

WEBVTT

NOTE duration:"00:13:11.4560000"

NOTE language:en-us

NOTE Confidence: 0.8786194

00:00:00.000 --> 00:00:01.715 OK, so good morning everybody.

NOTE Confidence: 0.8786194

00:00:01.715 --> 00:00:04.217 Thank you so much for taking the

NOTE Confidence: 0.8786194

00:00:04.217 --> 00:00:06.359 time to join this guided meditation

NOTE Confidence: 0.8786194

00:00:06.359 --> 00:00:08.987 for all those of you that love snow,

NOTE Confidence: 0.8786194

00:00:08.990 --> 00:00:10.670 it's a happy day for you.

NOTE Confidence: 0.8786194

00:00:10.670 --> 00:00:12.651 For the rest of us will just

NOTE Confidence: 0.8786194

00:00:12.651 --> 00:00:14.386 stay cozy and safe and warm

NOTE Confidence: 0.8786194

00:00:14.386 --> 00:00:16.550 and go out only if we need to.

NOTE Confidence: 0.91795504

00:00:20.270 --> 00:00:23.070 So just please bring yourself into a

NOTE Confidence: 0.91795504

00:00:23.070 --> 00:00:25.396 comfortable place where you could just

NOTE Confidence: 0.91795504

00:00:25.396 --> 00:00:27.867 move around a little bit if necessary.

NOTE Confidence: 0.91760427

00:00:31.920 --> 00:00:34.038 Close your eyes for a few

NOTE Confidence: 0.91760427

00:00:34.038 --> 00:00:36.212 moments and just take a minute

NOTE Confidence: 0.91760427

00:00:36.212 --> 00:00:38.606 or two and focus on your breath.

NOTE Confidence: 0.83799934  
00:00:42.980 --> 00:00:48.324 Allow your breathing to be as it is.  
NOTE Confidence: 0.83799934  
00:00:48.330 --> 00:00:51.108 Just watch as your body settles  
NOTE Confidence: 0.83799934  
00:00:51.108 --> 00:00:52.960 into the present moment.  
NOTE Confidence: 0.8694311  
00:00:58.720 --> 00:01:01.849 Think of your breath as a Messenger,  
NOTE Confidence: 0.8694311  
00:01:01.850 --> 00:01:04.785 letting you know how you're  
NOTE Confidence: 0.8694311  
00:01:04.785 --> 00:01:07.133 feeling in this moment.  
NOTE Confidence: 0.8694311  
00:01:07.140 --> 00:01:11.319 Physically and emotionally.  
NOTE Confidence: 0.8694311  
00:01:11.320 --> 00:01:14.026 And just allow whatever you find  
NOTE Confidence: 0.8694311  
00:01:14.026 --> 00:01:17.248 to simply be there along with you.  
NOTE Confidence: 0.80098796  
00:01:20.600 --> 00:01:23.546 Notice the feeling of the breath.  
NOTE Confidence: 0.80098796  
00:01:23.550 --> 00:01:27.526 And if there's a pause before you exhale.  
NOTE Confidence: 0.86731887  
00:01:31.150 --> 00:01:34.797 Just notice the sensation of breathing out.  
NOTE Confidence: 0.87459  
00:01:42.210 --> 00:01:45.570 Now think of a loving presence.  
NOTE Confidence: 0.87459  
00:01:45.570 --> 00:01:49.175 It could be a beloved family member.  
NOTE Confidence: 0.87459  
00:01:49.180 --> 00:01:53.906 Or a friend. One who is living  
NOTE Confidence: 0.87459

00:01:53.906 --> 00:01:56.870 or one who has passed away.

NOTE Confidence: 0.87459

00:01:56.870 --> 00:01:58.988 It could be a spiritual figure,

NOTE Confidence: 0.87459

00:01:58.990 --> 00:02:01.162 like a teacher.

NOTE Confidence: 0.87459

00:02:01.162 --> 00:02:05.506 The Dalai Lama administer or guide.

NOTE Confidence: 0.87459

00:02:05.510 --> 00:02:08.534 Or it could even be a pet.

NOTE Confidence: 0.87459

00:02:08.540 --> 00:02:11.312 Dogs and cats are often great

NOTE Confidence: 0.87459

00:02:11.312 --> 00:02:13.160 teachers of unconditional love.

NOTE Confidence: 0.8967791

00:02:15.800 --> 00:02:18.632 Anyone who brings you a feeling

NOTE Confidence: 0.8967791

00:02:18.632 --> 00:02:23.180 of peace, of love and of safety.

NOTE Confidence: 0.8967791

00:02:23.180 --> 00:02:26.750 Of being cared for and being accepted

NOTE Confidence: 0.8967791

00:02:26.750 --> 00:02:30.248 exactly as you are in this moment.

NOTE Confidence: 0.90350646

00:02:33.980 --> 00:02:36.500 If no one comes to mind,

NOTE Confidence: 0.90350646

00:02:36.500 --> 00:02:39.531 you can also imagine what you would

NOTE Confidence: 0.90350646

00:02:39.531 --> 00:02:41.960 want to experience from a guide,

NOTE Confidence: 0.90350646

00:02:41.960 --> 00:02:45.542 a mentor or loved one who

NOTE Confidence: 0.90350646

00:02:45.542 --> 00:02:47.333 loved you unconditionally.

NOTE Confidence: 0.90350646

00:02:47.340 --> 00:02:50.980 How would you feel in their presence?

NOTE Confidence: 0.90350646

00:02:50.980 --> 00:02:53.640 What would it be like to be

NOTE Confidence: 0.90350646

00:02:53.640 --> 00:02:55.735 wholly accepted an embraced for

NOTE Confidence: 0.90350646

00:02:55.735 --> 00:02:58.339 the person you are right now?

NOTE Confidence: 0.90350646

00:02:58.340 --> 00:03:02.470 To feel worthy, seen and cared for.

NOTE Confidence: 0.8399593

00:03:08.160 --> 00:03:10.960 Once you feel even a tiny bit

NOTE Confidence: 0.8399593

00:03:10.960 --> 00:03:13.700 of this feeling, notice what

NOTE Confidence: 0.8399593

00:03:13.700 --> 00:03:18.500 it feels like. Is it warm?

NOTE Confidence: 0.8399593

00:03:18.500 --> 00:03:22.400 Is there a sense of light? Of energy.

NOTE Confidence: 0.80336636

00:03:24.790 --> 00:03:28.576 Does a color or texture arise?

NOTE Confidence: 0.80336636

00:03:28.580 --> 00:03:30.560 Whatever comes up for you,

NOTE Confidence: 0.80336636

00:03:30.560 --> 00:03:32.530 allow it to be there.

NOTE Confidence: 0.87189394

00:03:36.340 --> 00:03:39.266 What words would you want this being

NOTE Confidence: 0.87189394

00:03:39.266 --> 00:03:42.606 to say to you if they can speak?

NOTE Confidence: 0.87189394

00:03:42.610 --> 00:03:45.240 Some examples that might help.

NOTE Confidence: 0.87189394

00:03:45.240 --> 00:03:52.038 I love you no matter what. You are worthy.

NOTE Confidence: 0.9144925

00:03:54.910 --> 00:03:57.058 You're doing your best.

NOTE Confidence: 0.8964515

00:03:59.760 --> 00:04:01.458 You are enough.

NOTE Confidence: 0.92949724

00:04:03.820 --> 00:04:06.310 I am always loving you.

NOTE Confidence: 0.8498625

00:04:09.670 --> 00:04:12.302 Now please the hand on your heart

NOTE Confidence: 0.8498625

00:04:12.302 --> 00:04:15.358 and feel that sense of love and

NOTE Confidence: 0.8498625

00:04:15.358 --> 00:04:17.668 acceptance seeping into your body.

NOTE Confidence: 0.8498625

00:04:17.670 --> 00:04:21.927 The way heat from a hot water bottle or

NOTE Confidence: 0.8498625

00:04:21.927 --> 00:04:27.289 some light would flood you. If it helps.

NOTE Confidence: 0.8498625

00:04:27.290 --> 00:04:30.128 Keep repeating their message to you.

NOTE Confidence: 0.86696005

00:04:32.400 --> 00:04:35.094 You might also imagine this being

NOTE Confidence: 0.86696005

00:04:35.094 --> 00:04:38.792 putting one or both arms around you and

NOTE Confidence: 0.86696005

00:04:38.792 --> 00:04:41.520 bracing you, or stroking your cheek.

NOTE Confidence: 0.91150266

00:04:43.580 --> 00:04:47.031 Sometimes it can be powerful to wrap

NOTE Confidence: 0.91150266

00:04:47.031 --> 00:04:50.277 your arms around yourself in a hug.

NOTE Confidence: 0.91150266

00:04:50.280 --> 00:04:53.990 Imagining this love surrounding you.

NOTE Confidence: 0.91150266

00:04:53.990 --> 00:04:57.308 Loving every single aspect of you,

NOTE Confidence: 0.91150266

00:04:57.310 --> 00:05:00.640 including the ones you can't accept.

NOTE Confidence: 0.91115326

00:05:05.930 --> 00:05:08.640 If you find yourself struggling

NOTE Confidence: 0.91115326

00:05:08.640 --> 00:05:11.350 to embrace your whole self.

NOTE Confidence: 0.91115326

00:05:11.350 --> 00:05:16.510 See if you can embrace that fact too.

NOTE Confidence: 0.91115326

00:05:16.510 --> 00:05:20.724 See if you can accept the feelings

NOTE Confidence: 0.91115326

00:05:20.724 --> 00:05:24.269 that can't accept your feelings.

NOTE Confidence: 0.91115326

00:05:24.270 --> 00:05:28.026 And keep hugging yourself floating in

NOTE Confidence: 0.91115326

00:05:28.026 --> 00:05:31.152 this presence of unconditional love

NOTE Confidence: 0.91115326

00:05:31.152 --> 00:05:34.308 and acceptance that exists for you.

NOTE Confidence: 0.91115326

00:05:34.310 --> 00:05:35.660 No matter what.

NOTE Confidence: 0.91767323

00:05:46.260 --> 00:05:50.075 Just remember that this love

NOTE Confidence: 0.91767323

00:05:50.075 --> 00:05:53.890 is always accessible to us.

NOTE Confidence: 0.91767323

00:05:53.890 --> 00:05:59.077 There is always love there for us.

NOTE Confidence: 0.91767323

00:05:59.080 --> 00:06:02.668 Sometimes we just forget to look.

NOTE Confidence: 0.7688136

00:06:10.430 --> 00:06:14.122 Just continue with about  
NOTE Confidence: 0.7688136

00:06:14.122 --> 00:06:17.814 3 deep breaths inhale.  
NOTE Confidence: 0.7688136

00:06:17.820 --> 00:06:21.120 Through the nose and exhale.  
NOTE Confidence: 0.7688136

00:06:21.120 --> 00:06:22.320 Through the mouth.  
NOTE Confidence: 0.8153716

00:06:31.460 --> 00:06:34.940 Then after the third breath  
NOTE Confidence: 0.8153716

00:06:34.940 --> 00:06:38.420 just slowly open your eyes.  
NOTE Confidence: 0.8153716

00:06:38.420 --> 00:06:40.365 And just continue to remain  
NOTE Confidence: 0.8153716

00:06:40.365 --> 00:06:42.310 in a state of relaxation.  
NOTE Confidence: 0.8892208

00:06:45.340 --> 00:06:47.590 I'm going to ask you to  
NOTE Confidence: 0.8892208

00:06:47.590 --> 00:06:49.899 just access 1 foot and leg.  
NOTE Confidence: 0.8892208

00:06:49.900 --> 00:06:52.504 Whether you want to cross your leg  
NOTE Confidence: 0.8892208

00:06:52.504 --> 00:06:55.675 or reach down to your leg or whatever  
NOTE Confidence: 0.8892208

00:06:55.675 --> 00:06:58.445 is most comfortable for you to access  
NOTE Confidence: 0.8892208

00:06:58.445 --> 00:07:01.293 your lower leg and one of your feet.  
NOTE Confidence: 0.8755633

00:07:03.950 --> 00:07:06.180 Bring your loving presents to  
NOTE Confidence: 0.8755633

00:07:06.180 --> 00:07:09.311 mind and maintain that as we did

NOTE Confidence: 0.8755633

00:07:09.311 --> 00:07:11.747 in the meditation and continue to

NOTE Confidence: 0.8755633

00:07:11.747 --> 00:07:14.427 feel that presence in your body.

NOTE Confidence: 0.8755633

00:07:14.430 --> 00:07:18.567 In your heart. And when you're ready,

NOTE Confidence: 0.8755633

00:07:18.570 --> 00:07:22.776 feel that presence in your hands.

NOTE Confidence: 0.8755633

00:07:22.780 --> 00:07:24.660 Remember, this is something

NOTE Confidence: 0.8755633

00:07:24.660 --> 00:07:27.010 we evoke through our body.

NOTE Confidence: 0.8755633

00:07:27.010 --> 00:07:30.630 Not with our mind.

NOTE Confidence: 0.8755633

00:07:30.630 --> 00:07:33.090 And once you've turned into that

NOTE Confidence: 0.8755633

00:07:33.090 --> 00:07:36.079 feeling of love and being cared for,

NOTE Confidence: 0.8755633

00:07:36.080 --> 00:07:40.917 begin massage ING one of your feet.

NOTE Confidence: 0.8755633

00:07:40.920 --> 00:07:44.352 Start near your toes and start

NOTE Confidence: 0.8755633

00:07:44.352 --> 00:07:46.640 with a lighter touch.

NOTE Confidence: 0.8755633

00:07:46.640 --> 00:07:49.010 Just make soda little circles with

NOTE Confidence: 0.8755633

00:07:49.010 --> 00:07:51.880 the use of tips of your fingers

NOTE Confidence: 0.8755633

00:07:51.880 --> 00:07:54.701 and just kind of make little loving

NOTE Confidence: 0.8755633



00:07:54.782 --> 00:07:57.386 circles at the base of your toes.  
NOTE Confidence: 0.88924664

00:08:00.010 --> 00:08:02.890 You could move to the bottom  
NOTE Confidence: 0.88924664

00:08:02.890 --> 00:08:05.839 of the foot around the arch.  
NOTE Confidence: 0.88924664

00:08:05.840 --> 00:08:09.125 And imagine your foot as  
NOTE Confidence: 0.88924664

00:08:09.125 --> 00:08:12.410 a baby or small animal.  
NOTE Confidence: 0.88924664

00:08:12.410 --> 00:08:15.290 Just imagine sending all of  
NOTE Confidence: 0.88924664

00:08:15.290 --> 00:08:18.170 the love from your loving  
NOTE Confidence: 0.88924664

00:08:18.281 --> 00:08:20.889 presence into your foot.  
NOTE Confidence: 0.88924664

00:08:20.890 --> 00:08:25.120 Just go as slowly as possible.  
NOTE Confidence: 0.8988532

00:08:27.140 --> 00:08:30.950 Just continue to gently. Massage around  
NOTE Confidence: 0.8988532

00:08:30.950 --> 00:08:35.080 your foot and notice what comes up.  
NOTE Confidence: 0.8798003

00:08:38.160 --> 00:08:39.564 There might be resistance,  
NOTE Confidence: 0.8798003

00:08:39.564 --> 00:08:42.040 or they thought I don't deserve this,  
NOTE Confidence: 0.8798003

00:08:42.040 --> 00:08:45.274 but allow the Fox to be there.  
NOTE Confidence: 0.8798003

00:08:45.280 --> 00:08:47.578 Don't engage with them for now.  
NOTE Confidence: 0.9178468

00:08:49.810 --> 00:08:51.880 You can always return to them

NOTE Confidence: 0.9178468  
00:08:51.880 --> 00:08:53.660 after the meditation is over.  
NOTE Confidence: 0.8289248  
00:08:55.940 --> 00:08:59.290 Massage gently between the toes.  
NOTE Confidence: 0.8914618  
00:09:02.490 --> 00:09:06.090 Along the outside and the inside  
NOTE Confidence: 0.8914618  
00:09:06.090 --> 00:09:10.710 of the foot. Round the heel.  
NOTE Confidence: 0.8914618  
00:09:10.710 --> 00:09:13.321 And let that loving presence pour out  
NOTE Confidence: 0.8914618  
00:09:13.321 --> 00:09:15.976 of your hands and on to your foot.  
NOTE Confidence: 0.8059788  
00:09:18.710 --> 00:09:22.854 Work your way now up Tord your ankle.  
NOTE Confidence: 0.8059788  
00:09:22.860 --> 00:09:25.540 Just notice the tender spots.  
NOTE Confidence: 0.84221977  
00:09:28.540 --> 00:09:31.420 You can massage all the way up your calf  
NOTE Confidence: 0.84221977  
00:09:31.420 --> 00:09:34.726 if that feels good and comfortable to you.  
NOTE Confidence: 0.8823703  
00:09:39.540 --> 00:09:41.676 If you notice your mind wandering,  
NOTE Confidence: 0.8823703  
00:09:41.680 --> 00:09:43.672 just gently bring it back to  
NOTE Confidence: 0.8823703  
00:09:43.672 --> 00:09:45.610 the sensation of the massage.  
NOTE Confidence: 0.9131839  
00:09:49.310 --> 00:09:53.902 You can focus on the feeling of giving  
NOTE Confidence: 0.9131839  
00:09:53.902 --> 00:09:57.740 the feeling of receiving. Or both.  
NOTE Confidence: 0.8013629

00:10:01.030 --> 00:10:04.528 If you notice any emotions arising,  
NOTE Confidence: 0.8013629

00:10:04.530 --> 00:10:08.028 just imagine you gently massage ING,  
NOTE Confidence: 0.8013629

00:10:08.030 --> 00:10:11.516 caressing and caring for them too.  
NOTE Confidence: 0.8879409

00:10:15.470 --> 00:10:18.534 See if you notice any tension begin to  
NOTE Confidence: 0.8879409

00:10:18.534 --> 00:10:21.649 release as you give your body this gift.  
NOTE Confidence: 0.89677054

00:10:28.030 --> 00:10:30.682 Move on to the other foot. We always  
NOTE Confidence: 0.89677054

00:10:30.682 --> 00:10:33.330 want to create a balance in the body.  
NOTE Confidence: 0.8839581

00:10:37.450 --> 00:10:42.270 And again. Massage around.  
NOTE Confidence: 0.8839581

00:10:42.270 --> 00:10:44.670 The bottom of the toes.  
NOTE Confidence: 0.790006

00:10:48.650 --> 00:10:50.408 Around the arch.  
NOTE Confidence: 0.7346725

00:10:55.270 --> 00:10:59.006 The base of the foot just gentle caresses.  
NOTE Confidence: 0.8888414

00:11:01.480 --> 00:11:03.330 Imagine your foot again as  
NOTE Confidence: 0.8888414

00:11:03.330 --> 00:11:05.860 a baby or a small animal.  
NOTE Confidence: 0.8888414

00:11:05.860 --> 00:11:09.731 Imagine sending all the love from your  
NOTE Confidence: 0.8888414

00:11:09.731 --> 00:11:12.798 loving presence into this foot now.  
NOTE Confidence: 0.8888414

00:11:12.800 --> 00:11:16.430 Discuss slow notice what comes up.

NOTE Confidence: 0.88323987

00:11:20.820 --> 00:11:23.166 Again, let your loving presence pour

NOTE Confidence: 0.88323987

00:11:23.166 --> 00:11:26.180 out of your hands and into your foot.

NOTE Confidence: 0.88618326

00:11:29.050 --> 00:11:32.130 You could make your way up the ankle,

NOTE Confidence: 0.88618326

00:11:32.130 --> 00:11:33.670 and again, there's some

NOTE Confidence: 0.88618326

00:11:33.670 --> 00:11:35.210 tender spots there sometimes,

NOTE Confidence: 0.88618326

00:11:35.210 --> 00:11:37.520 so just be gentle with yourself.

NOTE Confidence: 0.89756274

00:11:42.090 --> 00:11:44.526 If you notice your mind wandering again,

NOTE Confidence: 0.89756274

00:11:44.530 --> 00:11:46.462 just gently bring it back to

NOTE Confidence: 0.89756274

00:11:46.462 --> 00:11:48.350 the sensation of the massage.

NOTE Confidence: 0.81942487

00:11:50.410 --> 00:11:52.000 Work around the calf muscles.

NOTE Confidence: 0.81942487

00:11:52.000 --> 00:11:54.177 You can give it like a little

NOTE Confidence: 0.81942487

00:11:54.177 --> 00:11:56.454 squeeze is not too hard, just gentle

NOTE Confidence: 0.81942487

00:11:56.454 --> 00:11:58.039 little squeezes around the calf.

NOTE Confidence: 0.82049114

00:12:08.200 --> 00:12:10.937 And we're going to finish up with

NOTE Confidence: 0.82049114

00:12:10.937 --> 00:12:13.728 this leg. I'm gonna put full

NOTE Confidence: 0.82049114

00:12:13.728 --> 00:12:16.740 feet again back on the floor.  
NOTE Confidence: 0.82049114

00:12:16.740 --> 00:12:19.698 Sit with spine, erect but relaxed.  
NOTE Confidence: 0.903151325333333

00:12:22.010 --> 00:12:25.678 Just notice. Any difference in your body  
NOTE Confidence: 0.903151325333333

00:12:25.678 --> 00:12:29.879 right now and your emotion or your mood.  
NOTE Confidence: 0.903151325333333

00:12:29.880 --> 00:12:32.350 If you feel a bit more relaxed and a little  
NOTE Confidence: 0.903151325333333

00:12:32.414 --> 00:12:34.886 bit of more circulation flowing throughout.  
NOTE Confidence: 0.8976148

00:12:38.710 --> 00:12:40.078 This practice of massage  
NOTE Confidence: 0.8976148

00:12:40.078 --> 00:12:42.130 in our feet and our legs.  
NOTE Confidence: 0.8976148

00:12:42.130 --> 00:12:43.930 It's an excellent way to start  
NOTE Confidence: 0.8976148

00:12:43.930 --> 00:12:45.890 or finish off the meditation,  
NOTE Confidence: 0.8976148

00:12:45.890 --> 00:12:48.378 and this can be done on your own  
NOTE Confidence: 0.8976148

00:12:48.378 --> 00:12:50.473 at anytime throughout the day or  
NOTE Confidence: 0.8976148

00:12:50.473 --> 00:12:53.070 prior to going to sleep at night.  
NOTE Confidence: 0.9031488

00:12:55.980 --> 00:12:57.950 So with that, we'll take  
NOTE Confidence: 0.9031488

00:12:57.950 --> 00:12:59.526 another deep breath in.  
NOTE Confidence: 0.9031488

00:12:59.530 --> 00:13:03.100 Arms out to both sides.

NOTE Confidence: 0.9031488

00:13:03.100 --> 00:13:05.080 Stretch over your head.

NOTE Confidence: 0.68407005

00:13:07.410 --> 00:13:11.455 And then into prayer pose.