

WEBVTT

NOTE duration:"00:11:16.096000"

NOTE language:en-us

NOTE Confidence: 0.858942210674286

00:00:00.000 --> 00:00:01.125 Hello and welcome.

NOTE Confidence: 0.858942210674286

00:00:01.125 --> 00:00:03.000 My name is Michelle grand.

NOTE Confidence: 0.858942210674286

00:00:03.000 --> 00:00:04.865 I'm a licensed massage therapist

NOTE Confidence: 0.858942210674286

00:00:04.865 --> 00:00:06.357 at Smilow Cancer hospital.

NOTE Confidence: 0.858942210674286

00:00:06.360 --> 00:00:08.677 Ann, I'm so pleased that you're joining

NOTE Confidence: 0.858942210674286

00:00:08.677 --> 00:00:10.839 today for some guided meditation,

NOTE Confidence: 0.858942210674286

00:00:10.840 --> 00:00:13.075 some relaxation and a little

NOTE Confidence: 0.858942210674286

00:00:13.075 --> 00:00:15.512 bit of breathwork As we lead

NOTE Confidence: 0.858942210674286

00:00:15.512 --> 00:00:16.968 into the Thanksgiving holiday,

NOTE Confidence: 0.858942210674286

00:00:16.970 --> 00:00:20.147 it's good just to take the time to step

NOTE Confidence: 0.858942210674286

00:00:20.147 --> 00:00:23.157 away from all that you have going on.

NOTE Confidence: 0.858942210674286

00:00:23.160 --> 00:00:25.104 Everything that's on your mind and

NOTE Confidence: 0.858942210674286

00:00:25.104 --> 00:00:27.897 just come to a place of peace and

NOTE Confidence: 0.858942210674286

00:00:27.897 --> 00:00:30.039 ground and the feeling you achieved

NOTE Confidence: 0.858942210674286
00:00:30.109 --> 00:00:32.094 through this meditation can help
NOTE Confidence: 0.858942210674286
00:00:32.094 --> 00:00:34.558 carry you through some busy times.
NOTE Confidence: 0.858942210674286
00:00:34.558 --> 00:00:36.948 To begin, just bring yourself
NOTE Confidence: 0.858942210674286
00:00:36.948 --> 00:00:38.860 into a comfortable position.
NOTE Confidence: 0.858942210674286
00:00:38.860 --> 00:00:40.870 Whatever is comfortable for you,
NOTE Confidence: 0.858942210674286
00:00:40.870 --> 00:00:43.276 either feet flat on the ground,
NOTE Confidence: 0.858942210674286
00:00:43.280 --> 00:00:44.966 sitting cross legged,
NOTE Confidence: 0.858942210674286
00:00:44.966 --> 00:00:47.214 or even laying down.
NOTE Confidence: 0.858942210674286
00:00:47.220 --> 00:00:51.228 We're going to start to notice our breath.
NOTE Confidence: 0.819869518280029
00:00:53.390 --> 00:00:57.470 Just feel the breath. Blowing in and out.
NOTE Confidence: 0.730873346328735
00:00:59.640 --> 00:01:04.383 Soften your face and jaw to allow the breath
NOTE Confidence: 0.730873346328735
00:01:04.383 --> 00:01:08.688 to flow smoothly in. And smoothly out.
NOTE Confidence: 0.797504425048828
00:01:10.710 --> 00:01:15.974 Stopping your eyes and relax the shoulders.
NOTE Confidence: 0.797504425048828
00:01:15.980 --> 00:01:19.676 Bring your awareness to your feet.
NOTE Confidence: 0.797504425048828
00:01:19.680 --> 00:01:22.410 Soft in the bottoms of your feet.
NOTE Confidence: 0.797504425048828

00:01:22.410 --> 00:01:25.805 Potatoes. He heals the tops of your
NOTE Confidence: 0.797504425048828

00:01:25.805 --> 00:01:30.090 feet and let them be completely relaxed.
NOTE Confidence: 0.797504425048828

00:01:30.090 --> 00:01:32.780 Feel that relax feelings spread
NOTE Confidence: 0.797504425048828

00:01:32.780 --> 00:01:36.282 to your lower legs, your calves,
NOTE Confidence: 0.797504425048828

00:01:36.282 --> 00:01:38.966 your knees and thighs.
NOTE Confidence: 0.797504425048828

00:01:38.970 --> 00:01:42.827 Relaxing your legs so they feel heavy,
NOTE Confidence: 0.797504425048828

00:01:42.830 --> 00:01:44.480 weighted and secure.
NOTE Confidence: 0.886743187904358

00:01:46.830 --> 00:01:49.798 Begin to feel gratitude for your family
NOTE Confidence: 0.886743187904358

00:01:49.798 --> 00:01:52.919 and friends for their love and support.
NOTE Confidence: 0.886743187904358

00:01:52.920 --> 00:01:56.068 However, it is given.
NOTE Confidence: 0.886743187904358

00:01:56.070 --> 00:01:58.580 Feel gratitude for the community
NOTE Confidence: 0.886743187904358

00:01:58.580 --> 00:02:01.090 that surrounds and supports you.
NOTE Confidence: 0.886743187904358

00:02:01.090 --> 00:02:03.670 Everyone from the grocer.
NOTE Confidence: 0.886743187904358

00:02:03.670 --> 00:02:05.605 Tear hair stylist.
NOTE Confidence: 0.886743187904358

00:02:05.610 --> 00:02:08.910 Your dentist and doctor.
NOTE Confidence: 0.886743187904358

00:02:08.910 --> 00:02:10.560 Your neighbors,

NOTE Confidence: 0.886743187904358
00:02:10.560 --> 00:02:11.942 coworkers, teachers.
NOTE Confidence: 0.886743187904358
00:02:11.942 --> 00:02:16.088 And the person who serves your
NOTE Confidence: 0.886743187904358
00:02:16.088 --> 00:02:17.470 favorite treat.
NOTE Confidence: 0.886743187904358
00:02:17.470 --> 00:02:19.742 Let your heart expand
NOTE Confidence: 0.886743187904358
00:02:19.742 --> 00:02:22.014 to include your family,
NOTE Confidence: 0.886743187904358
00:02:22.020 --> 00:02:23.730 friends and community.
NOTE Confidence: 0.761409665857043
00:02:26.240 --> 00:02:28.100 Gently breathe in.
NOTE Confidence: 0.761409665857043
00:02:28.100 --> 00:02:30.580 And as you exhale,
NOTE Confidence: 0.761409665857043
00:02:30.580 --> 00:02:34.094 allow your hips to soften and relax,
NOTE Confidence: 0.761409665857043
00:02:34.100 --> 00:02:37.160 rocking them back and forth.
NOTE Confidence: 0.761409665857043
00:02:37.160 --> 00:02:40.380 Side to side to release any tension.
NOTE Confidence: 0.761409665857043
00:02:40.380 --> 00:02:43.880 If that feels right today.
NOTE Confidence: 0.761409665857043
00:02:43.880 --> 00:02:46.584 Feel gratitude for your
NOTE Confidence: 0.761409665857043
00:02:46.584 --> 00:02:49.964 creative mind for your dreams.
NOTE Confidence: 0.761409665857043
00:02:49.970 --> 00:02:52.485 Desires in the passions that
NOTE Confidence: 0.761409665857043

00:02:52.485 --> 00:02:55.790 inspire you to feel so deeply.
NOTE Confidence: 0.761409665857043

00:02:55.790 --> 00:03:00.590 In here in hell, feeling into your belly.
NOTE Confidence: 0.761409665857043

00:03:00.590 --> 00:03:05.030 An exhale, letting your belly relax
NOTE Confidence: 0.761409665857043

00:03:05.030 --> 00:03:08.870 and soften towards your spine.
NOTE Confidence: 0.761409665857043

00:03:08.870 --> 00:03:11.775 Feel gratitude for food that
NOTE Confidence: 0.761409665857043

00:03:11.775 --> 00:03:15.520 nourishes you and makes you strong.
NOTE Confidence: 0.761409665857043

00:03:15.520 --> 00:03:18.015 Feel gratitude for your sense
NOTE Confidence: 0.761409665857043

00:03:18.015 --> 00:03:21.012 of self that defines who you
NOTE Confidence: 0.761409665857043

00:03:21.012 --> 00:03:23.448 are and allows you to serve
NOTE Confidence: 0.761409665857043

00:03:23.448 --> 00:03:26.340 the world in your special way.
NOTE Confidence: 0.761409665857043

00:03:26.340 --> 00:03:27.912 Soften your ribs.
NOTE Confidence: 0.761409665857043

00:03:27.912 --> 00:03:32.280 You're back in the area around your heart.
NOTE Confidence: 0.880380392074585

00:03:34.350 --> 00:03:38.366 Feel your heart expand as you feel gratitude
NOTE Confidence: 0.880380392074585

00:03:38.366 --> 00:03:42.559 for the beauty of nature all around you.
NOTE Confidence: 0.880380392074585

00:03:42.560 --> 00:03:46.420 Pretty trees, plants and Flowers.
NOTE Confidence: 0.880380392074585

00:03:46.420 --> 00:03:48.908 For the creatures that

NOTE Confidence: 0.880380392074585
00:03:48.908 --> 00:03:51.396 share our beautiful world.
NOTE Confidence: 0.880380392074585
00:03:51.400 --> 00:03:53.107 Relax your shoulders,
NOTE Confidence: 0.880380392074585
00:03:53.107 --> 00:03:56.521 soften your arms from your shoulders
NOTE Confidence: 0.880380392074585
00:03:56.521 --> 00:04:00.129 all the way down to your fingertips.
NOTE Confidence: 0.880380392074585
00:04:00.130 --> 00:04:05.226 Swallow and relax your jaw, your mouth,
NOTE Confidence: 0.880380392074585
00:04:05.226 --> 00:04:09.566 your tongue, and your cheeks.
NOTE Confidence: 0.880380392074585
00:04:09.570 --> 00:04:12.853 Feel gratitude for the gift of communication
NOTE Confidence: 0.880380392074585
00:04:12.853 --> 00:04:16.194 and all the ways you express yourself
NOTE Confidence: 0.880380392074585
00:04:16.194 --> 00:04:19.550 and Share your story with the world.
NOTE Confidence: 0.880380392074585
00:04:19.550 --> 00:04:23.546 Soften your eyes and your forehead.
NOTE Confidence: 0.880380392074585
00:04:23.550 --> 00:04:27.926 Allow the forehead to be free and clear.
NOTE Confidence: 0.880380392074585
00:04:27.930 --> 00:04:30.585 Feel gratitude for your intuition
NOTE Confidence: 0.880380392074585
00:04:30.585 --> 00:04:33.240 that little voice inside that
NOTE Confidence: 0.880380392074585
00:04:33.332 --> 00:04:35.780 guides you on the right path.
NOTE Confidence: 0.880380392074585
00:04:35.780 --> 00:04:38.408 Feel gratitude for all the times
NOTE Confidence: 0.880380392074585

00:04:38.408 --> 00:04:40.720 you have listened and tuned
NOTE Confidence: 0.880380392074585

00:04:40.720 --> 00:04:43.085 into this wisdom from within.
NOTE Confidence: 0.880380392074585

00:04:43.090 --> 00:04:46.276 Staff in the top of your head and sense
NOTE Confidence: 0.880380392074585

00:04:46.276 --> 00:04:48.947 the connection around you through
NOTE Confidence: 0.880380392074585

00:04:48.947 --> 00:04:51.737 your breath and feel connected.
NOTE Confidence: 0.880380392074585

00:04:51.740 --> 00:04:55.478 To all those around you into
NOTE Confidence: 0.880380392074585

00:04:55.478 --> 00:04:57.970 something larger than yourself.
NOTE Confidence: 0.880380392074585

00:04:57.970 --> 00:05:00.202 Feel gratitude for the
NOTE Confidence: 0.880380392074585

00:05:00.202 --> 00:05:02.992 connection that makes you whole.
NOTE Confidence: 0.880380392074585

00:05:03.000 --> 00:05:05.600 And complete.
NOTE Confidence: 0.880380392074585

00:05:05.600 --> 00:05:10.752 Feel a deep sense of peace and
NOTE Confidence: 0.880380392074585

00:05:10.752 --> 00:05:13.600 contentment surrounding you now.
NOTE Confidence: 0.89195716381073

00:05:16.160 --> 00:05:19.724 Allow yourself to just be here
NOTE Confidence: 0.89195716381073

00:05:19.724 --> 00:05:23.728 and now letting your body just be.
NOTE Confidence: 0.89195716381073

00:05:23.730 --> 00:05:26.382 You don't have to do anything
NOTE Confidence: 0.89195716381073

00:05:26.382 --> 00:05:28.150 because their bodies naturally

NOTE Confidence: 0.89195716381073

00:05:28.226 --> 00:05:30.290 want to be calm and relaxed.

NOTE Confidence: 0.89195716381073

00:05:30.290 --> 00:05:33.657 Sometimes thinking too much or being tense

NOTE Confidence: 0.89195716381073

00:05:33.657 --> 00:05:37.269 and being anxious doesn't allow us to relax.

NOTE Confidence: 0.89195716381073

00:05:37.270 --> 00:05:39.804 So naturally we must let go of

NOTE Confidence: 0.89195716381073

00:05:39.804 --> 00:05:42.719 any need to control the present

NOTE Confidence: 0.89195716381073

00:05:42.719 --> 00:05:45.035 moment and future outcomes.

NOTE Confidence: 0.89195716381073

00:05:45.040 --> 00:05:48.829 We may feel anxious because we tend to over

NOTE Confidence: 0.89195716381073

00:05:48.829 --> 00:05:51.976 analyze what we think will happen today,

NOTE Confidence: 0.89195716381073

00:05:51.980 --> 00:05:53.504 tomorrow or next week.

NOTE Confidence: 0.89195716381073

00:05:53.504 --> 00:05:56.908 We do this out of habit because in

NOTE Confidence: 0.89195716381073

00:05:56.908 --> 00:05:59.992 the past situations and outcomes that

NOTE Confidence: 0.89195716381073

00:05:59.992 --> 00:06:02.569 didn't happen the way we expected

NOTE Confidence: 0.89195716381073

00:06:02.569 --> 00:06:05.744 and we tend to feel that we need

NOTE Confidence: 0.89195716381073

00:06:05.744 --> 00:06:09.188 to be in control and be worried.

NOTE Confidence: 0.89195716381073

00:06:09.190 --> 00:06:12.346 In order to change this habit,

NOTE Confidence: 0.89195716381073

00:06:12.350 --> 00:06:15.290 we must change our self image
NOTE Confidence: 0.89195716381073

00:06:15.290 --> 00:06:18.150 and create some new beliefs.
NOTE Confidence: 0.850339591503143

00:06:22.620 --> 00:06:28.176 Your mind is becoming common clear.
NOTE Confidence: 0.850339591503143

00:06:28.180 --> 00:06:33.374 Inhale deeply now. An when you exhale,
NOTE Confidence: 0.850339591503143

00:06:33.380 --> 00:06:37.041 observe how the need to control subsides
NOTE Confidence: 0.850339591503143

00:06:37.041 --> 00:06:40.460 as you become extremely relaxed.
NOTE Confidence: 0.822793126106262

00:06:43.400 --> 00:06:49.064 Now hear yourself saying. I am strong an.
NOTE Confidence: 0.822793126106262

00:06:49.070 --> 00:06:50.970 I persevere through anything.
NOTE Confidence: 0.822793126106262

00:06:50.970 --> 00:06:55.594 I know that I am not my anxiety and I
NOTE Confidence: 0.822793126106262

00:06:55.594 --> 00:06:58.870 can take things one step at a time.
NOTE Confidence: 0.822793126106262

00:06:58.870 --> 00:07:02.170 I live only in this moment.
NOTE Confidence: 0.822793126106262

00:07:02.170 --> 00:07:05.440 An I approach this situation
NOTE Confidence: 0.822793126106262

00:07:05.440 --> 00:07:08.056 with openness and curiosity.
NOTE Confidence: 0.822793126106262

00:07:08.060 --> 00:07:11.588 I'm in charge of my breathing.
NOTE Confidence: 0.822793126106262

00:07:11.590 --> 00:07:15.110 An I can slow it down when I need to.
NOTE Confidence: 0.822793126106262

00:07:15.110 --> 00:07:19.345 I enjoy my feelings of inner calm.

NOTE Confidence: 0.822793126106262
00:07:19.350 --> 00:07:22.210 I'm actively taking steps
NOTE Confidence: 0.822793126106262
00:07:22.210 --> 00:07:25.070 to reduce my anxiety.
NOTE Confidence: 0.822793126106262
00:07:25.070 --> 00:07:30.190 I'm talented and had many things to offer.
NOTE Confidence: 0.822793126106262
00:07:30.190 --> 00:07:34.498 I cultivate patience to overcome anxiety.
NOTE Confidence: 0.822793126106262
00:07:34.500 --> 00:07:37.244 I'm courageous and can
NOTE Confidence: 0.822793126106262
00:07:37.244 --> 00:07:39.988 make it through everything.
NOTE Confidence: 0.822793126106262
00:07:39.990 --> 00:07:43.302 I use my unique strength to
NOTE Confidence: 0.822793126106262
00:07:43.302 --> 00:07:45.510 move beyond my anxiety.
NOTE Confidence: 0.822793126106262
00:07:45.510 --> 00:07:48.828 I know what I value an I
NOTE Confidence: 0.822793126106262
00:07:48.828 --> 00:07:51.090 place my energy there.
NOTE Confidence: 0.822793126106262
00:07:51.090 --> 00:07:54.695 Life wants what is best for me.
NOTE Confidence: 0.822793126106262
00:07:54.700 --> 00:07:57.785 I am comfortable and connected
NOTE Confidence: 0.822793126106262
00:07:57.785 --> 00:07:59.636 with my environment.
NOTE Confidence: 0.822793126106262
00:07:59.640 --> 00:08:04.608 I can find pleasure in my life right now.
NOTE Confidence: 0.822793126106262
00:08:04.610 --> 00:08:07.730 I will only allow for healthy
NOTE Confidence: 0.822793126106262

00:08:07.730 --> 00:08:10.330 decisions in my life now.
NOTE Confidence: 0.822793126106262

00:08:10.330 --> 00:08:14.824 I am a strong an independent person.
NOTE Confidence: 0.822793126106262

00:08:14.830 --> 00:08:19.764 I am loved. I am unique. I am important.
NOTE Confidence: 0.822793126106262

00:08:19.764 --> 00:08:23.324 I matter, therefore I am worthy.
NOTE Confidence: 0.822793126106262

00:08:23.324 --> 00:08:26.404 And I can do this.
NOTE Confidence: 0.822793126106262

00:08:26.410 --> 00:08:31.718 I love who I am. I am in control.
NOTE Confidence: 0.822793126106262

00:08:31.720 --> 00:08:35.930 I control my mind and it does not control me.
NOTE Confidence: 0.822793126106262

00:08:35.930 --> 00:08:39.360 I have the power to stop this.
NOTE Confidence: 0.822793126106262

00:08:39.360 --> 00:08:44.429 I succeed in what I do. I am relaxed.
NOTE Confidence: 0.822793126106262

00:08:44.429 --> 00:08:48.478 I am calm. I am successful.
NOTE Confidence: 0.822793126106262

00:08:48.478 --> 00:08:52.294 I am free from my anxiety.
NOTE Confidence: 0.822793126106262

00:08:52.300 --> 00:08:54.452 I am in control.
NOTE Confidence: 0.822793126106262

00:08:54.452 --> 00:08:59.000 I am above the stress of any kind.
NOTE Confidence: 0.822793126106262

00:08:59.000 --> 00:09:03.736 All is well. I am safe.
NOTE Confidence: 0.822793126106262

00:09:03.736 --> 00:09:07.196 I am prepared for change.
NOTE Confidence: 0.822793126106262

00:09:07.200 --> 00:09:08.829 I am strong.

NOTE Confidence: 0.822793126106262
00:09:08.829 --> 00:09:12.087 I acknowledge when it is difficult
NOTE Confidence: 0.822793126106262
00:09:12.087 --> 00:09:15.727 and I know I will rise above it.
NOTE Confidence: 0.893536627292633
00:09:19.410 --> 00:09:24.618 You take action with a new mindset.
NOTE Confidence: 0.893536627292633
00:09:24.620 --> 00:09:27.700 Ready to tackle any challenges
NOTE Confidence: 0.893536627292633
00:09:27.700 --> 00:09:30.780 without getting anxious or worried?
NOTE Confidence: 0.912911593914032
00:09:36.760 --> 00:09:43.132 And when you're ready, take a deep breath in.
NOTE Confidence: 0.912911593914032
00:09:43.140 --> 00:09:47.250 Then slowly exhale through your mouth.
NOTE Confidence: 0.805029273033142
00:09:49.730 --> 00:09:52.330 Again, a deep inhale.
NOTE Confidence: 0.837267279624939
00:09:54.700 --> 00:10:01.000 And exhale slowly. To your mouth.
NOTE Confidence: 0.837267279624939
00:10:01.000 --> 00:10:04.664 Start to feel how your body is laying
NOTE Confidence: 0.837267279624939
00:10:04.664 --> 00:10:07.588 or sitting becoming more alert,
NOTE Confidence: 0.837267279624939
00:10:07.590 --> 00:10:11.470 more aware of your surroundings.
NOTE Confidence: 0.837267279624939
00:10:11.470 --> 00:10:12.802 And when you're ready,
NOTE Confidence: 0.837267279624939
00:10:12.802 --> 00:10:14.467 if your eyes are closed,
NOTE Confidence: 0.837267279624939
00:10:14.470 --> 00:10:17.960 you can open your eyes.
NOTE Confidence: 0.837267279624939

00:10:17.960 --> 00:10:21.096 Can stretch your arms out to both
NOTE Confidence: 0.837267279624939

00:10:21.096 --> 00:10:24.689 sides to the left and to the right.
NOTE Confidence: 0.837267279624939

00:10:24.690 --> 00:10:27.994 To the left and to the right.
NOTE Confidence: 0.837267279624939

00:10:28.000 --> 00:10:31.498 Arms overhead. Inhale.
NOTE Confidence: 0.837267279624939

00:10:31.498 --> 00:10:36.106 Anna deep exhalation into prayer pose.
NOTE Confidence: 0.891274988651276

00:10:38.430 --> 00:10:41.230 I thank you all so much for taking
NOTE Confidence: 0.891274988651276

00:10:41.230 --> 00:10:44.166 the time out of your day to bring
NOTE Confidence: 0.891274988651276

00:10:44.166 --> 00:10:46.984 yourself to a place of peace and
NOTE Confidence: 0.891274988651276

00:10:46.984 --> 00:10:49.576 groundedness and to remember as the
NOTE Confidence: 0.891274988651276

00:10:49.576 --> 00:10:52.326 days and weeks and months go by,
NOTE Confidence: 0.891274988651276

00:10:52.330 --> 00:10:55.410 you can always do this on your own.
NOTE Confidence: 0.891274988651276

00:10:55.410 --> 00:10:58.020 Take a moment, take some breaths
NOTE Confidence: 0.891274988651276

00:10:58.020 --> 00:11:00.309 and just remember that you're
NOTE Confidence: 0.891274988651276

00:11:00.309 --> 00:11:02.619 in control of your thoughts.
NOTE Confidence: 0.891274988651276

00:11:02.620 --> 00:11:05.320 I wish you a wonderful,
NOTE Confidence: 0.891274988651276

00:11:05.320 --> 00:11:06.586 peaceful, healthy,

NOTE Confidence: 0.891274988651276

00:11:06.586 --> 00:11:09.118 healthy and happy Thanksgiving.

NOTE Confidence: 0.891274988651276

00:11:09.120 --> 00:11:11.090 Health and hapiness always moving

NOTE Confidence: 0.891274988651276

00:11:11.090 --> 00:11:14.497 forward and I hope to see you again soon.

NOTE Confidence: 0.891274988651276

00:11:14.500 --> 00:11:16.096 Be well.