

WEBVTT

NOTE duration:"00:11:50.240000"

NOTE language:en-us

NOTE Confidence: 0.872322207405454

00:00:00.000 --> 00:00:03.115 OK. Once again, good morning everybody and

NOTE Confidence: 0.872322207405454

00:00:03.115 --> 00:00:06.764 thank you so much for joining for taking

NOTE Confidence: 0.872322207405454

00:00:06.764 --> 00:00:09.970 the time for meditation and relaxation.

NOTE Confidence: 0.872322207405454

00:00:09.970 --> 00:00:11.910 My name is Michelle Grant,

NOTE Confidence: 0.872322207405454

00:00:11.910 --> 00:00:13.594 licensed massage therapists and

NOTE Confidence: 0.872322207405454

00:00:13.594 --> 00:00:16.120 I work with the oncology patients

NOTE Confidence: 0.872322207405454

00:00:16.193 --> 00:00:17.877 at Smilow Cancer Hospital.

NOTE Confidence: 0.872322207405454

00:00:17.880 --> 00:00:21.014 So again, it's a new day, and, um,

NOTE Confidence: 0.872322207405454

00:00:21.014 --> 00:00:23.366 we never know what's in store,

NOTE Confidence: 0.872322207405454

00:00:23.370 --> 00:00:26.107 but no matter what, it is good,

NOTE Confidence: 0.872322207405454

00:00:26.110 --> 00:00:27.523 bad, or indifferent.

NOTE Confidence: 0.872322207405454

00:00:27.523 --> 00:00:30.349 As we practice mindfulness and meditation,

NOTE Confidence: 0.872322207405454

00:00:30.350 --> 00:00:34.175 it allows us to control our reaction to no

NOTE Confidence: 0.872322207405454

00:00:34.175 --> 00:00:37.897 matter what it is that's going on around us.

NOTE Confidence: 0.872322207405454
00:00:37.900 --> 00:00:40.630 It allows us to stay grounded and
NOTE Confidence: 0.872322207405454
00:00:40.630 --> 00:00:42.510 just maintain Caminar reaction,
NOTE Confidence: 0.872322207405454
00:00:42.510 --> 00:00:45.768 which is always a positive thing.
NOTE Confidence: 0.872322207405454
00:00:45.770 --> 00:00:49.116 The mindfulness practice we're going to be
NOTE Confidence: 0.872322207405454
00:00:49.116 --> 00:00:52.420 working on today is a breathing anchor.
NOTE Confidence: 0.872322207405454
00:00:52.420 --> 00:00:52.926 Practice.
NOTE Confidence: 0.872322207405454
00:00:52.926 --> 00:00:56.468 It's where we're gonna begin to wood
NOTE Confidence: 0.872322207405454
00:00:56.468 --> 00:00:59.139 awareness into the present moment.
NOTE Confidence: 0.872322207405454
00:00:59.140 --> 00:01:02.428 Like it anchor that loose a
NOTE Confidence: 0.872322207405454
00:01:02.428 --> 00:01:04.620 ship into one place.
NOTE Confidence: 0.872322207405454
00:01:04.620 --> 00:01:07.462 The purpose is to help us dissolve
NOTE Confidence: 0.872322207405454
00:01:07.462 --> 00:01:09.537 or anxiety, reduce our stress,
NOTE Confidence: 0.872322207405454
00:01:09.537 --> 00:01:12.051 and just allow our body to
NOTE Confidence: 0.872322207405454
00:01:12.051 --> 00:01:13.979 heal for a short time,
NOTE Confidence: 0.872322207405454
00:01:13.980 --> 00:01:15.294 at least two,
NOTE Confidence: 0.872322207405454

00:01:15.294 --> 00:01:18.360 or relax and peaceful state and it's
NOTE Confidence: 0.872322207405454

00:01:18.454 --> 00:01:21.822 a state that we can always return to
NOTE Confidence: 0.872322207405454

00:01:21.822 --> 00:01:25.117 whenever we need to throughout the day.
NOTE Confidence: 0.872322207405454

00:01:25.120 --> 00:01:28.496 So now as we begin just adopt A
NOTE Confidence: 0.872322207405454

00:01:28.496 --> 00:01:30.480 comfortable position for yourself,
NOTE Confidence: 0.872322207405454

00:01:30.480 --> 00:01:32.720 whatever is comfortable for you,
NOTE Confidence: 0.872322207405454

00:01:32.720 --> 00:01:36.017 you could be sitting in a chair
NOTE Confidence: 0.872322207405454

00:01:36.017 --> 00:01:39.478 with your feet flat on the ground.
NOTE Confidence: 0.872322207405454

00:01:39.480 --> 00:01:40.280 Your spine,
NOTE Confidence: 0.872322207405454

00:01:40.280 --> 00:01:43.080 supported by the back of the chair.
NOTE Confidence: 0.872322207405454

00:01:43.080 --> 00:01:45.880 You could be laying down.
NOTE Confidence: 0.872322207405454

00:01:45.880 --> 00:01:48.533 Or you could even be walking as
NOTE Confidence: 0.872322207405454

00:01:48.533 --> 00:01:50.600 you practice this meditation.
NOTE Confidence: 0.927673161029816

00:01:53.050 --> 00:01:56.740 Just take a few moments.
NOTE Confidence: 0.927673161029816

00:01:56.740 --> 00:01:58.548 Just feel your body,
NOTE Confidence: 0.927673161029816

00:01:58.548 --> 00:02:00.356 relax your shoulders drop.

NOTE Confidence: 0.939642131328583
00:02:03.000 --> 00:02:05.536 Take a deep breath in through your nose.
NOTE Confidence: 0.801360189914703
00:02:07.770 --> 00:02:08.620 Hold.
NOTE Confidence: 0.718977153301239
00:02:10.840 --> 00:02:13.500 And exhale through your mouth.
NOTE Confidence: 0.867083609104156
00:02:15.570 --> 00:02:17.338 Just feel your spine
NOTE Confidence: 0.867083609104156
00:02:17.338 --> 00:02:19.106 adapting its natural curves.
NOTE Confidence: 0.843972980976105
00:02:22.810 --> 00:02:25.015 Allow your body to settle
NOTE Confidence: 0.843972980976105
00:02:25.015 --> 00:02:27.220 to rest down into gravity,
NOTE Confidence: 0.843972980976105
00:02:27.220 --> 00:02:29.292 letting it be supported
NOTE Confidence: 0.843972980976105
00:02:29.292 --> 00:02:31.882 by the floor beneath you.
NOTE Confidence: 0.843972980976105
00:02:31.890 --> 00:02:34.848 And gently close your eyes if
NOTE Confidence: 0.843972980976105
00:02:34.848 --> 00:02:36.820 that's comfortable for you.
NOTE Confidence: 0.843972980976105
00:02:36.820 --> 00:02:40.300 This will help your awareness settle
NOTE Confidence: 0.843972980976105
00:02:40.300 --> 00:02:43.940 by lessening any external distractions.
NOTE Confidence: 0.843972980976105
00:02:43.940 --> 00:02:46.164 Gradually allow your awareness
NOTE Confidence: 0.843972980976105
00:02:46.164 --> 00:02:48.944 to gather around the sensations
NOTE Confidence: 0.843972980976105

00:02:48.944 --> 00:02:51.649 of the breath in your body.
NOTE Confidence: 0.912844717502594

00:02:54.480 --> 00:02:59.800 Where do you feel your breath most strongly?
NOTE Confidence: 0.912844717502594

00:02:59.800 --> 00:03:02.035 This begin to develop a
NOTE Confidence: 0.912844717502594

00:03:02.035 --> 00:03:04.270 bit of a curiosity about.
NOTE Confidence: 0.912844717502594

00:03:04.270 --> 00:03:07.138 Your actual experience just letting go
NOTE Confidence: 0.912844717502594

00:03:07.138 --> 00:03:10.848 of what you think should be happening.
NOTE Confidence: 0.912844717502594

00:03:10.850 --> 00:03:14.190 And just being with your
NOTE Confidence: 0.912844717502594

00:03:14.190 --> 00:03:16.862 experience without any judgement.
NOTE Confidence: 0.912844717502594

00:03:16.870 --> 00:03:20.006 Now very gently West,
NOTE Confidence: 0.912844717502594

00:03:20.006 --> 00:03:25.690 you're aware NIS within your whole torso.
NOTE Confidence: 0.795552015304565

00:03:28.600 --> 00:03:33.640 Feel your belly swelling on the in breath.
NOTE Confidence: 0.795552015304565

00:03:33.640 --> 00:03:36.418 And subsiding on the out breath.
NOTE Confidence: 0.879258632659912

00:03:38.680 --> 00:03:41.818 Can you feel any movement and
NOTE Confidence: 0.879258632659912

00:03:41.818 --> 00:03:44.739 sensations with the breath in the
NOTE Confidence: 0.879258632659912

00:03:44.739 --> 00:03:48.220 sides in the back of the body as well?
NOTE Confidence: 0.879258632659912

00:03:48.220 --> 00:03:56.880 Discontinue a gentle inhalation.

NOTE Confidence: 0.879258632659912
00:03:56.880 --> 00:03:59.060 And then X olation.
NOTE Confidence: 0.854733109474182
00:04:01.450 --> 00:04:03.965 Gradually inhabit your body a
NOTE Confidence: 0.854733109474182
00:04:03.965 --> 00:04:07.836 little more deeply with a sense of
NOTE Confidence: 0.854733109474182
00:04:07.836 --> 00:04:10.360 kindly curiosity towards whatever
NOTE Confidence: 0.854733109474182
00:04:10.360 --> 00:04:13.710 you're experiencing as you breathe.
NOTE Confidence: 0.917469501495361
00:04:16.880 --> 00:04:19.088 Remember to be accepting
NOTE Confidence: 0.917469501495361
00:04:19.088 --> 00:04:21.296 of whatever is happening.
NOTE Confidence: 0.857578635215759
00:04:23.830 --> 00:04:27.120 See if you can cultivate a precise
NOTE Confidence: 0.857578635215759
00:04:27.120 --> 00:04:29.562 awareness of the sensations an
NOTE Confidence: 0.857578635215759
00:04:29.562 --> 00:04:32.852 movement of the breath in the body
NOTE Confidence: 0.857578635215759
00:04:32.852 --> 00:04:36.173 as they happen, moment by moment.
NOTE Confidence: 0.857578635215759
00:04:36.173 --> 00:04:38.928 Being careful not to strain.
NOTE Confidence: 0.813027799129486
00:04:43.100 --> 00:04:46.322 Allow your awareness to be utterly
NOTE Confidence: 0.813027799129486
00:04:46.322 --> 00:04:49.652 receptive as it West Sapana natural
NOTE Confidence: 0.813027799129486
00:04:49.652 --> 00:04:53.446 movement of the breath in the body.
NOTE Confidence: 0.813027799129486

00:04:53.450 --> 00:05:02.898 Continue and easy and
NOTE Confidence: 0.813027799129486

00:05:02.898 --> 00:05:06.530 gentle. Inhalation?
NOTE Confidence: 0.755546152591705

00:05:08.650 --> 00:05:10.350 An escalation.
NOTE Confidence: 0.775972425937653

00:05:13.370 --> 00:05:17.605 Allow the breath to be saturated with
NOTE Confidence: 0.775972425937653

00:05:17.605 --> 00:05:21.349 kindness as it walks and cradles
NOTE Confidence: 0.775972425937653

00:05:21.349 --> 00:05:25.659 the body. Soothing any stress.
NOTE Confidence: 0.775972425937653

00:05:25.660 --> 00:05:29.938 Pain or discomfort. You may feel.
NOTE Confidence: 0.88240385055542

00:05:34.930 --> 00:05:38.285 Now become aware of any
NOTE Confidence: 0.88240385055542

00:05:38.285 --> 00:05:40.298 thoughts and emotions.
NOTE Confidence: 0.88240385055542

00:05:40.300 --> 00:05:42.816 And remember that mindfulness
NOTE Confidence: 0.88240385055542

00:05:42.816 --> 00:05:46.590 isn't about having a blank mind.
NOTE Confidence: 0.88240385055542

00:05:46.590 --> 00:05:50.390 It's normal to think.
NOTE Confidence: 0.88240385055542

00:05:50.390 --> 00:05:53.445 Mindfulness is the training whereby
NOTE Confidence: 0.88240385055542

00:05:53.445 --> 00:05:56.500 you cultivate awareness of what
NOTE Confidence: 0.88240385055542

00:05:56.591 --> 00:05:59.599 is actually happening physically.
NOTE Confidence: 0.88240385055542

00:05:59.600 --> 00:06:04.358 Mentale. And emotionally.

NOTE Confidence: 0.88240385055542

00:06:04.360 --> 00:06:07.282 So you can gradually change your

NOTE Confidence: 0.88240385055542

00:06:07.282 --> 00:06:10.070 perspective and feel you have more

NOTE Confidence: 0.88240385055542

00:06:10.070 --> 00:06:13.078 choice in how you re late to life.

NOTE Confidence: 0.91549688577652

00:06:15.420 --> 00:06:19.676 Can you look at your thoughts and

NOTE Confidence: 0.91549688577652

00:06:19.676 --> 00:06:22.740 emotions rather than from them?

NOTE Confidence: 0.91549688577652

00:06:22.740 --> 00:06:25.404 Can you be aware of what

NOTE Confidence: 0.91549688577652

00:06:25.404 --> 00:06:27.180 you're thinking and feeling?

NOTE Confidence: 0.91549688577652

00:06:27.180 --> 00:06:30.556 Without either blocking experience

NOTE Confidence: 0.91549688577652

00:06:30.556 --> 00:06:34.776 or getting overwhelmed by it.

NOTE Confidence: 0.91549688577652

00:06:34.780 --> 00:06:38.566 And remember, thoughts are not facts,

NOTE Confidence: 0.91549688577652

00:06:38.570 --> 00:06:43.589 even though we often think they are.

NOTE Confidence: 0.91549688577652

00:06:43.590 --> 00:06:46.905 As you develop perspective on

NOTE Confidence: 0.91549688577652

00:06:46.905 --> 00:06:49.557 your thoughts and emotions,

NOTE Confidence: 0.91549688577652

00:06:49.560 --> 00:06:51.009 including undermining ones.

NOTE Confidence: 0.91549688577652

00:06:51.009 --> 00:06:56.099 Can you let go of being so caught up in them?

NOTE Confidence: 0.909893653609536

00:06:58.720 --> 00:07:01.980 Notice. How they are continually
NOTE Confidence: 0.909893653609536

00:07:01.980 --> 00:07:05.910 changing one moment to the next?
NOTE Confidence: 0.909893653609536

00:07:05.910 --> 00:07:08.835 Exactly the same way your
NOTE Confidence: 0.909893653609536

00:07:08.835 --> 00:07:11.175 breath is always changing.
NOTE Confidence: 0.880005836486816

00:07:15.120 --> 00:07:17.878 Your thoughts and emotions or not as
NOTE Confidence: 0.880005836486816

00:07:17.878 --> 00:07:20.917 fixed as solid as you perhaps thought.
NOTE Confidence: 0.880176901817322

00:07:23.520 --> 00:07:26.640 Using awareness of the movement
NOTE Confidence: 0.880176901817322

00:07:26.640 --> 00:07:29.760 and sensations of the breath
NOTE Confidence: 0.880176901817322

00:07:29.869 --> 00:07:32.998 in your body as an anchor for
NOTE Confidence: 0.880176901817322

00:07:32.998 --> 00:07:36.009 the mind over and over again.
NOTE Confidence: 0.838984966278076

00:07:39.750 --> 00:07:44.818 Follow the breath all the way in.
NOTE Confidence: 0.838984966278076

00:07:44.820 --> 00:07:48.420 And. All the way out.
NOTE Confidence: 0.851310431957245

00:07:55.140 --> 00:07:58.500 And each time your awareness wanders,
NOTE Confidence: 0.851310431957245

00:07:58.500 --> 00:08:01.470 as it will simply note this
NOTE Confidence: 0.851310431957245

00:08:01.470 --> 00:08:04.660 and return to the breathing.
NOTE Confidence: 0.851310431957245

00:08:04.660 --> 00:08:08.248 Anchor time after time.

NOTE Confidence: 0.851310431957245
00:08:08.248 --> 00:08:10.939 Moment by moment.
NOTE Confidence: 0.851310431957245
00:08:10.940 --> 00:08:13.745 Making sure you're very kind
NOTE Confidence: 0.851310431957245
00:08:13.745 --> 00:08:15.989 and patient with yourself,
NOTE Confidence: 0.851310431957245
00:08:15.990 --> 00:08:21.039 even if you have to start again 100 times.
NOTE Confidence: 0.905851674079895
00:08:25.360 --> 00:08:28.288 It's OK. And this is what
NOTE Confidence: 0.905851674079895
00:08:28.288 --> 00:08:30.240 training is all about.
NOTE Confidence: 0.8324094414711
00:08:33.180 --> 00:08:35.805 And remember that each time
NOTE Confidence: 0.8324094414711
00:08:35.805 --> 00:08:37.905 you notice you've wandered,
NOTE Confidence: 0.8324094414711
00:08:37.910 --> 00:08:41.858 it's a magic moment of awareness.
NOTE Confidence: 0.8324094414711
00:08:41.860 --> 00:08:46.046 A moment where you've woken up from
NOTE Confidence: 0.8324094414711
00:08:46.046 --> 00:08:49.000 a distraction amoment of choice.
NOTE Confidence: 0.8324094414711
00:08:49.000 --> 00:08:51.652 So when you catch yourself having
NOTE Confidence: 0.8324094414711
00:08:51.652 --> 00:08:54.309 wandered off your succeeding in the
NOTE Confidence: 0.8324094414711
00:08:54.309 --> 00:08:56.745 practice just as you're succeeding when
NOTE Confidence: 0.8324094414711
00:08:56.745 --> 00:08:59.347 you manage to stay with the breath.
NOTE Confidence: 0.903835713863373

00:09:06.120 --> 00:09:08.790 Take a moment and think
NOTE Confidence: 0.903835713863373

00:09:08.790 --> 00:09:10.926 about what's happening now.
NOTE Confidence: 0.903835713863373

00:09:10.930 --> 00:09:14.270 What do you thinking?
NOTE Confidence: 0.903835713863373

00:09:14.270 --> 00:09:17.120 Just note this and guide your
NOTE Confidence: 0.903835713863373

00:09:17.120 --> 00:09:19.605 awareness back to the sensation
NOTE Confidence: 0.903835713863373

00:09:19.605 --> 00:09:23.028 of the breath and the body over.
NOTE Confidence: 0.903835713863373

00:09:23.030 --> 00:09:24.818 And over again.
NOTE Confidence: 0.860853791236877

00:09:35.890 --> 00:09:39.400 now gently begin to bring the
NOTE Confidence: 0.860853791236877

00:09:39.400 --> 00:09:42.649 breathing anchor practice to a close.
NOTE Confidence: 0.907730102539063

00:09:44.830 --> 00:09:46.398 If you feel comfortable,
NOTE Confidence: 0.907730102539063

00:09:46.398 --> 00:09:49.235 you can open your eyes and be
NOTE Confidence: 0.907730102539063

00:09:49.235 --> 00:09:51.635 aware of the sounds around you
NOTE Confidence: 0.907730102539063

00:09:51.635 --> 00:09:53.609 inside and outside the room.
NOTE Confidence: 0.889225721359253

00:09:55.660 --> 00:09:58.685 Fill your whole body and
NOTE Confidence: 0.889225721359253

00:09:58.685 --> 00:10:01.710 gradually gently begin to move.
NOTE Confidence: 0.889225721359253

00:10:01.710 --> 00:10:03.984 Making sure you give yourself time

NOTE Confidence: 0.889225721359253
00:10:03.984 --> 00:10:06.718 to make a smooth transition from
NOTE Confidence: 0.889225721359253
00:10:06.718 --> 00:10:08.998 the breathing anchor practice.
NOTE Confidence: 0.889225721359253
00:10:09.000 --> 00:10:11.076 To the present moment in time.
NOTE Confidence: 0.901185870170593
00:10:14.420 --> 00:10:17.870 Again, take a deep breath in.
NOTE Confidence: 0.824526429176331
00:10:19.930 --> 00:10:22.360 And exhale through your mouth.
NOTE Confidence: 0.883243680000305
00:10:25.400 --> 00:10:29.376 Bring your arms out to the sides.
NOTE Confidence: 0.883243680000305
00:10:29.380 --> 00:10:31.090 Just give a good stretch to
NOTE Confidence: 0.883243680000305
00:10:31.090 --> 00:10:32.959 the left and to the right.
NOTE Confidence: 0.829641759395599
00:10:35.820 --> 00:10:40.104 Move your neck around a little bit.
NOTE Confidence: 0.829641759395599
00:10:40.110 --> 00:10:43.410 Either gentle circles.
NOTE Confidence: 0.829641759395599
00:10:43.410 --> 00:10:47.868 Or just moving in all directions.
NOTE Confidence: 0.829641759395599
00:10:47.870 --> 00:10:51.018 And reverse the movement.
NOTE Confidence: 0.829641759395599
00:10:51.020 --> 00:10:57.488 Another deep breath in.
NOTE Confidence: 0.829641759395599
00:10:57.490 --> 00:10:59.180 Arms overhead.
NOTE Confidence: 0.734562873840332
00:11:02.660 --> 00:11:05.236 I had a breath into prayer pose.
NOTE Confidence: 0.900346279144287

00:11:08.010 --> 00:11:11.994 So this is an excellent exercise that we

NOTE Confidence: 0.900346279144287

00:11:11.994 --> 00:11:15.965 can initiate throughout the day as we may

NOTE Confidence: 0.900346279144287

00:11:15.965 --> 00:11:19.490 feel a little stressed and overwhelmed.

NOTE Confidence: 0.900346279144287

00:11:19.490 --> 00:11:22.380 It's just reminding ourselves basically

NOTE Confidence: 0.900346279144287

00:11:22.380 --> 00:11:26.020 that our breath is the anchor.

NOTE Confidence: 0.900346279144287

00:11:26.020 --> 00:11:28.918 It grounds us and it allows us to take

NOTE Confidence: 0.900346279144287

00:11:28.918 --> 00:11:32.080 a moment to step back from whatever may

NOTE Confidence: 0.900346279144287

00:11:32.080 --> 00:11:35.565 be going on around us and just maintain

NOTE Confidence: 0.900346279144287

00:11:35.565 --> 00:11:38.740 control of our thoughts and our reactions.

NOTE Confidence: 0.900346279144287

00:11:38.740 --> 00:11:42.580 So with that I wish you all health,

NOTE Confidence: 0.900346279144287

00:11:42.580 --> 00:11:45.338 peace and happiness a good day and

NOTE Confidence: 0.900346279144287

00:11:45.338 --> 00:11:48.818 I hope to see you again next week.

NOTE Confidence: 0.900346279144287

00:11:48.820 --> 00:11:50.240 Take care.