

WEBVTT

NOTE duration:"00:13:28"

NOTE language:en-us

NOTE Confidence: 0.892541468143463

00:00:00.000 --> 00:00:02.816 Taking the time to be here today for

NOTE Confidence: 0.892541468143463

00:00:02.816 --> 00:00:05.140 yourself to ground in meditation.

NOTE Confidence: 0.892541468143463

00:00:05.140 --> 00:00:07.100 This morning we're going to

NOTE Confidence: 0.892541468143463

00:00:07.100 --> 00:00:09.060 do a program about renewal.

NOTE Confidence: 0.892541468143463

00:00:09.060 --> 00:00:12.196 We're going to talk a little bit about

NOTE Confidence: 0.892541468143463

00:00:12.196 --> 00:00:15.264 the power of our breath and the power

NOTE Confidence: 0.892541468143463

00:00:15.264 --> 00:00:18.018 of letting go and letting things just

NOTE Confidence: 0.892541468143463

00:00:18.018 --> 00:00:21.270 flow so that we're able to be the

NOTE Confidence: 0.892541468143463

00:00:21.270 --> 00:00:23.970 best version of ourselves that we

NOTE Confidence: 0.892541468143463

00:00:23.970 --> 00:00:28.366 can be to be at peace and to be happy

NOTE Confidence: 0.892541468143463

00:00:28.366 --> 00:00:31.550 no matter what's going on around us.

NOTE Confidence: 0.892541468143463

00:00:31.550 --> 00:00:33.670 So as we begin today,

NOTE Confidence: 0.892541468143463

00:00:33.670 --> 00:00:38.078 once again find a comfortable place to sit.

NOTE Confidence: 0.892541468143463

00:00:38.080 --> 00:00:41.581 An if you can put your bare feet on

NOTE Confidence: 0.892541468143463
00:00:41.581 --> 00:00:45.069 the floor and your back supported.
NOTE Confidence: 0.892541468143463
00:00:45.070 --> 00:00:49.750 Close your eyes and just begin
NOTE Confidence: 0.892541468143463
00:00:49.750 --> 00:00:52.870 to follow your breath.
NOTE Confidence: 0.892541468143463
00:00:52.870 --> 00:00:54.943 As you inhale,
NOTE Confidence: 0.892541468143463
00:00:54.943 --> 00:01:00.730 draw your breath deep down into your belly.
NOTE Confidence: 0.892541468143463
00:01:00.730 --> 00:01:04.630 An exhale slowly and completely.
NOTE Confidence: 0.886382579803467
00:01:09.190 --> 00:01:11.440 Now bring your attention and
NOTE Confidence: 0.886382579803467
00:01:11.440 --> 00:01:14.649 awareness to the top of your head.
NOTE Confidence: 0.886382579803467
00:01:14.650 --> 00:01:18.100 Breathe in slowly as you move
NOTE Confidence: 0.886382579803467
00:01:18.100 --> 00:01:21.040 your awareness down your face.
NOTE Confidence: 0.832680404186249
00:01:23.370 --> 00:01:25.230 Heading to your shoulders.
NOTE Confidence: 0.887101411819458
00:01:27.560 --> 00:01:31.178 Allow the muscles in your face
NOTE Confidence: 0.887101411819458
00:01:31.178 --> 00:01:35.034 to relax. Pause for a moment.
NOTE Confidence: 0.887101411819458
00:01:35.034 --> 00:01:38.208 At the shoulders. Anne at the neck.
NOTE Confidence: 0.895022571086884
00:01:40.560 --> 00:01:44.529 Notice the subtle movement of your shoulders
NOTE Confidence: 0.895022571086884

00:01:44.529 --> 00:01:48.917 as they rise and fall with your breath.
NOTE Confidence: 0.840520322322845

00:01:51.220 --> 00:01:55.222 On the next inhalation move your
NOTE Confidence: 0.840520322322845

00:01:55.222 --> 00:01:58.710 awareness down into your chest.
NOTE Confidence: 0.860913813114166

00:02:01.970 --> 00:02:06.338 Let your breath fill the rib cage.
NOTE Confidence: 0.860913813114166

00:02:06.340 --> 00:02:10.134 Anne on the out breath move into
NOTE Confidence: 0.860913813114166

00:02:10.134 --> 00:02:13.489 a deeper space unrest an com.
NOTE Confidence: 0.865479052066803

00:02:17.630 --> 00:02:21.248 Now move your breath and awareness
NOTE Confidence: 0.865479052066803

00:02:21.248 --> 00:02:24.709 into your lower abdomen and hips.
NOTE Confidence: 0.886639714241028

00:02:26.720 --> 00:02:30.570 As you slowly breathe in.
NOTE Confidence: 0.886639714241028

00:02:30.570 --> 00:02:34.231 Let the area fill an expand with
NOTE Confidence: 0.886639714241028

00:02:34.231 --> 00:02:38.165 the breath and release slowly an
NOTE Confidence: 0.886639714241028

00:02:38.165 --> 00:02:41.157 completely on the exhalation.
NOTE Confidence: 0.843575179576874

00:02:44.600 --> 00:02:47.810 Now allow your awareness and your
NOTE Confidence: 0.843575179576874

00:02:47.810 --> 00:02:51.469 breath to flow down into the legs.
NOTE Confidence: 0.843575179576874

00:02:51.470 --> 00:02:55.170 Letting the thighs soften as
NOTE Confidence: 0.843575179576874

00:02:55.170 --> 00:02:58.870 the breath moves through them.

NOTE Confidence: 0.843575179576874
00:02:58.870 --> 00:03:01.010 Allow your awareness and
NOTE Confidence: 0.843575179576874
00:03:01.010 --> 00:03:03.685 breath to continue to flow.
NOTE Confidence: 0.843575179576874
00:03:03.690 --> 00:03:06.900 Now down over the knees.
NOTE Confidence: 0.843575179576874
00:03:06.900 --> 00:03:08.860 An into the lower legs.
NOTE Confidence: 0.860992968082428
00:03:11.760 --> 00:03:15.113 Again, noticing that with each breath you
NOTE Confidence: 0.860992968082428
00:03:15.113 --> 00:03:19.500 move into a deeper space of rest, an com.
NOTE Confidence: 0.879249215126038
00:03:22.460 --> 00:03:25.610 And finally, now allowing your breath
NOTE Confidence: 0.879249215126038
00:03:25.610 --> 00:03:29.365 and awareness to flow all the way down
NOTE Confidence: 0.879249215126038
00:03:29.365 --> 00:03:33.060 the body and into the soles of the feet
NOTE Confidence: 0.879249215126038
00:03:33.060 --> 00:03:35.986 and out into the earth beneath you.
NOTE Confidence: 0.902801990509033
00:03:39.990 --> 00:03:42.986 I'd like you to take a moment
NOTE Confidence: 0.902801990509033
00:03:42.986 --> 00:03:46.407 and do a scan of your body.
NOTE Confidence: 0.902801990509033
00:03:46.410 --> 00:03:48.234 Slowly moving your awareness
NOTE Confidence: 0.902801990509033
00:03:48.234 --> 00:03:50.970 from the top of your head.
NOTE Confidence: 0.902801990509033
00:03:50.970 --> 00:03:55.100 All the way down to the soles of your feet.
NOTE Confidence: 0.896967113018036

00:03:59.910 --> 00:04:02.058 Is there anywhere you're
NOTE Confidence: 0.896967113018036

00:04:02.058 --> 00:04:04.743 holding on to extra energy?
NOTE Confidence: 0.896967113018036

00:04:04.750 --> 00:04:06.294 This energy might take
NOTE Confidence: 0.896967113018036

00:04:06.294 --> 00:04:07.838 the form of restlessness,
NOTE Confidence: 0.896967113018036

00:04:07.840 --> 00:04:12.259 or the feeling of wanting to move or fidget.
NOTE Confidence: 0.896967113018036

00:04:12.260 --> 00:04:15.767 It's the same energy that has you
NOTE Confidence: 0.896967113018036

00:04:15.767 --> 00:04:19.448 checking your phone or feeling ungrounded.
NOTE Confidence: 0.896967113018036

00:04:19.450 --> 00:04:22.432 Just take a moment to acknowledge
NOTE Confidence: 0.896967113018036

00:04:22.432 --> 00:04:23.426 that feeling.
NOTE Confidence: 0.896967113018036

00:04:23.430 --> 00:04:25.298 And just witness it.
NOTE Confidence: 0.871911644935608

00:04:31.150 --> 00:04:35.380 Do not try to change it or satisfy it.
NOTE Confidence: 0.871911644935608

00:04:35.380 --> 00:04:38.761 Just let that restlessness be in your
NOTE Confidence: 0.871911644935608

00:04:38.761 --> 00:04:41.490 consciousness for a moment or two.
NOTE Confidence: 0.834611554940542

00:04:50.880 --> 00:04:54.378 Now. Returning to the bread soup,
NOTE Confidence: 0.834611554940542

00:04:54.380 --> 00:04:57.992 you can take that restless or nervous
NOTE Confidence: 0.834611554940542

00:04:57.992 --> 00:05:01.487 energy and fold it into the breath.

NOTE Confidence: 0.834611554940542

00:05:01.490 --> 00:05:05.360 Let the energy get swept up in the breath.

NOTE Confidence: 0.834611554940542

00:05:05.360 --> 00:05:08.286 At men, letting it flow out of

NOTE Confidence: 0.834611554940542

00:05:08.286 --> 00:05:11.159 the body with each exhalation.

NOTE Confidence: 0.865940034389496

00:05:15.880 --> 00:05:19.036 As you fold that nervous or

NOTE Confidence: 0.865940034389496

00:05:19.036 --> 00:05:21.950 restless energy into the breath,

NOTE Confidence: 0.865940034389496

00:05:21.950 --> 00:05:25.095 you are letting the breath

NOTE Confidence: 0.865940034389496

00:05:25.095 --> 00:05:29.350 provide a vehicle or its release.

NOTE Confidence: 0.865940034389496

00:05:29.350 --> 00:05:33.634 Anne, with each subsequent X olation

NOTE Confidence: 0.865940034389496

00:05:33.634 --> 00:05:39.108 you move into a deep place up com.

NOTE Confidence: 0.865940034389496

00:05:39.110 --> 00:05:42.308 Peace. Anne relaxation.

NOTE Confidence: 0.917656302452087

00:05:45.960 --> 00:05:50.424 Now we're going to take this practice one

NOTE Confidence: 0.917656302452087

00:05:50.424 --> 00:05:54.954 step further as we learn to flow with change.

NOTE Confidence: 0.917656302452087

00:05:54.960 --> 00:05:58.936 I want you to imagine sitting safely on

NOTE Confidence: 0.917656302452087

00:05:58.936 --> 00:06:03.107 alag at the edge of a babbling Brook.

NOTE Confidence: 0.917656302452087

00:06:03.110 --> 00:06:05.756 Your feet are in the cool,

NOTE Confidence: 0.917656302452087

00:06:05.760 --> 00:06:09.376 comfortable water. There's a faint
NOTE Confidence: 0.917656302452087

00:06:09.376 --> 00:06:13.100 scent of wild Flowers in the air.
NOTE Confidence: 0.917656302452087

00:06:13.100 --> 00:06:17.070 You can feel the warmth of the sun on your
NOTE Confidence: 0.917656302452087

00:06:17.169 --> 00:06:20.670 face in a sense of peace in the body.
NOTE Confidence: 0.917656302452087

00:06:20.670 --> 00:06:24.905 As you breathe in, your whole being
NOTE Confidence: 0.917656302452087

00:06:24.905 --> 00:06:28.588 softens and expands with the breath.
NOTE Confidence: 0.89193195104599

00:06:30.660 --> 00:06:34.076 As you breathe out, a deep sense
NOTE Confidence: 0.89193195104599

00:06:34.076 --> 00:06:37.208 of comfort and ease flows down
NOTE Confidence: 0.89193195104599

00:06:37.208 --> 00:06:40.618 the body. An into the Brook.
NOTE Confidence: 0.926311135292053

00:06:43.260 --> 00:06:46.844 Take a moment to be really present and
NOTE Confidence: 0.926311135292053

00:06:46.844 --> 00:06:50.817 just take in these beautiful surroundings.
NOTE Confidence: 0.904450178146362

00:06:53.070 --> 00:06:57.286 I want you now to focus on moving
NOTE Confidence: 0.904450178146362

00:06:57.286 --> 00:07:01.267 your breath into the babbling Brook.
NOTE Confidence: 0.904450178146362

00:07:01.270 --> 00:07:04.898 Taking in each breath.
NOTE Confidence: 0.904450178146362

00:07:04.900 --> 00:07:07.858 An allowing it to flow down
NOTE Confidence: 0.904450178146362

00:07:07.858 --> 00:07:11.040 the body and into the Brook.

NOTE Confidence: 0.923298597335815
00:07:15.680 --> 00:07:20.981 As you do this, you feel a deep connection
NOTE Confidence: 0.923298597335815
00:07:20.981 --> 00:07:24.747 between you and the natural world.
NOTE Confidence: 0.923298597335815
00:07:24.750 --> 00:07:27.114 You understand that you and the
NOTE Confidence: 0.923298597335815
00:07:27.114 --> 00:07:29.440 natural world are not separate,
NOTE Confidence: 0.923298597335815
00:07:29.440 --> 00:07:32.480 but part of each other.
NOTE Confidence: 0.923298597335815
00:07:32.480 --> 00:07:37.752 And as the Brook flows gently by allow
NOTE Confidence: 0.923298597335815
00:07:37.752 --> 00:07:42.108 yourself to surrender to the flow.
NOTE Confidence: 0.923298597335815
00:07:42.110 --> 00:07:44.354 Connecting yourself to
NOTE Confidence: 0.923298597335815
00:07:44.354 --> 00:07:48.094 the natural flow of life.
NOTE Confidence: 0.923298597335815
00:07:48.100 --> 00:07:50.986 Now I want you to expand
NOTE Confidence: 0.923298597335815
00:07:50.986 --> 00:07:52.429 your awareness slightly,
NOTE Confidence: 0.923298597335815
00:07:52.430 --> 00:07:57.930 seeing if you can be the water for a moment.
NOTE Confidence: 0.923298597335815
00:07:57.930 --> 00:08:02.082 To explore what it would feel
NOTE Confidence: 0.923298597335815
00:08:02.082 --> 00:08:05.740 like to flow with ease.
NOTE Confidence: 0.923298597335815
00:08:05.740 --> 00:08:10.318 Not moving too fast or too slow.
NOTE Confidence: 0.923298597335815

00:08:10.320 --> 00:08:13.566 Just flowing at the perfect pace.
NOTE Confidence: 0.923298597335815

00:08:13.570 --> 00:08:15.470 In the perfect time.
NOTE Confidence: 0.902091443538666

00:08:18.160 --> 00:08:20.650 And just like the breath,
NOTE Confidence: 0.902091443538666

00:08:20.650 --> 00:08:24.759 allow the water to be a vehicle
NOTE Confidence: 0.902091443538666

00:08:24.759 --> 00:08:27.500 for any unwanted energy.
NOTE Confidence: 0.902091443538666

00:08:27.500 --> 00:08:32.945 Letting the pent up energy be released by the
NOTE Confidence: 0.902091443538666

00:08:32.945 --> 00:08:37.739 breath and flow out and away in the water.
NOTE Confidence: 0.902091443538666

00:08:37.740 --> 00:08:40.815 Letting the water carry away
NOTE Confidence: 0.902091443538666

00:08:40.815 --> 00:08:43.890 any stress or stagnant energy,
NOTE Confidence: 0.902091443538666

00:08:43.890 --> 00:08:47.514 leaving you feeling refreshed.
NOTE Confidence: 0.902091443538666

00:08:47.514 --> 00:08:51.978 And balanced. Take a moment now,
NOTE Confidence: 0.902091443538666

00:08:51.978 --> 00:08:55.288 an move with the water.
NOTE Confidence: 0.902091443538666

00:08:55.290 --> 00:08:58.014 Letting it take what you no
NOTE Confidence: 0.902091443538666

00:08:58.014 --> 00:09:02.129 longer want to hold on to an allow
NOTE Confidence: 0.902091443538666

00:09:02.129 --> 00:09:04.329 yourself to receive rejuvenation
NOTE Confidence: 0.902091443538666

00:09:04.329 --> 00:09:06.788 and peace in its place.

NOTE Confidence: 0.939996302127838
00:09:09.370 --> 00:09:12.750 Just continuing to breathe in.
NOTE Confidence: 0.780884325504303
00:09:14.840 --> 00:09:18.920 Exhale through your body.
NOTE Confidence: 0.780884325504303
00:09:18.920 --> 00:09:22.136 Out the soles of your feet.
NOTE Confidence: 0.780884325504303
00:09:22.140 --> 00:09:24.168 An into the water.
NOTE Confidence: 0.889549076557159
00:09:26.750 --> 00:09:31.475 And just continue the flow of release.
NOTE Confidence: 0.850839197635651
00:09:34.810 --> 00:09:37.160 And feel the peace within.
NOTE Confidence: 0.905761003494263
00:09:49.270 --> 00:09:53.635 Now I want you to bring yourself back to
NOTE Confidence: 0.905761003494263
00:09:53.635 --> 00:09:58.200 sit on the log at the edge of the Brook.
NOTE Confidence: 0.905761003494263
00:09:58.200 --> 00:09:59.925 Spill the cool,
NOTE Confidence: 0.905761003494263
00:09:59.925 --> 00:10:02.800 comfortable water on your feet.
NOTE Confidence: 0.905761003494263
00:10:02.800 --> 00:10:07.372 And the warmth of the sun on your face.
NOTE Confidence: 0.905761003494263
00:10:07.380 --> 00:10:10.836 Notice the deeper sense of connection
NOTE Confidence: 0.905761003494263
00:10:10.836 --> 00:10:14.540 between you and your surroundings.
NOTE Confidence: 0.905761003494263
00:10:14.540 --> 00:10:20.315 The deeper sense of peace and groundedness
NOTE Confidence: 0.905761003494263
00:10:20.320 --> 00:10:23.477 Remembering that you can come back to
NOTE Confidence: 0.905761003494263

00:10:23.477 --> 00:10:26.774 the flow of water anytime your life
NOTE Confidence: 0.905761003494263

00:10:26.774 --> 00:10:30.370 seems too hectic or out of control.
NOTE Confidence: 0.905761003494263

00:10:30.370 --> 00:10:32.770 Knowing that you can come
NOTE Confidence: 0.905761003494263

00:10:32.770 --> 00:10:34.690 back to this moment,
NOTE Confidence: 0.905761003494263

00:10:34.690 --> 00:10:37.090 moment of ease and grace.
NOTE Confidence: 0.856808185577393

00:10:39.340 --> 00:10:42.490 So much of our suffering comes
NOTE Confidence: 0.856808185577393

00:10:42.490 --> 00:10:45.958 from trying to stop the flow
NOTE Confidence: 0.856808185577393

00:10:45.958 --> 00:10:48.478 to staple the restlessness.
NOTE Confidence: 0.856808185577393

00:10:48.480 --> 00:10:51.594 But we leave comes from being
NOTE Confidence: 0.856808185577393

00:10:51.594 --> 00:10:55.000 able to flow with the change.
NOTE Confidence: 0.921047329902649

00:10:57.410 --> 00:11:00.668 By connecting to the movement of
NOTE Confidence: 0.921047329902649

00:11:00.668 --> 00:11:03.906 the natural world and seeing our
NOTE Confidence: 0.921047329902649

00:11:03.906 --> 00:11:07.762 ability to do so with ease and grace.
NOTE Confidence: 0.921047329902649

00:11:07.770 --> 00:11:11.100 Now bring you awareness back into
NOTE Confidence: 0.921047329902649

00:11:11.100 --> 00:11:15.439 your body as you sit in your chair.
NOTE Confidence: 0.921047329902649

00:11:15.440 --> 00:11:19.276 Feel the firm ground beneath your feet.

NOTE Confidence: 0.921047329902649
00:11:19.280 --> 00:11:21.656 Taking a deep breath to bring
NOTE Confidence: 0.921047329902649
00:11:21.656 --> 00:11:24.914 you back to your body and become
NOTE Confidence: 0.921047329902649
00:11:24.914 --> 00:11:27.030 aware of your surroundings.
NOTE Confidence: 0.909803748130798
00:11:29.140 --> 00:11:31.580 And when you feel ready,
NOTE Confidence: 0.909803748130798
00:11:31.580 --> 00:11:35.030 open your eyes and become aware
NOTE Confidence: 0.909803748130798
00:11:35.030 --> 00:11:39.300 an alert to the present moment.
NOTE Confidence: 0.909803748130798
00:11:39.300 --> 00:11:43.170 With the breath and bring your
NOTE Confidence: 0.909803748130798
00:11:43.170 --> 00:11:46.510 shoulders up to your ears.
NOTE Confidence: 0.909803748130798
00:11:46.510 --> 00:11:51.688 Exhale and release.
NOTE Confidence: 0.909803748130798
00:11:51.690 --> 00:11:53.925 And again, shoulders as high
NOTE Confidence: 0.909803748130798
00:11:53.925 --> 00:11:56.740 as you can to your ears.
NOTE Confidence: 0.78940454938195
00:11:59.600 --> 00:12:01.883 Exhale and release.
NOTE Confidence: 0.78940454938195
00:12:01.883 --> 00:12:04.927 Stretch your arms out
NOTE Confidence: 0.78940454938195
00:12:04.927 --> 00:12:08.650 to the side pressing.
NOTE Confidence: 0.78940454938195
00:12:08.650 --> 00:12:12.178 To the left and to the right,
NOTE Confidence: 0.78940454938195

00:12:12.180 --> 00:12:15.185 make circles with your whis
NOTE Confidence: 0.78940454938195

00:12:15.185 --> 00:12:16.988 in both directions.
NOTE Confidence: 0.78940454938195

00:12:16.990 --> 00:12:21.649 Inhale arms overhead.
NOTE Confidence: 0.655492961406708

00:12:25.150 --> 00:12:28.170 Have exhale into prayer pose.
NOTE Confidence: 0.921007931232452

00:12:30.530 --> 00:12:33.393 I want to thank everybody for joining
NOTE Confidence: 0.921007931232452

00:12:33.393 --> 00:12:36.468 in for taking the time for yourself,
NOTE Confidence: 0.921007931232452

00:12:36.470 --> 00:12:38.550 which is so important and
NOTE Confidence: 0.921007931232452

00:12:38.550 --> 00:12:41.130 sometimes we forget to do that.
NOTE Confidence: 0.921007931232452

00:12:41.130 --> 00:12:43.800 With all that's going around.
NOTE Confidence: 0.921007931232452

00:12:43.800 --> 00:12:45.501 Swirling around us.
NOTE Confidence: 0.921007931232452

00:12:45.501 --> 00:12:49.994 As you move forward through the day in
NOTE Confidence: 0.921007931232452

00:12:49.994 --> 00:12:52.965 the week, just remember you can always
NOTE Confidence: 0.921007931232452

00:12:52.965 --> 00:12:56.098 bring yourself back to the moment of
NOTE Confidence: 0.921007931232452

00:12:56.098 --> 00:12:59.255 meditation to feel what's going on inside.
NOTE Confidence: 0.921007931232452

00:12:59.260 --> 00:13:01.516 To breathe from head to the
NOTE Confidence: 0.921007931232452

00:13:01.516 --> 00:13:05.669 soles of the feet. Let it go.

NOTE Confidence: 0.921007931232452
00:13:05.670 --> 00:13:08.847 And with that, I say may the long time
NOTE Confidence: 0.921007931232452
00:13:08.847 --> 00:13:11.607 sunshine upon you all love surround you.
NOTE Confidence: 0.921007931232452
00:13:11.610 --> 00:13:14.208 The pure light within you guide
NOTE Confidence: 0.921007931232452
00:13:14.208 --> 00:13:17.088 your way on guide you away on.
NOTE Confidence: 0.921007931232452
00:13:17.090 --> 00:13:18.370 Which is rupees, happiness,
NOTE Confidence: 0.921007931232452
00:13:18.370 --> 00:13:19.330 health and safety.
NOTE Confidence: 0.921007931232452
00:13:19.330 --> 00:13:21.194 And I hope to see you again soon
NOTE Confidence: 0.921007931232452
00:13:21.194 --> 00:13:22.985 again on Michelle Grand Massage
NOTE Confidence: 0.921007931232452
00:13:22.985 --> 00:13:25.085 therapist at Smilow Cancer Hospital.
NOTE Confidence: 0.921007931232452
00:13:25.090 --> 00:13:28.000 It's my privilege to be with you today, be.