

WEBVTT

NOTE duration:"00:18:00.4160000"

NOTE language:en-us

NOTE Confidence: 0.8574777

00:00:04.290 --> 00:00:05.990 Good morning everybody once again

NOTE Confidence: 0.8574777

00:00:05.990 --> 00:00:08.282 and thank you so much for taking

NOTE Confidence: 0.8574777

00:00:08.282 --> 00:00:10.402 the time out of your busy day to

NOTE Confidence: 0.8574777

00:00:10.471 --> 00:00:12.805 ground and join and guided meditation

NOTE Confidence: 0.8574777

00:00:12.805 --> 00:00:14.860 this morning I'm Michelle Graham,

NOTE Confidence: 0.8574777

00:00:14.860 --> 00:00:17.040 licensed Massage therapist with Smile

NOTE Confidence: 0.8574777

00:00:17.040 --> 00:00:19.632 Cancer Hospital and it's my honor

NOTE Confidence: 0.8574777

00:00:19.632 --> 00:00:22.033 privilege to be with you right now.

NOTE Confidence: 0.8574777

00:00:22.040 --> 00:00:25.352 I think there's a little hope in the air

NOTE Confidence: 0.8574777

00:00:25.352 --> 00:00:28.748 with the vaccine in all 50 States and um,

NOTE Confidence: 0.8574777

00:00:28.750 --> 00:00:31.322 coming at all of us, hopefully soon.

NOTE Confidence: 0.8574777

00:00:31.322 --> 00:00:34.130 So I think we're turning the corner into

NOTE Confidence: 0.8574777

00:00:34.198 --> 00:00:36.956 some positive activity leading up into 2021.

NOTE Confidence: 0.9009309

00:00:39.650 --> 00:00:41.050 For yourself right now,

NOTE Confidence: 0.9009309
00:00:41.050 --> 00:00:43.570 in this moment just find a nice,
NOTE Confidence: 0.9009309
00:00:43.570 --> 00:00:45.700 comfortable place for you to sit.
NOTE Confidence: 0.9009309
00:00:45.700 --> 00:00:48.801 Make sure your phone is turned off
NOTE Confidence: 0.9009309
00:00:48.801 --> 00:00:51.949 and the lights are not too bright.
NOTE Confidence: 0.9009309
00:00:51.950 --> 00:00:53.990 This is your time for total
NOTE Confidence: 0.9009309
00:00:53.990 --> 00:00:56.060 relaxation and some inner stillness.
NOTE Confidence: 0.82377386
00:00:58.260 --> 00:01:00.438 Make make sure that you're warm
NOTE Confidence: 0.82377386
00:01:00.438 --> 00:01:02.355 and that you're seated comfortably
NOTE Confidence: 0.82377386
00:01:02.355 --> 00:01:04.731 and just rest your hands either
NOTE Confidence: 0.82377386
00:01:04.731 --> 00:01:07.340 loosely on your lap or at your side.
NOTE Confidence: 0.89514995
00:01:10.130 --> 00:01:12.398 Take a long slow deep breath
NOTE Confidence: 0.89514995
00:01:12.398 --> 00:01:15.148 in and hold it for a moment.
NOTE Confidence: 0.8103123
00:01:17.650 --> 00:01:20.186 And then slowly exhale,
NOTE Confidence: 0.8103123
00:01:20.186 --> 00:01:23.990 allowing any tension to melt away.
NOTE Confidence: 0.8103123
00:01:23.990 --> 00:01:26.576 As you gradually relaxed more and
NOTE Confidence: 0.8103123

00:01:26.576 --> 00:01:28.930 more deeply with each breath.
NOTE Confidence: 0.91202295

00:01:32.320 --> 00:01:37.199 Take another long slow deep breath in.
NOTE Confidence: 0.91202295

00:01:37.200 --> 00:01:42.000 Anne, hold it. And then exhale.
NOTE Confidence: 0.84926045

00:01:46.830 --> 00:01:48.870 Take a third deep breath in.
NOTE Confidence: 0.89508975

00:01:52.720 --> 00:01:53.998 Again, hold it.
NOTE Confidence: 0.7686194

00:01:56.830 --> 00:01:59.626 Exhale, let it go and completely
NOTE Confidence: 0.7686194

00:01:59.626 --> 00:02:02.530 empty the breath from your lungs.
NOTE Confidence: 0.8970958

00:02:06.240 --> 00:02:10.524 And just continue the pattern of slow
NOTE Confidence: 0.8970958

00:02:10.524 --> 00:02:13.810 deep breaths. As you begin to relax.
NOTE Confidence: 0.89659315

00:02:17.620 --> 00:02:19.376 Now bring your awareness
NOTE Confidence: 0.89659315

00:02:19.376 --> 00:02:22.010 to the top of your head.
NOTE Confidence: 0.89659315

00:02:22.010 --> 00:02:24.740 Sense or imagine a feeling of
NOTE Confidence: 0.89659315

00:02:24.740 --> 00:02:26.565 relaxation, beginning to spread
NOTE Confidence: 0.89659315

00:02:26.565 --> 00:02:29.750 down from the top of your scalp.
NOTE Confidence: 0.87626463

00:02:32.360 --> 00:02:35.010 Let the muscles in your
NOTE Confidence: 0.87626463

00:02:35.010 --> 00:02:37.130 forehead and temples relax.

NOTE Confidence: 0.88469064

00:02:40.780 --> 00:02:43.330 Allow your eyes to relax.

NOTE Confidence: 0.72653943

00:02:45.950 --> 00:02:48.980 Let your cheeks and jaw soften

NOTE Confidence: 0.72653943

00:02:48.980 --> 00:02:52.499 and let go of all tension.

NOTE Confidence: 0.8608946

00:02:55.740 --> 00:02:58.230 Now, this peaceful feeling flows

NOTE Confidence: 0.8608946

00:02:58.230 --> 00:03:01.751 down to your neck. And deep into

NOTE Confidence: 0.8608946

00:03:01.751 --> 00:03:04.286 the muscles in your shoulders.

NOTE Confidence: 0.8608946

00:03:04.290 --> 00:03:07.210 Soothing them and releasing them.

NOTE Confidence: 0.46416795

00:03:09.950 --> 00:03:11.140 Breathe.

NOTE Confidence: 0.85311604

00:03:16.270 --> 00:03:19.258 Allow this peaceful feeling to flow

NOTE Confidence: 0.85311604

00:03:19.258 --> 00:03:22.038 through your arms relaxing and soothing

NOTE Confidence: 0.85311604

00:03:22.038 --> 00:03:25.590 all the way to the tips of your fingers.

NOTE Confidence: 0.906062

00:03:28.080 --> 00:03:31.758 As your body relax is your

NOTE Confidence: 0.906062

00:03:31.758 --> 00:03:34.210 mind begins to relax.

NOTE Confidence: 0.906062

00:03:34.210 --> 00:03:36.422 Your thoughts become weightless,

NOTE Confidence: 0.906062

00:03:36.422 --> 00:03:40.510 like wisps of clouds on a breeze.

NOTE Confidence: 0.8566249

00:03:42.820 --> 00:03:45.125 Now the peaceful sensation flows
NOTE Confidence: 0.8566249

00:03:45.125 --> 00:03:48.140 through your chest in your stomach.
NOTE Confidence: 0.8519338

00:03:50.770 --> 00:03:53.060 Feel how your abdomen slowly
NOTE Confidence: 0.8519338

00:03:53.060 --> 00:03:56.030 rises and falls with your breath.
NOTE Confidence: 0.8002004

00:03:59.550 --> 00:04:04.458 Slowly and deeply soothing and relaxing.
NOTE Confidence: 0.8309619

00:04:07.640 --> 00:04:10.065 Now the peaceful feeling flows
NOTE Confidence: 0.8309619

00:04:10.065 --> 00:04:12.005 through your lower body.
NOTE Confidence: 0.85830003

00:04:14.430 --> 00:04:17.454 Relax, your body aches the back of
NOTE Confidence: 0.85830003

00:04:17.454 --> 00:04:21.610 your thighs, the front of your thighs.
NOTE Confidence: 0.85830003

00:04:21.610 --> 00:04:25.780 Fill all these large strong muscles.
NOTE Confidence: 0.85830003

00:04:25.780 --> 00:04:27.940 Become loose and relaxed.
NOTE Confidence: 0.6717103

00:04:31.090 --> 00:04:33.740 Soothing feelings flow down through
NOTE Confidence: 0.6717103

00:04:33.740 --> 00:04:36.920 your knees and into your cast.
NOTE Confidence: 0.87333584

00:04:39.390 --> 00:04:41.682 Your ankles relax.
NOTE Confidence: 0.87333584

00:04:41.682 --> 00:04:46.266 Now your feet begin to relax.
NOTE Confidence: 0.87333584

00:04:46.270 --> 00:04:49.510 Your entire body is soft,

NOTE Confidence: 0.87333584

00:04:49.510 --> 00:04:51.448 calm and relaxed.

NOTE Confidence: 0.79221

00:04:56.030 --> 00:04:58.758 We're going to go on an inner journey,

NOTE Confidence: 0.79221

00:04:58.760 --> 00:05:01.829 a journey to a place of deep inner stillness.

NOTE Confidence: 0.91110593

00:05:04.810 --> 00:05:07.482 Imagine that you're standing

NOTE Confidence: 0.91110593

00:05:07.482 --> 00:05:10.822 on a white Sandy beach.

NOTE Confidence: 0.91110593

00:05:10.830 --> 00:05:13.930 It's early in the morning.

NOTE Confidence: 0.91110593

00:05:13.930 --> 00:05:17.030 Analyte hazy mist surrounds you.

NOTE Confidence: 0.91086125

00:05:19.570 --> 00:05:23.357 The sun is rising slowly and you

NOTE Confidence: 0.91086125

00:05:23.357 --> 00:05:27.270 can feel the warm orange light.

NOTE Confidence: 0.91086125

00:05:27.270 --> 00:05:29.320 On your face and body.

NOTE Confidence: 0.808141657142857

00:05:31.770 --> 00:05:34.656 You're feeling content.

NOTE Confidence: 0.808141657142857

00:05:34.656 --> 00:05:40.445 At is an relaxed. The sand beneath

NOTE Confidence: 0.808141657142857

00:05:40.445 --> 00:05:44.890 your bare feet is soft. And warm.

NOTE Confidence: 0.70919605

00:05:47.450 --> 00:05:52.670 A light caresses. Your whole body.

NOTE Confidence: 0.6841051

00:05:54.980 --> 00:05:58.580 Ana Breeze caresses your face.

NOTE Confidence: 0.8502251

00:06:01.470 --> 00:06:03.770 The beach is deserted.
NOTE Confidence: 0.8502251

00:06:03.770 --> 00:06:07.220 You have it all to yourself.
NOTE Confidence: 0.8502251

00:06:07.220 --> 00:06:10.910 And you have all the time in the world.
NOTE Confidence: 0.903292

00:06:14.450 --> 00:06:18.434 Listen to the relaxing sound of the ocean.
NOTE Confidence: 0.903292

00:06:18.440 --> 00:06:22.488 It's waves or breaking gently on the shore.
NOTE Confidence: 0.75611115

00:06:25.430 --> 00:06:30.120 Begin to walk slowly through the mist.
NOTE Confidence: 0.75611115

00:06:30.120 --> 00:06:36.132 Tord's a small boat that is waiting for you.
NOTE Confidence: 0.75611115

00:06:36.140 --> 00:06:39.146 The boat is comfortable and steady.
NOTE Confidence: 0.7860306

00:06:41.240 --> 00:06:42.872 And you notice that it's tide
NOTE Confidence: 0.7860306

00:06:42.872 --> 00:06:44.829 to the shore with a strong rope.
NOTE Confidence: 0.8211996

00:06:48.230 --> 00:06:51.446 Walk to the water's edge and.
NOTE Confidence: 0.8211996

00:06:51.450 --> 00:06:53.098 Step into the boat.
NOTE Confidence: 0.92731744

00:06:57.520 --> 00:07:01.516 You are feeling completely at peace,
NOTE Confidence: 0.92731744

00:07:01.520 --> 00:07:04.860 completely safe and completely relaxed.
NOTE Confidence: 0.841351

00:07:07.460 --> 00:07:09.725 When you are ready, I'm
NOTE Confidence: 0.841351

00:07:09.725 --> 00:07:12.818 tired of rope. And let it go.

NOTE Confidence: 0.88322675

00:07:18.090 --> 00:07:21.306 Relax and allow the natural currents of the

NOTE Confidence: 0.88322675

00:07:21.306 --> 00:07:24.506 ocean to guide you away from the beach.

NOTE Confidence: 0.8404135

00:07:27.300 --> 00:07:30.845 Your boat drifts smoothly walking

NOTE Confidence: 0.8404135

00:07:30.845 --> 00:07:35.300 ever so gently in the water.

NOTE Confidence: 0.8404135

00:07:35.300 --> 00:07:37.600 This rocking motion relax

NOTE Confidence: 0.8404135

00:07:37.600 --> 00:07:40.475 is you even more deeply.

NOTE Confidence: 0.8872589

00:07:44.630 --> 00:07:48.158 The sun is now higher in the Sky.

NOTE Confidence: 0.8872589

00:07:48.160 --> 00:07:52.680 It's light has gathered strength.

NOTE Confidence: 0.8872589

00:07:52.680 --> 00:07:55.872 You notice that the mist that surrounds

NOTE Confidence: 0.8872589

00:07:55.872 --> 00:07:58.390 you is beginning to evaporate.

NOTE Confidence: 0.8872589

00:07:58.390 --> 00:08:00.910 And you can see the air

NOTE Confidence: 0.8872589

00:08:00.910 --> 00:08:02.590 becoming clearer and clearer.

NOTE Confidence: 0.8299011

00:08:05.940 --> 00:08:08.964 Watch is the sun's Rays dissolve

NOTE Confidence: 0.8299011

00:08:08.964 --> 00:08:13.232 all of the mist and now you can

NOTE Confidence: 0.8299011

00:08:13.232 --> 00:08:15.912 see clearly in all directions.

NOTE Confidence: 0.8299011

00:08:15.920 --> 00:08:19.076 Since no avail has been lifted.
NOTE Confidence: 0.8032464

00:08:22.560 --> 00:08:26.710 Sparkling ocean water surrounds you
NOTE Confidence: 0.8032464

00:08:26.710 --> 00:08:31.020 on all sides. And in front of you,
NOTE Confidence: 0.8032464

00:08:31.020 --> 00:08:33.198 a small island comes into view.
NOTE Confidence: 0.834512

00:08:35.260 --> 00:08:38.404 Your boat moves closer and closer
NOTE Confidence: 0.834512

00:08:38.404 --> 00:08:42.290 to the island, gliding slowly and
NOTE Confidence: 0.834512

00:08:42.290 --> 00:08:45.370 effortlessly through the water.
NOTE Confidence: 0.834512

00:08:45.370 --> 00:08:49.066 The island is drenched in sunlight.
NOTE Confidence: 0.834512

00:08:49.070 --> 00:08:51.746 And it's covered in tropical palm
NOTE Confidence: 0.834512

00:08:51.746 --> 00:08:54.689 trees that swayed gently in the breeze.
NOTE Confidence: 0.83549607

00:08:57.250 --> 00:08:58.480 You've arrived.
NOTE Confidence: 0.8972391

00:09:01.680 --> 00:09:04.440 You step out of the boat.
NOTE Confidence: 0.8972391

00:09:04.440 --> 00:09:06.780 Take a moment to appreciate
NOTE Confidence: 0.8972391

00:09:06.780 --> 00:09:09.120 this place of sublime beauty.
NOTE Confidence: 0.8606782

00:09:12.980 --> 00:09:15.555 Exotic birds dance from tree
NOTE Confidence: 0.8606782

00:09:15.555 --> 00:09:18.130 to tree and brilliantly colored

NOTE Confidence: 0.8606782

00:09:18.225 --> 00:09:20.457 Flowers grow in abundance.

NOTE Confidence: 0.83161837

00:09:23.330 --> 00:09:27.040 The air itself seems to shimmer and

NOTE Confidence: 0.83161837

00:09:27.040 --> 00:09:30.330 vibrate with pure luminous energy.

NOTE Confidence: 0.83161837

00:09:30.330 --> 00:09:34.173 You can hear the soothing sound of the wind.

NOTE Confidence: 0.83161837

00:09:34.180 --> 00:09:36.388 As it passes through the trees.

NOTE Confidence: 0.9057209

00:09:38.910 --> 00:09:41.484 In this beautiful place you are

NOTE Confidence: 0.9057209

00:09:41.484 --> 00:09:44.279 free from all memory of the past,

NOTE Confidence: 0.9057209

00:09:44.280 --> 00:09:46.980 and you're free from all

NOTE Confidence: 0.9057209

00:09:46.980 --> 00:09:49.140 concerns about the future.

NOTE Confidence: 0.9057209

00:09:49.140 --> 00:09:52.746 You are free from all responsibilities.

NOTE Confidence: 0.89095646

00:09:55.320 --> 00:09:58.575 This is a place of total peace.

NOTE Confidence: 0.89095646

00:09:58.580 --> 00:10:00.710 And it is all yours. Worse.

NOTE Confidence: 0.86732835

00:10:03.990 --> 00:10:06.318 You notice an opening between the

NOTE Confidence: 0.86732835

00:10:06.318 --> 00:10:09.412 palm trees and in the center of the

NOTE Confidence: 0.86732835

00:10:09.412 --> 00:10:12.076 opening there is a narrow path that

NOTE Confidence: 0.86732835

00:10:12.076 --> 00:10:14.806 leads deep into a rich green forest.
NOTE Confidence: 0.86732835

00:10:14.810 --> 00:10:16.514 Begin your journey.
NOTE Confidence: 0.86732835

00:10:16.514 --> 00:10:19.922 Into the heart of the forest.
NOTE Confidence: 0.86732835

00:10:19.930 --> 00:10:23.746 Follow the path as it meanders
NOTE Confidence: 0.86732835

00:10:23.746 --> 00:10:27.080 between columns of ancient trees.
NOTE Confidence: 0.86732835

00:10:27.080 --> 00:10:29.540 This forest seems familiar to you,
NOTE Confidence: 0.86732835

00:10:29.540 --> 00:10:32.368 like the memory of a pleasant dream
NOTE Confidence: 0.86732835

00:10:32.368 --> 00:10:35.689 or a place you visited as a child.
NOTE Confidence: 0.78437865

00:10:38.000 --> 00:10:41.600 Walk deeper into the forest.
NOTE Confidence: 0.78437865

00:10:41.600 --> 00:10:44.113 You are guided by a force that
NOTE Confidence: 0.78437865

00:10:44.113 --> 00:10:46.501 you trust and that makes you
NOTE Confidence: 0.78437865

00:10:46.501 --> 00:10:48.460 feel safe, nurtured and still.
NOTE Confidence: 0.86205876

00:10:53.910 --> 00:10:55.968 You have reached the very heart
NOTE Confidence: 0.86205876

00:10:55.968 --> 00:10:58.320 of the forest, and before you,
NOTE Confidence: 0.86205876

00:10:58.320 --> 00:11:01.400 as a shimmering pond of Crystal Clearwater.
NOTE Confidence: 0.86205876

00:11:01.400 --> 00:11:03.864 A pond that is round and it

NOTE Confidence: 0.86205876

00:11:03.864 --> 00:11:06.598 brims with a pure spring water.

NOTE Confidence: 0.87807554

00:11:08.850 --> 00:11:12.080 Notice that the water is

NOTE Confidence: 0.87807554

00:11:12.080 --> 00:11:15.310 perfectly still like a mirror.

NOTE Confidence: 0.87807554

00:11:15.310 --> 00:11:17.998 Free from even the slightest ripple.

NOTE Confidence: 0.8613693

00:11:20.890 --> 00:11:23.215 A ladder with three steps

NOTE Confidence: 0.8613693

00:11:23.215 --> 00:11:25.540 leads down into the water.

NOTE Confidence: 0.72220016

00:11:28.000 --> 00:11:30.418 You decide to bathe in this

NOTE Confidence: 0.72220016

00:11:30.418 --> 00:11:32.790 magical pond and you undress.

NOTE Confidence: 0.8582062

00:11:35.690 --> 00:11:39.580 And as you take the first step down into the

NOTE Confidence: 0.8582062

00:11:39.668 --> 00:11:42.924 pond, you notice that the wind has eased,

NOTE Confidence: 0.8582062

00:11:42.930 --> 00:11:45.737 and all the trees have become motionless.

NOTE Confidence: 0.84662604

00:11:48.660 --> 00:11:51.824 As each moment passes the world around,

NOTE Confidence: 0.84662604

00:11:51.830 --> 00:11:55.148 you becomes more and more calm.

NOTE Confidence: 0.84662604

00:11:55.150 --> 00:12:00.694 And you yourself become more and more still.

NOTE Confidence: 0.84662604

00:12:00.700 --> 00:12:03.976 As you lower yourself on to the second step,

NOTE Confidence: 0.84662604

00:12:03.980 --> 00:12:08.060 all the birds in the forest become quiet.

NOTE Confidence: 0.84662604

00:12:08.060 --> 00:12:12.626 Their silence is deep and reverent.

NOTE Confidence: 0.84662604

00:12:12.630 --> 00:12:15.838 Now lower yourself on to the third and

NOTE Confidence: 0.84662604

00:12:15.838 --> 00:12:18.780 final step and glide into the water.

NOTE Confidence: 0.8340937

00:12:21.720 --> 00:12:25.032 Feel yourself sliding into a deep

NOTE Confidence: 0.8340937

00:12:25.032 --> 00:12:28.600 state of relaxation and in this pond,

NOTE Confidence: 0.8340937

00:12:28.600 --> 00:12:31.240 your thoughts simply melt away.

NOTE Confidence: 0.74203444

00:12:33.690 --> 00:12:38.387 All is still still here and silent.

NOTE Confidence: 0.74203444

00:12:38.390 --> 00:12:40.942 And the only sound that remains is the

NOTE Confidence: 0.74203444

00:12:40.942 --> 00:12:43.966 sound of the waves far off in the distance.

NOTE Confidence: 0.89602935

00:12:46.440 --> 00:12:49.440 Your mind seems to expand.

NOTE Confidence: 0.89602935

00:12:49.440 --> 00:12:51.864 An you feel timeless,

NOTE Confidence: 0.89602935

00:12:51.864 --> 00:12:55.338 vast, empty. An relaxed

NOTE Confidence: 0.88874406

00:12:59.370 --> 00:13:01.560 for the next few minutes.

NOTE Confidence: 0.88874406

00:13:01.560 --> 00:13:05.060 Enjoy this experience of solitude.

NOTE Confidence: 0.88874406

00:13:05.060 --> 00:13:06.728 An inner silence.

NOTE Confidence: 0.8116654
00:13:13.950 --> 00:13:15.984 When thoughts arise,
NOTE Confidence: 0.8116654
00:13:15.984 --> 00:13:19.374 just slowly bring your awareness.
NOTE Confidence: 0.8116654
00:13:19.380 --> 00:13:21.980 Back to the pond.
NOTE Confidence: 0.8116654
00:13:21.980 --> 00:13:23.720 When it's time to return,
NOTE Confidence: 0.8116654
00:13:23.720 --> 00:13:25.460 I will guide you home.
NOTE Confidence: 0.8929029
00:13:30.650 --> 00:13:35.680 You are deeply relaxed. Feeling refreshed.
NOTE Confidence: 0.59932
00:13:42.980 --> 00:13:45.580 Just enjoy your gentle breath
NOTE Confidence: 0.59932
00:13:45.580 --> 00:13:48.180 and your sense of ease.
NOTE Confidence: 0.885583870769231
00:14:02.400 --> 00:14:04.584 Just a bit. We're going to
NOTE Confidence: 0.885583870769231
00:14:04.584 --> 00:14:07.288 begin to make our way back home.
NOTE Confidence: 0.8397042
00:14:14.020 --> 00:14:16.890 So you begin to just enjoy the
NOTE Confidence: 0.8397042
00:14:16.890 --> 00:14:19.590 sense of peace and relaxation.
NOTE Confidence: 0.8131635
00:14:29.180 --> 00:14:31.940 Slowly began to climb the ladder.
NOTE Confidence: 0.7996884
00:14:34.470 --> 00:14:37.676 As your foot touches the lowest rung,
NOTE Confidence: 0.7996884
00:14:37.680 --> 00:14:42.755 just notice how wonderful your body feels.
NOTE Confidence: 0.7996884

00:14:42.760 --> 00:14:46.840 You feel light. Clear and happy.
NOTE Confidence: 0.7996884

00:14:46.840 --> 00:14:50.830 You step up to the second rung,
NOTE Confidence: 0.7996884

00:14:50.830 --> 00:14:54.310 the sound of birdsong returns.
NOTE Confidence: 0.7996884

00:14:54.310 --> 00:14:57.487 Step up to the first rung on the ladder.
NOTE Confidence: 0.7996884

00:14:57.490 --> 00:15:00.395 And as your foot touches the step,
NOTE Confidence: 0.7996884

00:15:00.400 --> 00:15:02.475 the breeze begins and the
NOTE Confidence: 0.7996884

00:15:02.475 --> 00:15:04.550 trees began to sway again.
NOTE Confidence: 0.833948

00:15:06.600 --> 00:15:10.532 Trust yourself. And follow
NOTE Confidence: 0.833948

00:15:10.532 --> 00:15:12.638 the path back to your boat.
NOTE Confidence: 0.89189744

00:15:17.590 --> 00:15:19.480 You were right back at the entrance
NOTE Confidence: 0.89189744

00:15:19.480 --> 00:15:21.644 to the forest and your boat is waiting
NOTE Confidence: 0.89189744

00:15:21.644 --> 00:15:23.440 for you just where you left it.
NOTE Confidence: 0.8113544

00:15:25.490 --> 00:15:28.450 Walk to the water's edge and climb in.
NOTE Confidence: 0.8113544

00:15:28.450 --> 00:15:32.882 Boat. You feel relaxed and secure, and you
NOTE Confidence: 0.8113544

00:15:32.882 --> 00:15:35.970 know the boat will bring you home safely.
NOTE Confidence: 0.8549782

00:15:38.810 --> 00:15:41.810 Your journey is effortless and calm,

NOTE Confidence: 0.8549782
00:15:41.810 --> 00:15:44.810 like all of the moments in
NOTE Confidence: 0.8549782
00:15:44.810 --> 00:15:47.310 your life, effortless and calm.
NOTE Confidence: 0.871351
00:15:50.540 --> 00:15:55.156 Just allow the current. To guide you back.
NOTE Confidence: 0.88587916
00:16:04.250 --> 00:16:06.322 You are right at the beach and
NOTE Confidence: 0.88587916
00:16:06.322 --> 00:16:08.418 you step out of the boat and
NOTE Confidence: 0.88587916
00:16:08.418 --> 00:16:10.530 on to the sand and you're home.
NOTE Confidence: 0.9229968
00:16:17.290 --> 00:16:19.696 You take a deep breath in.
NOTE Confidence: 0.8214543
00:16:23.290 --> 00:16:25.640 And exhale through your mouth.
NOTE Confidence: 0.9066375
00:16:29.090 --> 00:16:31.960 Another deep breath in through your nose.
NOTE Confidence: 0.5799092333333333
00:16:34.980 --> 00:16:39.420 Hold. An exhale through your mouth.
NOTE Confidence: 0.8864046
00:16:42.530 --> 00:16:46.194 Become aware of the room or this space
NOTE Confidence: 0.8864046
00:16:46.194 --> 00:16:49.599 which you are in and where you sit.
NOTE Confidence: 0.8864046
00:16:49.600 --> 00:16:52.078 Wiggle your toes and your fingers.
NOTE Confidence: 0.8864046
00:16:52.080 --> 00:16:54.978 Shake out your arms a little bit.
NOTE Confidence: 0.9133961
00:16:57.580 --> 00:17:01.210 When you're ready, open your eyes.
NOTE Confidence: 0.9133961

00:17:01.210 --> 00:17:02.920 Stretch your arms out to
NOTE Confidence: 0.9133961

00:17:02.920 --> 00:17:05.339 the sides as far as you can.
NOTE Confidence: 0.78395736

00:17:07.440 --> 00:17:10.420 Reach up over your head.
NOTE Confidence: 0.78395736

00:17:10.420 --> 00:17:13.100 And exhale into prayer pose.
NOTE Confidence: 0.9123124

00:17:19.260 --> 00:17:21.479 I just open your eyes and just
NOTE Confidence: 0.9123124

00:17:21.479 --> 00:17:23.679 give yourself a moment to adjust.
NOTE Confidence: 0.8702109

00:17:27.150 --> 00:17:28.970 Hopefully that was a beautiful,
NOTE Confidence: 0.8702109

00:17:28.970 --> 00:17:31.265 peaceful journey for you that
NOTE Confidence: 0.8702109

00:17:31.265 --> 00:17:34.420 brought you into a state of inner.
NOTE Confidence: 0.8702109

00:17:34.420 --> 00:17:36.513 Kiss an inner stillness and this is
NOTE Confidence: 0.8702109

00:17:36.513 --> 00:17:38.730 a place that you could bring yourself
NOTE Confidence: 0.8702109

00:17:38.730 --> 00:17:41.024 on your own when you have moments
NOTE Confidence: 0.8702109

00:17:41.024 --> 00:17:43.160 that feel a little bit overwhelming
NOTE Confidence: 0.8702109

00:17:43.160 --> 00:17:46.828 or before you go to bed at night when
NOTE Confidence: 0.8702109

00:17:46.828 --> 00:17:50.629 you want to take the time to relax.
NOTE Confidence: 0.8702109

00:17:50.630 --> 00:17:54.734 And with that, I wish you all peace.

NOTE Confidence: 0.8702109

00:17:54.740 --> 00:17:58.169 Love hapiness, health.

NOTE Confidence: 0.8702109

00:17:58.170 --> 00:18:00.410 And I hope to see you again soon.