

WEBVTT

NOTE duration:"00:13:41.6640000"

NOTE language:en-us

NOTE Confidence: 0.870202302932739

00:00:00.000 --> 00:00:02.430 OK, good morning everybody and thank

NOTE Confidence: 0.870202302932739

00:00:02.430 --> 00:00:05.746 you so much for joining on Michelle

NOTE Confidence: 0.870202302932739

00:00:05.746 --> 00:00:07.898 Grand licensed Massage Therapist

NOTE Confidence: 0.870202302932739

00:00:07.898 --> 00:00:10.757 at Smilow Cancer Hospital and it's

NOTE Confidence: 0.870202302932739

00:00:10.757 --> 00:00:13.480 my pleasure to be with you today

NOTE Confidence: 0.870202302932739

00:00:13.566 --> 00:00:15.764 and joining in guided meditation.

NOTE Confidence: 0.870202302932739

00:00:15.764 --> 00:00:19.620 As we begin the month of November,

NOTE Confidence: 0.870202302932739

00:00:19.620 --> 00:00:23.414 this will be our month of gratitude

NOTE Confidence: 0.870202302932739

00:00:23.414 --> 00:00:26.600 leading up to Thanksgiving.

NOTE Confidence: 0.870202302932739

00:00:26.600 --> 00:00:28.688 Just giving thanks for all that

NOTE Confidence: 0.870202302932739

00:00:28.688 --> 00:00:31.516 we are and all that we have that

NOTE Confidence: 0.870202302932739

00:00:31.516 --> 00:00:33.962 sometimes can be put in the back

NOTE Confidence: 0.870202302932739

00:00:33.962 --> 00:00:36.562 burner in in our minds as we deal

NOTE Confidence: 0.870202302932739

00:00:36.562 --> 00:00:39.896 with whatever is going on day today.

NOTE Confidence: 0.870202302932739
00:00:39.900 --> 00:00:43.788 So I give you much things now for taking
NOTE Confidence: 0.870202302932739
00:00:43.788 --> 00:00:47.365 the time for yourself to step back.
NOTE Confidence: 0.870202302932739
00:00:47.370 --> 00:00:50.555 An ground and just remember
NOTE Confidence: 0.870202302932739
00:00:50.555 --> 00:00:53.103 how important you are.
NOTE Confidence: 0.870202302932739
00:00:53.110 --> 00:00:54.742 As we start again,
NOTE Confidence: 0.870202302932739
00:00:54.742 --> 00:00:57.693 just get settled into a comfortable position
NOTE Confidence: 0.870202302932739
00:00:57.693 --> 00:01:00.668 that will allow you to feel relaxed,
NOTE Confidence: 0.870202302932739
00:01:00.670 --> 00:01:02.690 yet alert.
NOTE Confidence: 0.870202302932739
00:01:02.690 --> 00:01:05.192 You could sit on the floor on the chair,
NOTE Confidence: 0.870202302932739
00:01:05.200 --> 00:01:08.260 but just be sure to sit in a way.
NOTE Confidence: 0.870202302932739
00:01:08.260 --> 00:01:11.653 That allows your spine to be long an upright.
NOTE Confidence: 0.886330783367157
00:01:13.860 --> 00:01:16.980 Try to eliminate any disruptions
NOTE Confidence: 0.886330783367157
00:01:16.980 --> 00:01:19.476 or distractions for the
NOTE Confidence: 0.886330783367157
00:01:19.476 --> 00:01:21.929 duration of the meditation.
NOTE Confidence: 0.886330783367157
00:01:21.930 --> 00:01:24.720 When you're settled.
NOTE Confidence: 0.886330783367157

00:01:24.720 --> 00:01:28.580 Take a deep cleansing breath.
NOTE Confidence: 0.886330783367157

00:01:28.580 --> 00:01:34.138 And as you exhale. Soften your eyes.
NOTE Confidence: 0.886330783367157

00:01:34.140 --> 00:01:38.004 And close your eyes if you feel comfortable
NOTE Confidence: 0.886330783367157

00:01:38.004 --> 00:01:41.257 or simply turn your gaze downward.
NOTE Confidence: 0.886330783367157

00:01:41.260 --> 00:01:44.230 Let's begin by simply bringing your
NOTE Confidence: 0.886330783367157

00:01:44.230 --> 00:01:47.048 awareness to the breath as it is,
NOTE Confidence: 0.886330783367157

00:01:47.050 --> 00:01:50.560 without trying to change it.
NOTE Confidence: 0.886330783367157

00:01:50.560 --> 00:01:54.515 Can you notice if your inhale is
NOTE Confidence: 0.886330783367157

00:01:54.515 --> 00:01:58.759 longer than your exhale or vice versa?
NOTE Confidence: 0.886330783367157

00:01:58.760 --> 00:02:01.475 Try counting the length of
NOTE Confidence: 0.886330783367157

00:02:01.475 --> 00:02:05.100 each in breath an out breath.
NOTE Confidence: 0.886330783367157

00:02:05.100 --> 00:02:07.128 Noticing the rhythm with
NOTE Confidence: 0.886330783367157

00:02:07.128 --> 00:02:09.156 a sense of curiosity.
NOTE Confidence: 0.846973180770874

00:02:11.760 --> 00:02:16.376 Now begin to even out your inhalations an
NOTE Confidence: 0.846973180770874

00:02:16.376 --> 00:02:20.467 exhalation so that their the same length.
NOTE Confidence: 0.846973180770874

00:02:20.470 --> 00:02:23.380 If your inhalations are longer,

NOTE Confidence: 0.846973180770874
00:02:23.380 --> 00:02:28.322 for example, five counts start to lengthen
NOTE Confidence: 0.846973180770874
00:02:28.322 --> 00:02:32.489 your exhalations to five counts also.
NOTE Confidence: 0.846973180770874
00:02:32.490 --> 00:02:34.900 Spent a few rounds breathing
NOTE Confidence: 0.846973180770874
00:02:34.900 --> 00:02:37.831 lengthening the shorter half of the
NOTE Confidence: 0.846973180770874
00:02:37.831 --> 00:02:40.447 breath to balance the longer half.
NOTE Confidence: 0.880174696445465
00:02:48.840 --> 00:02:51.983 Next, when you attention to what you
NOTE Confidence: 0.880174696445465
00:02:51.983 --> 00:02:55.907 can hear now without labeling the sound,
NOTE Confidence: 0.880174696445465
00:02:55.910 --> 00:03:00.670 simply notice your ears ability to hear.
NOTE Confidence: 0.880174696445465
00:03:00.670 --> 00:03:03.414 Give thanks to your ears for working
NOTE Confidence: 0.880174696445465
00:03:03.414 --> 00:03:06.879 so well and for allowing you to hear
NOTE Confidence: 0.880174696445465
00:03:06.879 --> 00:03:09.740 everything that makes up this moment.
NOTE Confidence: 0.880174696445465
00:03:09.740 --> 00:03:12.254 Thanks to your ears for letting
NOTE Confidence: 0.880174696445465
00:03:12.254 --> 00:03:14.925 you hear the voice of your
NOTE Confidence: 0.880174696445465
00:03:14.925 --> 00:03:17.200 beloved or your favorite song,
NOTE Confidence: 0.880174696445465
00:03:17.200 --> 00:03:19.400 or the birds singing outside.
NOTE Confidence: 0.785122931003571

00:03:21.910 --> 00:03:25.480 Now notice your sense of smell.
NOTE Confidence: 0.785122931003571

00:03:25.480 --> 00:03:27.965 Offer your appreciation to your
NOTE Confidence: 0.785122931003571

00:03:27.965 --> 00:03:31.013 nose and your olfactory system for
NOTE Confidence: 0.785122931003571

00:03:31.013 --> 00:03:33.899 letting you smell fresh baked cookies.
NOTE Confidence: 0.785122931003571

00:03:33.900 --> 00:03:37.748 Babies newly washed her.
NOTE Confidence: 0.785122931003571

00:03:37.750 --> 00:03:41.488 The unmistakable scent of a campfire.
NOTE Confidence: 0.785122931003571

00:03:41.490 --> 00:03:43.606 And without your nose,
NOTE Confidence: 0.785122931003571

00:03:43.606 --> 00:03:46.251 you couldn't taste your favorite
NOTE Confidence: 0.785122931003571

00:03:46.251 --> 00:03:49.300 meals or breathe in the ocean air.
NOTE Confidence: 0.785122931003571

00:03:49.300 --> 00:03:50.890 So keep thanks.
NOTE Confidence: 0.785122931003571

00:03:50.890 --> 00:03:53.540 For your ability to spell.
NOTE Confidence: 0.869411110877991

00:03:55.850 --> 00:03:58.762 To your taste buds now offer your
NOTE Confidence: 0.869411110877991

00:03:58.762 --> 00:04:01.517 gratitude to your tongue in mouth
NOTE Confidence: 0.869411110877991

00:04:01.517 --> 00:04:04.355 for letting you taste your favorite
NOTE Confidence: 0.869411110877991

00:04:04.355 --> 00:04:07.123 coffee drink and the away of
NOTE Confidence: 0.869411110877991

00:04:07.123 --> 00:04:09.328 food that nourishes your system.

NOTE Confidence: 0.869411110877991
00:04:09.330 --> 00:04:11.724 Do your lips for kissing your
NOTE Confidence: 0.869411110877991
00:04:11.724 --> 00:04:13.780 partner or children or pets.
NOTE Confidence: 0.869411110877991
00:04:13.780 --> 00:04:15.420 Offer your heartfelt thanks
NOTE Confidence: 0.869411110877991
00:04:15.420 --> 00:04:17.470 to your sense of taste,
NOTE Confidence: 0.869411110877991
00:04:17.470 --> 00:04:19.445 for letting you engage with
NOTE Confidence: 0.869411110877991
00:04:19.445 --> 00:04:21.980 all the flavors of the world.
NOTE Confidence: 0.902953326702118
00:04:24.670 --> 00:04:28.798 Now notice what you feel with your skin.
NOTE Confidence: 0.902953326702118
00:04:28.800 --> 00:04:30.750 The temperature of the air and
NOTE Confidence: 0.902953326702118
00:04:30.750 --> 00:04:33.330 the part of you that are exposed.
NOTE Confidence: 0.902953326702118
00:04:33.330 --> 00:04:35.280 The texture of the clothing
NOTE Confidence: 0.902953326702118
00:04:35.280 --> 00:04:37.230 that is keeping you warm.
NOTE Confidence: 0.902953326702118
00:04:37.230 --> 00:04:39.895 The delightful sensation on your
NOTE Confidence: 0.902953326702118
00:04:39.895 --> 00:04:43.154 fingertips that let you feel the
NOTE Confidence: 0.902953326702118
00:04:43.154 --> 00:04:45.684 electricity in your heart when
NOTE Confidence: 0.902953326702118
00:04:45.684 --> 00:04:48.590 holding hands with your soulmate.
NOTE Confidence: 0.902953326702118

00:04:48.590 --> 00:04:51.439 To the screen that lets you feel
NOTE Confidence: 0.902953326702118

00:04:51.439 --> 00:04:54.310 the texture of sand at the beach.
NOTE Confidence: 0.902953326702118

00:04:54.310 --> 00:04:56.535 Scented breeze on your neck
NOTE Confidence: 0.902953326702118

00:04:56.535 --> 00:04:58.760 and enjoy a good massage.
NOTE Confidence: 0.880656778812408

00:05:01.360 --> 00:05:03.940 Two, wrapping yourself in warm blankets
NOTE Confidence: 0.880656778812408

00:05:03.940 --> 00:05:06.849 when you're cold and stripping off clothing
NOTE Confidence: 0.880656778812408

00:05:06.849 --> 00:05:09.820 in front of a fan when you're hot.
NOTE Confidence: 0.880656778812408

00:05:09.820 --> 00:05:12.945 Thanks to this skin for
NOTE Confidence: 0.880656778812408

00:05:12.945 --> 00:05:16.070 helping you feel your life.
NOTE Confidence: 0.880656778812408

00:05:16.070 --> 00:05:18.890 And now to your eyes.
NOTE Confidence: 0.880656778812408

00:05:18.890 --> 00:05:20.722 Keeping your eyes closed.
NOTE Confidence: 0.880656778812408

00:05:20.722 --> 00:05:24.094 Can you send a wave of gratitude
NOTE Confidence: 0.880656778812408

00:05:24.094 --> 00:05:27.244 to these magical eyes for letting
NOTE Confidence: 0.880656778812408

00:05:27.244 --> 00:05:30.540 you see the world around you?
NOTE Confidence: 0.880656778812408

00:05:30.540 --> 00:05:33.690 For making it possible to make eye
NOTE Confidence: 0.880656778812408

00:05:33.690 --> 00:05:36.169 contact with your best friend.

NOTE Confidence: 0.880656778812408
00:05:36.170 --> 00:05:39.858 To see the smiling face of a child.
NOTE Confidence: 0.880656778812408
00:05:39.860 --> 00:05:42.944 And the community you have chosen
NOTE Confidence: 0.880656778812408
00:05:42.944 --> 00:05:45.000 to surround yourself with.
NOTE Confidence: 0.880656778812408
00:05:45.000 --> 00:05:48.440 To your eyes, which let you see art,
NOTE Confidence: 0.880656778812408
00:05:48.440 --> 00:05:51.450 nature and beauty in all its forms,
NOTE Confidence: 0.880656778812408
00:05:51.450 --> 00:05:54.890 to whatever degree your eyes let you see,
NOTE Confidence: 0.880656778812408
00:05:54.890 --> 00:05:58.070 thank them for all they do.
NOTE Confidence: 0.880656778812408
00:05:58.070 --> 00:06:00.942 For letting you take in the world around
NOTE Confidence: 0.880656778812408
00:06:00.942 --> 00:06:03.457 you through the windows of your soul.
NOTE Confidence: 0.880656778812408
00:06:03.460 --> 00:06:07.156 Take a deep breath and notice
NOTE Confidence: 0.880656778812408
00:06:07.156 --> 00:06:11.269 how you feel in your heart.
NOTE Confidence: 0.880656778812408
00:06:11.270 --> 00:06:13.955 Connect to a feeling of
NOTE Confidence: 0.880656778812408
00:06:13.955 --> 00:06:16.103 expansion in your chest.
NOTE Confidence: 0.880656778812408
00:06:16.110 --> 00:06:18.756 As you let yourself truly savor
NOTE Confidence: 0.880656778812408
00:06:18.756 --> 00:06:21.629 the full spectrum of your senses.
NOTE Confidence: 0.798992991447449

00:06:25.840 --> 00:06:28.744 For a moment now let it go and
NOTE Confidence: 0.798992991447449

00:06:28.744 --> 00:06:31.390 check back in with the balance
NOTE Confidence: 0.798992991447449

00:06:31.390 --> 00:06:33.570 of your inhales, Annuar exhales.
NOTE Confidence: 0.914802372455597

00:06:39.520 --> 00:06:42.298 To the people in your life
NOTE Confidence: 0.914802372455597

00:06:42.298 --> 00:06:45.041 bring to mind someone in your
NOTE Confidence: 0.914802372455597

00:06:45.041 --> 00:06:47.423 life who is easy to love.
NOTE Confidence: 0.914802372455597

00:06:47.430 --> 00:06:49.798 Picture this person sitting
NOTE Confidence: 0.914802372455597

00:06:49.798 --> 00:06:52.758 in front of you now.
NOTE Confidence: 0.914802372455597

00:06:52.760 --> 00:06:55.310 See them smiling at you and
NOTE Confidence: 0.914802372455597

00:06:55.310 --> 00:06:57.010 through your heart space.
NOTE Confidence: 0.914802372455597

00:06:57.010 --> 00:06:59.985 Thank them for being in your life.
NOTE Confidence: 0.867117404937744

00:07:02.800 --> 00:07:06.796 As it wherever they were at this very moment,
NOTE Confidence: 0.867117404937744

00:07:06.800 --> 00:07:09.020 they could receive your gratitude,
NOTE Confidence: 0.867117404937744

00:07:09.020 --> 00:07:12.114 shower them with love simply for existing.
NOTE Confidence: 0.872615933418274

00:07:14.660 --> 00:07:17.255 Now pick another person and
NOTE Confidence: 0.872615933418274

00:07:17.255 --> 00:07:19.850 repeat this with another person

NOTE Confidence: 0.872615933418274

00:07:19.941 --> 00:07:22.664 and as many people as you like.

NOTE Confidence: 0.872615933418274

00:07:22.670 --> 00:07:25.904 Just a little membering that offering

NOTE Confidence: 0.872615933418274

00:07:25.904 --> 00:07:29.205 your gratitude to one person doesn't

NOTE Confidence: 0.872615933418274

00:07:29.205 --> 00:07:32.355 take it away from anybody else.

NOTE Confidence: 0.872615933418274

00:07:32.360 --> 00:07:34.688 Just choose the first few people

NOTE Confidence: 0.872615933418274

00:07:34.688 --> 00:07:37.078 who come to mind and thank

NOTE Confidence: 0.872615933418274

00:07:37.078 --> 00:07:39.334 them for being in your life.

NOTE Confidence: 0.903243243694305

00:07:44.940 --> 00:07:48.905 Bring to mind someone who

NOTE Confidence: 0.903243243694305

00:07:48.905 --> 00:07:52.870 is made your life easier.

NOTE Confidence: 0.903243243694305

00:07:52.870 --> 00:07:56.830 Thank them for whatever they

NOTE Confidence: 0.903243243694305

00:07:56.830 --> 00:08:01.590 have done to help you out.

NOTE Confidence: 0.825597167015076

00:08:05.300 --> 00:08:07.200 Ocala teacher in your life.

NOTE Confidence: 0.825597167015076

00:08:07.200 --> 00:08:10.288 Someone who has shown you the way in

NOTE Confidence: 0.825597167015076

00:08:10.288 --> 00:08:13.467 either a formal or informal setting.

NOTE Confidence: 0.825597167015076

00:08:13.470 --> 00:08:15.768 Thank them with your heart for

NOTE Confidence: 0.825597167015076

00:08:15.768 --> 00:08:17.980 teaching you on this journey.
NOTE Confidence: 0.900884449481964

00:08:20.740 --> 00:08:23.540 Finally, send your love and
NOTE Confidence: 0.900884449481964

00:08:23.540 --> 00:08:26.340 gratitude to every single person
NOTE Confidence: 0.900884449481964

00:08:26.435 --> 00:08:29.459 you have encountered so far or
NOTE Confidence: 0.900884449481964

00:08:29.459 --> 00:08:32.410 will encounter today in this day.
NOTE Confidence: 0.900884449481964

00:08:32.410 --> 00:08:35.560 Thank them for making your day
NOTE Confidence: 0.900884449481964

00:08:35.560 --> 00:08:37.660 more interesting than richer.
NOTE Confidence: 0.893883347511292

00:08:41.710 --> 00:08:45.193 Take a deep breath and gather up all the
NOTE Confidence: 0.893883347511292

00:08:45.193 --> 00:08:48.050 people in your life into your heart.
NOTE Confidence: 0.893883347511292

00:08:48.050 --> 00:08:51.605 Hold them there for a moment and let them.
NOTE Confidence: 0.884365797042847

00:08:53.760 --> 00:08:55.830 Let the image of them enter
NOTE Confidence: 0.884365797042847

00:08:55.830 --> 00:08:57.860 your hurt for a moment.
NOTE Confidence: 0.905670583248138

00:09:04.380 --> 00:09:06.978 Let that go and we turn.
NOTE Confidence: 0.905670583248138

00:09:06.980 --> 00:09:10.018 Now to the balance of your breath.
NOTE Confidence: 0.893645226955414

00:09:17.520 --> 00:09:20.453 Now turn your attention to the possessions
NOTE Confidence: 0.893645226955414

00:09:20.453 --> 00:09:22.968 that have most meaning for you.

NOTE Confidence: 0.893645226955414
00:09:22.970 --> 00:09:26.197 Give your thanks to the items you
NOTE Confidence: 0.893645226955414
00:09:26.197 --> 00:09:28.488 have special jewelry or relics
NOTE Confidence: 0.893645226955414
00:09:28.488 --> 00:09:30.948 that have been passed down to
NOTE Confidence: 0.893645226955414
00:09:30.948 --> 00:09:34.029 you from family or were given to
NOTE Confidence: 0.893645226955414
00:09:34.029 --> 00:09:36.204 you for a specific purpose.
NOTE Confidence: 0.893645226955414
00:09:36.210 --> 00:09:39.310 Pick a wedding ring.
NOTE Confidence: 0.893645226955414
00:09:39.310 --> 00:09:41.358 Thank you possessions that
NOTE Confidence: 0.893645226955414
00:09:41.358 --> 00:09:43.918 hold special meaning for you,
NOTE Confidence: 0.893645226955414
00:09:43.920 --> 00:09:45.453 offering appreciation for
NOTE Confidence: 0.893645226955414
00:09:45.453 --> 00:09:48.008 the memories that they hold.
NOTE Confidence: 0.822935700416565
00:09:52.490 --> 00:09:55.964 Offer your thanks now to the home you live
NOTE Confidence: 0.822935700416565
00:09:55.964 --> 00:09:59.960 in and all the amenities that keep you safe,
NOTE Confidence: 0.822935700416565
00:09:59.960 --> 00:10:01.775 nourished and healthy.
NOTE Confidence: 0.822935700416565
00:10:01.775 --> 00:10:04.195 To your comfortable bed.
NOTE Confidence: 0.822935700416565
00:10:04.200 --> 00:10:06.772 You're fully functioning Kitchin.
NOTE Confidence: 0.822935700416565

00:10:06.772 --> 00:10:09.987 The running water in your
NOTE Confidence: 0.822935700416565

00:10:09.987 --> 00:10:11.850 bathrooms give thanks.
NOTE Confidence: 0.822935700416565

00:10:11.850 --> 00:10:14.520 To the walls that keep you
NOTE Confidence: 0.822935700416565

00:10:14.520 --> 00:10:16.300 warm in the winter.
NOTE Confidence: 0.822935700416565

00:10:16.300 --> 00:10:18.934 And the window windows that open
NOTE Confidence: 0.822935700416565

00:10:18.934 --> 00:10:22.069 to cool you off when it's hot.
NOTE Confidence: 0.822935700416565

00:10:22.070 --> 00:10:24.470 To the roof that protects you,
NOTE Confidence: 0.822935700416565

00:10:24.470 --> 00:10:25.670 say thank you.
NOTE Confidence: 0.904687523841858

00:10:28.000 --> 00:10:29.532 Now to your clothing,
NOTE Confidence: 0.904687523841858

00:10:29.532 --> 00:10:32.565 your shoes and all the items that you
NOTE Confidence: 0.904687523841858

00:10:32.565 --> 00:10:35.197 have been able to buy to help keep
NOTE Confidence: 0.904687523841858

00:10:35.279 --> 00:10:38.184 you active and thriving in this world.
NOTE Confidence: 0.904687523841858

00:10:38.190 --> 00:10:40.962 The books The Tools Electronics that
NOTE Confidence: 0.904687523841858

00:10:40.962 --> 00:10:43.870 allow you to connect with others,
NOTE Confidence: 0.904687523841858

00:10:43.870 --> 00:10:46.298 particularly at this time.
NOTE Confidence: 0.904687523841858

00:10:46.298 --> 00:10:49.333 To learn new skills within,

NOTE Confidence: 0.904687523841858
00:10:49.340 --> 00:10:52.220 broaden your horizons.
NOTE Confidence: 0.904687523841858
00:10:52.220 --> 00:10:56.084 Gratitude to the money you give and receive.
NOTE Confidence: 0.904687523841858
00:10:56.090 --> 00:10:59.130 Your paycheck your savings.
NOTE Confidence: 0.904687523841858
00:10:59.130 --> 00:11:02.930 Your bills and your abundance.
NOTE Confidence: 0.904687523841858
00:11:02.930 --> 00:11:05.475 Willis any guilter or sense
NOTE Confidence: 0.904687523841858
00:11:05.475 --> 00:11:08.020 of shame about thinking your
NOTE Confidence: 0.904687523841858
00:11:08.111 --> 00:11:11.019 material possessions an instead.
NOTE Confidence: 0.904687523841858
00:11:11.020 --> 00:11:12.760 Truly appreciate them.
NOTE Confidence: 0.890921354293823
00:11:15.290 --> 00:11:22.012 Take another deep breath. And just
NOTE Confidence: 0.890921354293823
00:11:22.012 --> 00:11:24.838 connect to this moment in time.
NOTE Confidence: 0.878543794155121
00:11:29.080 --> 00:11:34.160 Slowly open your eyes and look around you.
NOTE Confidence: 0.878543794155121
00:11:34.160 --> 00:11:36.110 An offer gratitude for everything
NOTE Confidence: 0.878543794155121
00:11:36.110 --> 00:11:38.487 in your presence that is holding
NOTE Confidence: 0.878543794155121
00:11:38.487 --> 00:11:40.979 space for you to be meditating in
NOTE Confidence: 0.878543794155121
00:11:40.979 --> 00:11:43.178 this moment right here right now.
NOTE Confidence: 0.835214018821716

00:11:46.580 --> 00:11:49.022 Give thanks to your circumstances and
NOTE Confidence: 0.835214018821716

00:11:49.022 --> 00:11:52.050 livelihood, which give you the chance
NOTE Confidence: 0.835214018821716

00:11:52.050 --> 00:11:56.069 to sit in stillness and be grateful.
NOTE Confidence: 0.835214018821716

00:11:56.070 --> 00:11:58.722 To your health and physical capabilities
NOTE Confidence: 0.835214018821716

00:11:58.722 --> 00:12:01.741 that make it possible to sit quietly
NOTE Confidence: 0.835214018821716

00:12:01.741 --> 00:12:04.485 and improve your outlook and well being.
NOTE Confidence: 0.855970501899719

00:12:07.400 --> 00:12:10.420 To the silence, the calm, the life,
NOTE Confidence: 0.855970501899719

00:12:10.420 --> 00:12:13.928 the love, the tears, the joy and
NOTE Confidence: 0.855970501899719

00:12:13.928 --> 00:12:16.950 everything in between. Be grateful.
NOTE Confidence: 0.891737520694733

00:12:19.800 --> 00:12:22.050 And with that,
NOTE Confidence: 0.891737520694733

00:12:22.050 --> 00:12:27.300 take a final deep breath and smile.
NOTE Confidence: 0.891737520694733

00:12:27.300 --> 00:12:30.630 Bring your hands to your heart.
NOTE Confidence: 0.891737520694733

00:12:30.630 --> 00:12:34.270 In a prayer shape and seal the
NOTE Confidence: 0.891737520694733

00:12:34.270 --> 00:12:37.186 meditation with this gesture of
NOTE Confidence: 0.891737520694733

00:12:37.186 --> 00:12:40.316 gesture of respect and devotion.
NOTE Confidence: 0.891737520694733

00:12:40.320 --> 00:12:43.020 Notice how you feel.

NOTE Confidence: 0.891737520694733
00:12:43.020 --> 00:12:46.395 And set the intention for
NOTE Confidence: 0.891737520694733
00:12:46.395 --> 00:12:49.848 gratitude forward into your day.
NOTE Confidence: 0.891737520694733
00:12:49.850 --> 00:12:53.588 When you're ready, open your eyes,
NOTE Confidence: 0.891737520694733
00:12:53.590 --> 00:12:56.722 stretch your arms out
NOTE Confidence: 0.891737520694733
00:12:56.722 --> 00:13:00.637 coming back into the moment.
NOTE Confidence: 0.891737520694733
00:13:00.640 --> 00:13:04.330 With the breath in arms overhead.
NOTE Confidence: 0.891737520694733
00:13:04.330 --> 00:13:07.426 An Inter prayer pose once again.
NOTE Confidence: 0.941979467868805
00:13:09.920 --> 00:13:13.704 I thank you all so much for taking
NOTE Confidence: 0.941979467868805
00:13:13.704 --> 00:13:17.400 the time for yourself to be here.
NOTE Confidence: 0.941979467868805
00:13:17.400 --> 00:13:18.904 To just remember how
NOTE Confidence: 0.941979467868805
00:13:18.904 --> 00:13:21.160 grateful we can be for all,
NOTE Confidence: 0.941979467868805
00:13:21.160 --> 00:13:23.432 we are an all we have and will
NOTE Confidence: 0.941979467868805
00:13:23.432 --> 00:13:25.448 carry that forward through the
NOTE Confidence: 0.941979467868805
00:13:25.448 --> 00:13:27.738 month leading up into Thanksgiving
NOTE Confidence: 0.941979467868805
00:13:27.738 --> 00:13:30.179 and forward beyond there as well.
NOTE Confidence: 0.941979467868805

00:13:30.180 --> 00:13:31.374 Made along time.

NOTE Confidence: 0.941979467868805

00:13:31.374 --> 00:13:33.762 Sun shine upon you all love

NOTE Confidence: 0.941979467868805

00:13:33.762 --> 00:13:36.010 surround you the pure light within

NOTE Confidence: 0.941979467868805

00:13:36.010 --> 00:13:38.460 you guide your way on be well,

NOTE Confidence: 0.941979467868805

00:13:38.460 --> 00:13:41.659 be healthy and thank you all again.