prepare for the budding of and you
NOTE Confidence: 0.867392897605896
00:07:06.953 --> 00:07:09.589 you after the winter ice thaws,
NOTE Confidence: 0.867392897605896
00:07:09.590 --> 00:07:12.620 dare yourself to dream of the
NOTE Confidence: 0.867392897605896
00:07:12.620 --> 00:07:15.339 person you would like to be.
NOTE Confidence: 0.867392897605896
00:07:15.340 --> 00:07:19.450 The activities you want to do.
NOTE Confidence: 0.867392897605896
00:07:19.450 --> 00:07:23.890 The environment you thrive in most.
NOTE Confidence: 0.867392897605896

00:07:23.890 --> 00:07:26.536 The lifestyle you want to have when
NOTE Confidence: 0.867392897605896

00:07:26.536 --> 00:07:29.439 you wake up from your deep sleep.
NOTE Confidence: 0.867392897605896

00:07:29.440 --> 00:07:32.919 Let your imagination run wild and allow
NOTE Confidence: 0.867392897605896

00:07:32.919 --> 00:07:36.230 yourself to see what you would see.
NOTE Confidence: 0.867392897605896

00:07:36.230 --> 00:07:40.280 To hear what you would hear and to feel
NOTE Confidence: 0.867392897605896

00:07:40.280 --> 00:07:44.816 what you would feel if your dream came true.
NOTE Confidence: 0.867392897605896

00:07:44.820 --> 00:07:48.369 Next, notice an area of your life
NOTE Confidence: 0.867392897605896

00:07:48.369 --> 00:07:51.590 where there is some heavy NIS.
NOTE Confidence: 0.867392897605896

00:07:51.590 --> 00:07:55.850 A burden or an unnecessary load.
NOTE Confidence: 0.867392897605896

00:07:55.850 --> 00:07:58.910 Maybe it's physical belongings like an
NOTE Confidence: 0.867392897605896

00:07:58.910 --> 00:08:01.057 accumulation of furniture, clothing,
NOTE Confidence: 0.867392897605896

00:08:01.057 --> 00:08:04.759 old trinkets, or stacks of papers.
NOTE Confidence: 0.867392897605896

00:08:04.760 --> 00:08:07.574 Perhaps your baggage is within the
NOTE Confidence: 0.867392897605896

00:08:07.574 --> 00:08:10.630 area of your intimate relationship,
NOTE Confidence: 0.867392897605896

00:08:10.630 --> 00:08:11.700 your career,
NOTE Confidence: 0.867392897605896

00:08:11.700 --> 00:08:14.910 your health and fitness or family.

NOTE Confidence: 0.867392897605896
00:08:14.910 --> 00:08:18.375 Let yourself see where there is an
NOTE Confidence: 0.867392897605896
00:08:18.375 --> 00:08:21.310 over accumulation of physical stuff.
NOTE Confidence: 0.867392897605896
00:08:21.310 --> 00:08:24.278 Emotional upset, mental challenges,
NOTE Confidence: 0.867392897605896
00:08:24.278 --> 00:08:26.504 or spiritual disconnect.
NOTE Confidence: 0.867392897605896
00:08:26.510 --> 00:08:29.030 Next we connect with your dream of
NOTE Confidence: 0.867392897605896
00:08:29.030 --> 00:08:31.360 what your life could look like.
NOTE Confidence: 0.867392897605896
00:08:31.360 --> 00:08:33.964 Feel like an sound like once you
NOTE Confidence: 0.867392897605896
00:08:33.964 --> 00:08:36.760 are free of the burdensome weight
NOTE Confidence: 0.867392897605896
00:08:36.760 --> 00:08:38.884 that you are carrying.
NOTE Confidence: 0.867392897605896
00:08:38.890 --> 00:08:41.794 What would you be doing then that is
NOTE Confidence: 0.867392897605896
00:08:41.794 --> 00:08:44.227 different from how you are living now?
NOTE Confidence: 0.867392897605896
00:08:44.230 --> 00:08:46.765 Maybe how would your relationships
NOTE Confidence: 0.867392897605896
00:08:46.765 --> 00:08:48.286 begin to thrive?
NOTE Confidence: 0.867392897605896
00:08:48.290 --> 00:08:51.741 How would your energy levels and mental
NOTE Confidence: 0.867392897605896
00:08:51.741 --> 00:08:55.168 clarity be propelling you towards your goals?
NOTE Confidence: 0.867392897605896

00:08:55.170 --> 00:08:57.306 Create an internal representation
NOTE Confidence: 0.867392897605896

00:08:57.306 --> 00:09:01.019 of visual image of feeling or a
NOTE Confidence: 0.867392897605896

00:09:01.019 --> 00:09:04.403 sound of how you your life and your
NOTE Confidence: 0.867392897605896

00:09:04.403 --> 00:09:06.530 surroundings could be different.
NOTE Confidence: 0.860047698020935

00:09:08.630 --> 00:09:11.126 As you bask in your picture
NOTE Confidence: 0.860047698020935

00:09:11.126 --> 00:09:13.150 of how things could be,
NOTE Confidence: 0.860047698020935

00:09:13.150 --> 00:09:15.646 ask yourself what qualities you would
NOTE Confidence: 0.860047698020935

00:09:15.646 --> 00:09:19.609 need to embrace to be the type of person
NOTE Confidence: 0.860047698020935

00:09:19.609 --> 00:09:21.834 who could powerfully catapult yourself
NOTE Confidence: 0.860047698020935

00:09:21.915 --> 00:09:24.407 from beneath the weight of what you
NOTE Confidence: 0.860047698020935

00:09:24.407 --> 00:09:28.500 now carry to the knew you that awaits.
NOTE Confidence: 0.860047698020935

00:09:28.500 --> 00:09:31.762 Do you need to have more compassion
NOTE Confidence: 0.860047698020935

00:09:31.762 --> 00:09:33.830 towards yourself and others?
NOTE Confidence: 0.860047698020935

00:09:33.830 --> 00:09:36.914 Do you need to listen more
NOTE Confidence: 0.860047698020935

00:09:36.914 --> 00:09:40.112 attentively without the need to fix
NOTE Confidence: 0.860047698020935

00:09:40.112 --> 00:09:42.717 things or justify your position?

NOTE Confidence: 0.860047698020935
00:09:42.720 --> 00:09:45.779 Do you need to cultivate more strength
NOTE Confidence: 0.860047698020935
00:09:45.779 --> 00:09:49.688 so you can set and maintain boundaries?
NOTE Confidence: 0.860047698020935
00:09:49.690 --> 00:09:51.755 Do you need to be more honest
NOTE Confidence: 0.860047698020935
00:09:51.755 --> 00:09:53.230 and find a loving,
NOTE Confidence: 0.860047698020935
00:09:53.230 --> 00:09:56.639 yet direct way to speak your truth?
NOTE Confidence: 0.860047698020935
00:09:56.640 --> 00:09:59.750 What characteristics would be most
NOTE Confidence: 0.860047698020935
00:09:59.750 --> 00:10:03.418 beneficial to acquire so that you
NOTE Confidence: 0.860047698020935
00:10:03.418 --> 00:10:06.645 can begin to take your next steps?
NOTE Confidence: 0.860047698020935
00:10:06.650 --> 00:10:09.555 Now envisioning the trades are
NOTE Confidence: 0.860047698020935
00:10:09.555 --> 00:10:11.879 characteristics that you are
NOTE Confidence: 0.860047698020935
00:10:11.879 --> 00:10:13.958 empowering to create change,
NOTE Confidence: 0.860047698020935
00:10:13.960 --> 00:10:14.810 ask yourself.
NOTE Confidence: 0.860047698020935
00:10:14.810 --> 00:10:18.210 What action steps do I need to take
NOTE Confidence: 0.860047698020935
00:10:18.296 --> 00:10:21.186 to feel inspired and motivated
NOTE Confidence: 0.860047698020935
00:10:21.186 --> 00:10:23.498 to charge powerfully forward?
NOTE Confidence: 0.872426629066467

00:10:25.530 --> 00:10:26.802 What emotions, beliefs,
NOTE Confidence: 0.872426629066467

00:10:26.802 --> 00:10:30.330 or behaviors do I need to let go of?
NOTE Confidence: 0.872426629066467

00:10:30.330 --> 00:10:33.098 So that I can stop being a victim
NOTE Confidence: 0.872426629066467

00:10:33.098 --> 00:10:36.305 and be the person I am meant to be.
NOTE Confidence: 0.872426629066467

00:10:36.310 --> 00:10:39.530 Ask your heart for guidance
NOTE Confidence: 0.872426629066467

00:10:39.530 --> 00:10:42.106 rather than your intellect.
NOTE Confidence: 0.872426629066467

00:10:42.110 --> 00:10:45.098 And allow yourself to hear what
NOTE Confidence: 0.872426629066467

00:10:45.098 --> 00:10:48.141 practice you need to cultivate or
NOTE Confidence: 0.872426629066467

00:10:48.141 --> 00:10:51.487 what action you need to take to
NOTE Confidence: 0.872426629066467

00:10:51.487 --> 00:10:54.319 prune your inner outer world to
NOTE Confidence: 0.872426629066467

00:10:54.319 --> 00:10:57.530 clear a path for your next journey.
NOTE Confidence: 0.867239773273468

00:11:01.150 --> 00:11:04.900 Go to that thing today.
NOTE Confidence: 0.867239773273468

00:11:04.900 --> 00:11:09.136 Tomorrow do the next thing, and so on.
NOTE Confidence: 0.867239773273468

00:11:09.136 --> 00:11:14.199 This will help you take charge of your life.
NOTE Confidence: 0.867239773273468

00:11:14.200 --> 00:11:16.918 It's a process of letting go
NOTE Confidence: 0.867239773273468

00:11:16.918 --> 00:11:19.180 of anything that isn't you.

NOTE Confidence: 0.867239773273468
00:11:19.180 --> 00:11:21.228 Toxic relationships, limiting beliefs,
NOTE Confidence: 0.867239773273468
00:11:21.228 --> 00:11:23.276 an obstacles that prevent
NOTE Confidence: 0.867239773273468
00:11:23.276 --> 00:11:25.639 you from living your dream.
NOTE Confidence: 0.867239773273468
00:11:25.640 --> 00:11:28.880 It allows you to take responsibility
NOTE Confidence: 0.867239773273468
00:11:28.880 --> 00:11:32.555 for every choice you make and every
NOTE Confidence: 0.867239773273468
00:11:32.555 --> 00:11:35.393 action you take or don't take.
NOTE Confidence: 0.867239773273468
00:11:35.400 --> 00:11:37.578 Whenever you begin a new path,
NOTE Confidence: 0.867239773273468
00:11:37.580 --> 00:11:39.830 anything you haven't cleared out
NOTE Confidence: 0.867239773273468
00:11:39.830 --> 00:11:42.080 or brought to completion will
NOTE Confidence: 0.867239773273468
00:11:42.159 --> 00:11:44.336 follow you on to the new path.
NOTE Confidence: 0.867239773273468
00:11:44.340 --> 00:11:47.060 So now is the time to let go
NOTE Confidence: 0.867239773273468
00:11:47.060 --> 00:11:49.285 of anything you need to leave
NOTE Confidence: 0.867239773273468
00:11:49.285 --> 00:11:52.160 behind as you begin a new season.
NOTE Confidence: 0.867239773273468
00:11:52.160 --> 00:11:55.840 Approach the fall with anticipation
NOTE Confidence: 0.867239773273468
00:11:55.840 --> 00:11:57.694 preparation, an excitement.
NOTE Confidence: 0.867239773273468

00:11:57.694 --> 00:12:01.593 Observe its energy and watch as it
NOTE Confidence: 0.867239773273468

00:12:01.593 --> 00:12:04.567 cyclically moves through its phases,
NOTE Confidence: 0.867239773273468

00:12:04.570 --> 00:12:08.455 transitioning from one moment to the next.
NOTE Confidence: 0.867239773273468

00:12:08.460 --> 00:12:13.430 Sometimes intensely, and sometimes gently.
NOTE Confidence: 0.867239773273468

00:12:13.430 --> 00:12:16.310 Nature moves slowly and deliberately.
NOTE Confidence: 0.867239773273468

00:12:16.310 --> 00:12:18.754 Tord Harmony and sustainability.
NOTE Confidence: 0.867239773273468

00:12:18.754 --> 00:12:23.050 It intrinsically knows what it needs to do.
NOTE Confidence: 0.867239773273468

00:12:23.050 --> 00:12:25.050 And it simply does it.
NOTE Confidence: 0.867239773273468

00:12:25.050 --> 00:12:28.088 You can learn a lot by paying
NOTE Confidence: 0.867239773273468

00:12:28.088 --> 00:12:30.354 attention and tuning into this
NOTE Confidence: 0.867239773273468

00:12:30.354 --> 00:12:32.524 process in your own life.
NOTE Confidence: 0.867239773273468

00:12:32.530 --> 00:12:36.670 If you slow down enough
NOTE Confidence: 0.867239773273468

00:12:36.670 --> 00:12:39.982 and pay close attention.
NOTE Confidence: 0.867239773273468

00:12:39.990 --> 00:12:47.494 We are now with a deep inhalation.
NOTE Confidence: 0.867239773273468

00:12:47.500 --> 00:12:49.070 And slowly.
NOTE Confidence: 0.759491264820099

00:12:51.260 --> 00:12:53.448 Exhale when you're ready.

NOTE Confidence: 0.759491264820099

00:12:53.448 --> 00:12:56.183 You can open your eyes.

NOTE Confidence: 0.759491264820099

00:12:56.190 --> 00:12:59.627 Stretch your arms out to the side,

NOTE Confidence: 0.759491264820099

00:12:59.630 --> 00:13:02.654 reaching to both sides.

NOTE Confidence: 0.759491264820099

00:13:02.654 --> 00:13:04.166 Arms overhead.

NOTE Confidence: 0.759491264820099

00:13:04.170 --> 00:13:06.900 And down into prayer pose.

NOTE Confidence: 0.869522452354431

00:13:10.180 --> 00:13:13.216 OK, beautiful wonderful all you did.

NOTE Confidence: 0.869522452354431

00:13:13.220 --> 00:13:16.426 Excellent excellent work taking the time and

NOTE Confidence: 0.869522452354431

00:13:16.426 --> 00:13:20.298 the focus to bring into your consciousness.

NOTE Confidence: 0.869522452354431

00:13:20.300 --> 00:13:24.960 How we as humans in our bodies so so amplify

NOTE Confidence: 0.869522452354431

00:13:25.067 --> 00:13:29.403 and so resemble on the seasons of nature.

NOTE Confidence: 0.869522452354431

00:13:29.410 --> 00:13:32.510 Just listening to our intuitive.

NOTE Confidence: 0.869522452354431

00:13:32.510 --> 00:13:35.105 Side are intuitive voice following

NOTE Confidence: 0.869522452354431

00:13:35.105 --> 00:13:37.700 that direction and just allowing

NOTE Confidence: 0.869522452354431

00:13:37.778 --> 00:13:40.865 nature to take its course an always

NOTE Confidence: 0.869522452354431

00:13:40.865 --> 00:13:43.138 remembering that it's important to

NOTE Confidence: 0.869522452354431

00:13:43.138 --> 00:13:45.736 stay present and to allow ourselves
NOTE Confidence: 0.869522452354431

00:13:45.736 --> 00:13:48.986 to just be the person that we are
NOTE Confidence: 0.869522452354431

00:13:48.986 --> 00:13:52.801 letting go of the access and just meet
NOTE Confidence: 0.869522452354431

00:13:52.801 --> 00:13:56.005 maintaining our spirit or pure light.
NOTE Confidence: 0.869522452354431

00:13:56.010 --> 00:13:59.290 An following our heart always.
NOTE Confidence: 0.869522452354431

00:13:59.290 --> 00:14:00.550 So thank you all.
NOTE Confidence: 0.869522452354431

00:14:00.550 --> 00:14:02.770 I wish you a beautiful, wonderful week.
NOTE Confidence: 0.869522452354431

00:14:02.770 --> 00:14:05.330 As always, made a long time sun shine
NOTE Confidence: 0.869522452354431

00:14:05.394 --> 00:14:07.508 upon you and all love surround you.
NOTE Confidence: 0.869522452354431

00:14:07.510 --> 00:14:09.090 Your pure light within you,
NOTE Confidence: 0.869522452354431

00:14:09.090 --> 00:14:10.992 your heart guide your way on
NOTE Confidence: 0.869522452354431

00:14:10.992 --> 00:14:12.879 guide your way on be well,
NOTE Confidence: 0.869522452354431

00:14:12.880 --> 00:14:15.772 everybody and I'll see you soon.