

WEBVTT

NOTE duration:"00:14:56.7040000"

NOTE language:en-us

NOTE Confidence: 0.8449149

00:00:00.000 --> 00:00:01.524 Program licensed massage therapist

NOTE Confidence: 0.8449149

00:00:01.524 --> 00:00:03.048 at Smilow Cancer hospital.

NOTE Confidence: 0.8449149

00:00:03.050 --> 00:00:05.458 It's my honor and my privilege to be

NOTE Confidence: 0.8449149

00:00:05.458 --> 00:00:08.107 with you here today we're gonna do

NOTE Confidence: 0.8449149

00:00:08.107 --> 00:00:10.561 opening meditation and then we're going

NOTE Confidence: 0.8449149

00:00:10.561 --> 00:00:13.009 to transition into a guided meditation

NOTE Confidence: 0.8449149

00:00:13.009 --> 00:00:15.732 and today person going to talk a

NOTE Confidence: 0.8449149

00:00:15.732 --> 00:00:17.970 little bit about gratitude for others,

NOTE Confidence: 0.8449149

00:00:17.970 --> 00:00:19.059 gratitude for ourselves.

NOTE Confidence: 0.8449149

00:00:19.059 --> 00:00:21.600 And then we're going to think a

NOTE Confidence: 0.8449149

00:00:21.669 --> 00:00:23.937 little bit about our future selves.

NOTE Confidence: 0.8449149

00:00:23.940 --> 00:00:26.124 Sometimes we get so caught up

NOTE Confidence: 0.8449149

00:00:26.124 --> 00:00:28.419 in what's going on right now,

NOTE Confidence: 0.8449149

00:00:28.420 --> 00:00:30.760 and we can't sort of break.

NOTE Confidence: 0.8449149  
00:00:30.760 --> 00:00:31.940 Through and think about, well,  
NOTE Confidence: 0.8449149  
00:00:31.940 --> 00:00:33.828 what do we have to look forward to?  
NOTE Confidence: 0.8449149  
00:00:33.830 --> 00:00:35.774 Where do I wanna be down the road  
NOTE Confidence: 0.8449149  
00:00:35.774 --> 00:00:37.596 and what do I want to be doing?  
NOTE Confidence: 0.8449149  
00:00:37.600 --> 00:00:39.259 And there's a whole world of opportunities  
NOTE Confidence: 0.8449149  
00:00:39.259 --> 00:00:40.907 that are always always waiting for us.  
NOTE Confidence: 0.91152316  
00:00:43.280 --> 00:00:47.078 So just start now by bringing  
NOTE Confidence: 0.91152316  
00:00:47.078 --> 00:00:50.470 your attention to your chest.  
NOTE Confidence: 0.91152316  
00:00:50.470 --> 00:00:53.230 To your physical heart.  
NOTE Confidence: 0.91152316  
00:00:53.230 --> 00:00:55.932 Or maybe whatever place in your body  
NOTE Confidence: 0.91152316  
00:00:55.932 --> 00:00:58.948 that you feel kind nisana connection.  
NOTE Confidence: 0.83138037  
00:01:00.980 --> 00:01:03.040 It could be the heart.  
NOTE Confidence: 0.83138037  
00:01:03.040 --> 00:01:06.616 It could be the belly or.  
NOTE Confidence: 0.83138037  
00:01:06.620 --> 00:01:08.690 It could be someplace else.  
NOTE Confidence: 0.85933894  
00:01:12.130 --> 00:01:15.080 Just notice if you're hurt,  
NOTE Confidence: 0.85933894

00:01:15.080 --> 00:01:19.215 feels open or closed today  
NOTE Confidence: 0.85933894

00:01:19.215 --> 00:01:21.696 anything in between.  
NOTE Confidence: 0.85933894

00:01:21.700 --> 00:01:23.770 Just checking in not in  
NOTE Confidence: 0.85933894

00:01:23.770 --> 00:01:25.426 order to change anything,  
NOTE Confidence: 0.85933894

00:01:25.430 --> 00:01:27.908 but just in order to know.  
NOTE Confidence: 0.89636624

00:01:31.110 --> 00:01:33.288 Now bring to mind one person  
NOTE Confidence: 0.89636624

00:01:33.288 --> 00:01:35.180 you feel a connection with,  
NOTE Confidence: 0.89636624

00:01:35.180 --> 00:01:37.955 or maybe somebody who you  
NOTE Confidence: 0.89636624

00:01:37.955 --> 00:01:40.730 would like to connect with.  
NOTE Confidence: 0.89636624

00:01:40.730 --> 00:01:43.070 Imagine that person being here  
NOTE Confidence: 0.89636624

00:01:43.070 --> 00:01:45.930 with you may be sitting across  
NOTE Confidence: 0.89636624

00:01:45.930 --> 00:01:48.528 from you and looking at you.  
NOTE Confidence: 0.89818424

00:01:50.550 --> 00:01:52.202 Maybe feeling gratitude for  
NOTE Confidence: 0.89818424

00:01:52.202 --> 00:01:54.680 this person being in your life.  
NOTE Confidence: 0.8713885

00:01:58.580 --> 00:02:01.232 Maybe recalling something that you like  
NOTE Confidence: 0.8713885

00:02:01.232 --> 00:02:04.189 about this person or something kind.

NOTE Confidence: 0.8713885  
00:02:04.190 --> 00:02:06.296 That he or she has done.  
NOTE Confidence: 0.79844654  
00:02:10.340 --> 00:02:13.120 Now start sending this person  
NOTE Confidence: 0.79844654  
00:02:13.120 --> 00:02:15.344 wishes of loving kindness.  
NOTE Confidence: 0.8589942  
00:02:18.620 --> 00:02:22.202 May you be safe and protected  
NOTE Confidence: 0.8589942  
00:02:22.202 --> 00:02:25.240 from internal and external harm?  
NOTE Confidence: 0.8589942  
00:02:25.240 --> 00:02:30.315 May you be truly happy and peaceful.  
NOTE Confidence: 0.8589942  
00:02:30.320 --> 00:02:34.744 May you live your life with ease.  
NOTE Confidence: 0.8589942  
00:02:34.750 --> 00:02:38.188 May you be healthy and strong.  
NOTE Confidence: 0.8720868  
00:02:41.980 --> 00:02:45.316 Now find your breath and gather  
NOTE Confidence: 0.8720868  
00:02:45.316 --> 00:02:47.540 those wishes for yourself.  
NOTE Confidence: 0.8720868  
00:02:47.540 --> 00:02:51.578 For safety. Protection.  
NOTE Confidence: 0.8720868  
00:02:51.580 --> 00:02:56.819 Health. Happiness. Ann is.  
NOTE Confidence: 0.8851781  
00:03:02.200 --> 00:03:04.330 Now maintain your comfortable position.  
NOTE Confidence: 0.8851781  
00:03:04.330 --> 00:03:07.706 If your eyes are open and allow them  
NOTE Confidence: 0.8851781  
00:03:07.706 --> 00:03:11.271 to close and just begin by focusing  
NOTE Confidence: 0.8851781

00:03:11.271 --> 00:03:13.896 your thoughts on your breath.  
NOTE Confidence: 0.8851781

00:03:13.900 --> 00:03:19.130 Breathing in. And breathing out.  
NOTE Confidence: 0.79278684

00:03:21.470 --> 00:03:26.910 Breathing in easily and effortlessly.  
NOTE Confidence: 0.79278684

00:03:26.910 --> 00:03:29.010 And then breathing out.  
NOTE Confidence: 0.8839328

00:03:31.590 --> 00:03:35.310 Each breath allows you to become  
NOTE Confidence: 0.8839328

00:03:35.310 --> 00:03:37.790 more relaxed and comfortable.  
NOTE Confidence: 0.8839328

00:03:37.790 --> 00:03:40.278 Outside sounds only allow  
NOTE Confidence: 0.8839328

00:03:40.278 --> 00:03:43.388 you to go deeper inside.  
NOTE Confidence: 0.8839328

00:03:43.390 --> 00:03:45.882 A reminder of how good it is  
NOTE Confidence: 0.8839328

00:03:45.882 --> 00:03:48.460 to leave the noise and stress  
NOTE Confidence: 0.8839328

00:03:48.460 --> 00:03:50.348 of the outside world.  
NOTE Confidence: 0.8839328

00:03:50.350 --> 00:03:52.714 An journey into the quiet and  
NOTE Confidence: 0.8839328

00:03:52.714 --> 00:03:54.860 peace of your inner world.  
NOTE Confidence: 0.9026957

00:03:58.560 --> 00:04:02.880 As you start to feel a sense of deep  
NOTE Confidence: 0.9026957

00:04:02.880 --> 00:04:04.800 relaxation, picture yourself standing  
NOTE Confidence: 0.9026957

00:04:04.800 --> 00:04:07.680 before a peaceful Lake or pond.

NOTE Confidence: 0.8113263  
00:04:10.380 --> 00:04:13.495 Drop a Pebble into the center and  
NOTE Confidence: 0.8113263  
00:04:13.495 --> 00:04:16.080 notice the water rippling out.  
NOTE Confidence: 0.87298816  
00:04:18.240 --> 00:04:21.036 And as the ripples flow further  
NOTE Confidence: 0.87298816  
00:04:21.036 --> 00:04:23.964 out and eventually slow down the  
NOTE Confidence: 0.87298816  
00:04:23.964 --> 00:04:26.389 water once again becomes quiet.  
NOTE Confidence: 0.87298816  
00:04:26.390 --> 00:04:30.338 And peaceful. And so do you.  
NOTE Confidence: 0.90992546  
00:04:35.720 --> 00:04:38.870 Now, standing on the edge of the  
NOTE Confidence: 0.90992546  
00:04:38.870 --> 00:04:41.570 body of water, imagine that there  
NOTE Confidence: 0.90992546  
00:04:41.570 --> 00:04:44.720 is a light right between your eyes.  
NOTE Confidence: 0.91224575  
00:04:47.050 --> 00:04:50.870 What color is the light?  
NOTE Confidence: 0.91224575  
00:04:50.870 --> 00:04:53.786 Picture that light. As a bright  
NOTE Confidence: 0.91224575  
00:04:53.786 --> 00:04:56.840 beam that extends out into space.  
NOTE Confidence: 0.85415745  
00:05:00.600 --> 00:05:02.144 Just start your journey.  
NOTE Confidence: 0.85415745  
00:05:02.144 --> 00:05:04.878 Follow the beam as it leaves your  
NOTE Confidence: 0.85415745  
00:05:04.878 --> 00:05:07.293 room and travels up into the Sky.  
NOTE Confidence: 0.866848

00:05:10.700 --> 00:05:13.908 Take a minute to notice the beauty of  
NOTE Confidence: 0.866848

00:05:13.908 --> 00:05:17.266 the earth below the crystal blue ocean.  
NOTE Confidence: 0.866848

00:05:17.270 --> 00:05:20.196 The serene white clouds and allow yourself  
NOTE Confidence: 0.866848

00:05:20.196 --> 00:05:23.399 to enjoy this perspective for a moment.  
NOTE Confidence: 0.8108191

00:05:26.220 --> 00:05:28.775 Once in the vastness of outer space,  
NOTE Confidence: 0.8108191

00:05:28.780 --> 00:05:30.605 you'll notice a nearby light  
NOTE Confidence: 0.8108191

00:05:30.605 --> 00:05:32.430 beaming up a different color.  
NOTE Confidence: 0.8629901

00:05:34.880 --> 00:05:39.974 Begin to follow that beam back down to Earth.  
NOTE Confidence: 0.8629901

00:05:39.980 --> 00:05:43.010 The beam is taking you back  
NOTE Confidence: 0.8629901

00:05:43.010 --> 00:05:46.110 to Earth five years from now.  
NOTE Confidence: 0.8629901

00:05:46.110 --> 00:05:49.620 Five years into the future.  
NOTE Confidence: 0.8629901

00:05:49.620 --> 00:05:52.560 Just keep following this beam down  
NOTE Confidence: 0.8629901

00:05:52.560 --> 00:05:55.419 noticing the curvature of the earth.  
NOTE Confidence: 0.8629901

00:05:55.420 --> 00:05:58.306 The geography stretched out below you.  
NOTE Confidence: 0.8672792

00:06:00.790 --> 00:06:04.050 As you come closer to the end of the beam,  
NOTE Confidence: 0.8672792

00:06:04.050 --> 00:06:06.006 just keep noticing where you are.

NOTE Confidence: 0.8799186

00:06:08.160 --> 00:06:11.415 This is where your future self lives.

NOTE Confidence: 0.8799186

00:06:11.420 --> 00:06:14.480 You five years from now.

NOTE Confidence: 0.8799186

00:06:14.480 --> 00:06:16.365 Come into contact with the

NOTE Confidence: 0.8799186

00:06:16.365 --> 00:06:18.610 earth and notice where you are.

NOTE Confidence: 0.79175174

00:06:20.640 --> 00:06:25.085 Notice what dwelling or nature surrounds you.

NOTE Confidence: 0.8806193

00:06:33.720 --> 00:06:36.355 Now move to the dwelling

NOTE Confidence: 0.8806193

00:06:36.355 --> 00:06:38.463 of your future self.

NOTE Confidence: 0.8806193

00:06:38.470 --> 00:06:40.700 What does it look like?

NOTE Confidence: 0.8806193

00:06:40.700 --> 00:06:44.165 What kind of landscape does it have?

NOTE Confidence: 0.8806193

00:06:44.170 --> 00:06:47.394 Are there trees, Flowers?

NOTE Confidence: 0.8806193

00:06:47.394 --> 00:06:50.618 If So what kind?

NOTE Confidence: 0.8806193

00:06:50.620 --> 00:06:52.600 Get a sense of this place.

NOTE Confidence: 0.8783872

00:06:59.350 --> 00:07:02.150 You approach the entrance you're

NOTE Confidence: 0.8783872

00:07:02.150 --> 00:07:05.530 about to meet your future self.

NOTE Confidence: 0.8783872

00:07:05.530 --> 00:07:08.902 As your future self lets you

NOTE Confidence: 0.8783872



00:07:08.902 --> 00:07:12.849 in take a good look around.  
NOTE Confidence: 0.8783872

00:07:12.850 --> 00:07:15.970 Greet your future self and notice the way  
NOTE Confidence: 0.8783872

00:07:15.970 --> 00:07:18.807 your future self returns your greeting.  
NOTE Confidence: 0.8783872

00:07:18.810 --> 00:07:21.306 Welcoming you into this time and  
NOTE Confidence: 0.8783872

00:07:21.306 --> 00:07:23.930 place five years in the future.  
NOTE Confidence: 0.9129379

00:07:25.970 --> 00:07:28.930 What does this person, the future look like?  
NOTE Confidence: 0.8461519

00:07:31.870 --> 00:07:36.390 Notice how this person stands.  
NOTE Confidence: 0.8461519

00:07:36.390 --> 00:07:39.320 What this person is wearing.  
NOTE Confidence: 0.8461519

00:07:39.320 --> 00:07:42.029 Get a sense of this person's essence.  
NOTE Confidence: 0.84095913

00:07:46.120 --> 00:07:48.778 Notice the inside of the dwelling.  
NOTE Confidence: 0.84095913

00:07:48.780 --> 00:07:52.236 What kind of person lives here?  
NOTE Confidence: 0.84095913

00:07:52.240 --> 00:07:54.262 What are the colors of this  
NOTE Confidence: 0.84095913

00:07:54.262 --> 00:07:56.300 place in this? Anyone else there?  
NOTE Confidence: 0.8775208

00:07:59.850 --> 00:08:03.250 Now move with your future self to a  
NOTE Confidence: 0.8775208

00:08:03.250 --> 00:08:05.709 comfortable place for a conversation.  
NOTE Confidence: 0.8775208

00:08:05.710 --> 00:08:07.514 Perhaps your future self

NOTE Confidence: 0.8775208

00:08:07.514 --> 00:08:09.769 offers you something to drink.

NOTE Confidence: 0.8610092

00:08:13.260 --> 00:08:16.422 Settle in and make yourself comfortable

NOTE Confidence: 0.8610092

00:08:16.422 --> 00:08:20.573 for a talk with your future self. There

NOTE Confidence: 0.8610092

00:08:20.573 --> 00:08:23.077 are questions that you might want to ask.

NOTE Confidence: 0.9026131

00:08:25.590 --> 00:08:27.960 Maybe begin by asking what are

NOTE Confidence: 0.9026131

00:08:27.960 --> 00:08:30.339 you doing with your life now?

NOTE Confidence: 0.93072736

00:08:32.770 --> 00:08:36.725 What do you love about your life?

NOTE Confidence: 0.93072736

00:08:36.730 --> 00:08:40.370 Take a moment now to hear the answer.

NOTE Confidence: 0.8500293

00:08:48.530 --> 00:08:51.445 Now ask your future self

NOTE Confidence: 0.8500293

00:08:51.445 --> 00:08:53.194 the following question.

NOTE Confidence: 0.8500293

00:08:53.200 --> 00:08:55.608 What do I need to know to

NOTE Confidence: 0.8500293

00:08:55.608 --> 00:08:58.127 get me from where I am now?

NOTE Confidence: 0.8500293

00:08:58.130 --> 00:09:00.850 To where you are.

NOTE Confidence: 0.8500293

00:09:00.850 --> 00:09:04.320 What would be most helpful?

NOTE Confidence: 0.8500293

00:09:04.320 --> 00:09:06.375 Listen to what your future

NOTE Confidence: 0.8500293

00:09:06.375 --> 00:09:08.430 self has to tell you.  
NOTE Confidence: 0.8592035

00:09:21.320 --> 00:09:23.822 Now tell your future self one  
NOTE Confidence: 0.8592035

00:09:23.822 --> 00:09:26.410 thing that is really bothering,  
NOTE Confidence: 0.8592035

00:09:26.410 --> 00:09:31.034 hurting or worrying you right now and ask.  
NOTE Confidence: 0.8592035

00:09:31.040 --> 00:09:33.515 How did you overcome this  
NOTE Confidence: 0.8592035

00:09:33.515 --> 00:09:35.000 challenge or heartache?  
NOTE Confidence: 0.885463033333333

00:09:46.960 --> 00:09:50.878 Next ask. What is our purpose?  
NOTE Confidence: 0.9084661

00:10:03.210 --> 00:10:05.390 Finally, ask your future self  
NOTE Confidence: 0.9084661

00:10:05.390 --> 00:10:08.610 to tell you one word that is  
NOTE Confidence: 0.9084661

00:10:08.610 --> 00:10:10.980 important for you to remember.  
NOTE Confidence: 0.9084661

00:10:10.980 --> 00:10:14.683 When you're feeling down or need support  
NOTE Confidence: 0.9084661

00:10:14.683 --> 00:10:18.229 to keep going towards your goals.  
NOTE Confidence: 0.9084661

00:10:18.230 --> 00:10:21.726 What is that one word and remember it?  
NOTE Confidence: 0.8883948

00:10:33.200 --> 00:10:34.790 As you're about to leave,  
NOTE Confidence: 0.8883948

00:10:34.790 --> 00:10:37.751 you notice that your future self has  
NOTE Confidence: 0.8883948

00:10:37.751 --> 00:10:40.970 a gift for you. We see the gift.

NOTE Confidence: 0.938554

00:10:45.340 --> 00:10:50.306 What is it? What do you notice about it?

NOTE Confidence: 0.938554

00:10:50.310 --> 00:10:52.914 And ask them what would you like

NOTE Confidence: 0.938554

00:10:52.914 --> 00:10:55.499 me to know about this gift?

NOTE Confidence: 0.88268685

00:11:09.590 --> 00:11:12.350 Now in bringing this visit to a close,

NOTE Confidence: 0.88268685

00:11:12.350 --> 00:11:15.038 thank your future self for being here with

NOTE Confidence: 0.88268685

00:11:15.038 --> 00:11:17.527 you today and sharing so much wisdom.

NOTE Confidence: 0.87472713

00:11:19.750 --> 00:11:22.720 Now take a deep breath.

NOTE Confidence: 0.87472713

00:11:22.720 --> 00:11:25.540 Breathing in this, experiencing and

NOTE Confidence: 0.87472713

00:11:25.540 --> 00:11:29.250 remembering what you need to remember.

NOTE Confidence: 0.85714686

00:11:34.080 --> 00:11:37.640 Now find your way back to the beam of Laden

NOTE Confidence: 0.85714686

00:11:37.724 --> 00:11:40.734 journey back up the beam watching this

NOTE Confidence: 0.85714686

00:11:40.734 --> 00:11:44.137 world of five years in the future grow

NOTE Confidence: 0.85714686

00:11:44.137 --> 00:11:48.798 even smaller as you move out into space.

NOTE Confidence: 0.85714686

00:11:48.800 --> 00:11:52.373 Again, you see the ball of blue and green

NOTE Confidence: 0.85714686

00:11:52.373 --> 00:11:56.268 below you, clouds swirling around it.

NOTE Confidence: 0.85714686

00:11:56.270 --> 00:11:58.342 Notice that your beam of light has  
NOTE Confidence: 0.85714686

00:11:58.342 --> 00:12:00.639 intersected with a different beam of light.  
NOTE Confidence: 0.85714686

00:12:00.640 --> 00:12:02.818 That will bring you back to  
NOTE Confidence: 0.85714686

00:12:02.818 --> 00:12:05.060 this year and this location.  
NOTE Confidence: 0.85714686

00:12:05.060 --> 00:12:08.138 You follow this beam of light  
NOTE Confidence: 0.85714686

00:12:08.138 --> 00:12:11.769 back to the present time on Earth.  
NOTE Confidence: 0.85714686

00:12:11.770 --> 00:12:14.815 And as you travel down this beam,  
NOTE Confidence: 0.85714686

00:12:14.820 --> 00:12:18.544 notice the earth growing bigger and bigger.  
NOTE Confidence: 0.85714686

00:12:18.550 --> 00:12:21.660 Moving farther down the beam.  
NOTE Confidence: 0.85714686

00:12:21.660 --> 00:12:25.368 Notice that geography of the area.  
NOTE Confidence: 0.85714686

00:12:25.370 --> 00:12:31.068 The skyline and landscape of your area.  
NOTE Confidence: 0.85714686

00:12:31.070 --> 00:12:33.230 And finally come back into  
NOTE Confidence: 0.85714686

00:12:33.230 --> 00:12:35.830 the room here where you are.  
NOTE Confidence: 0.8992557

00:12:39.400 --> 00:12:40.140 Good.  
NOTE Confidence: 0.8937947

00:12:45.260 --> 00:12:47.420 When you open your eyes just  
NOTE Confidence: 0.8937947

00:12:47.420 --> 00:12:49.470 remain silent for a minute.

NOTE Confidence: 0.8937947

00:12:49.470 --> 00:12:51.390 Just think about the journey.

NOTE Confidence: 0.87147236

00:12:54.710 --> 00:12:56.996 It's coming back to the present

NOTE Confidence: 0.87147236

00:12:56.996 --> 00:12:59.400 time now and feeling more alert.

NOTE Confidence: 0.8783912

00:13:02.270 --> 00:13:05.679 You could start to stretch your body,

NOTE Confidence: 0.8783912

00:13:05.680 --> 00:13:09.718 move your shoulders in little circles.

NOTE Confidence: 0.8783912

00:13:09.720 --> 00:13:14.510 Feel the ground beneath you.

NOTE Confidence: 0.8783912

00:13:14.510 --> 00:13:17.534 Making little circles with your angles

NOTE Confidence: 0.8783912

00:13:17.534 --> 00:13:20.957 and pressing your feet on to the floor.

NOTE Confidence: 0.92302275

00:13:23.800 --> 00:13:25.610 If your eyes are closed,

NOTE Confidence: 0.92302275

00:13:25.610 --> 00:13:28.400 you can open your eyes.

NOTE Confidence: 0.92302275

00:13:28.400 --> 00:13:32.205 Just please stretch with wall

NOTE Confidence: 0.92302275

00:13:32.205 --> 00:13:36.680 bombs to each side reaching out.

NOTE Confidence: 0.92302275

00:13:36.680 --> 00:13:38.789 Reaching arms overhead.

NOTE Confidence: 0.6049806

00:13:41.470 --> 00:13:44.086 Then exhale Ng into prayer pose.

NOTE Confidence: 0.8674321

00:13:48.980 --> 00:13:51.180 Again, just take a moment.

NOTE Confidence: 0.8674321

00:13:51.180 --> 00:13:54.700 Just reflect upon how you feel right now.  
NOTE Confidence: 0.9040112

00:13:58.430 --> 00:14:01.106 You should just be feeling very,  
NOTE Confidence: 0.9040112

00:14:01.110 --> 00:14:04.458 very relaxed and grounded, just knowing.  
NOTE Confidence: 0.9040112

00:14:04.460 --> 00:14:07.800 That you're always in control.  
NOTE Confidence: 0.9040112

00:14:07.800 --> 00:14:12.666 Of your thoughts and your speech.  
NOTE Confidence: 0.9040112

00:14:12.670 --> 00:14:18.466 And your destiny is determined merely by.  
NOTE Confidence: 0.9040112

00:14:18.470 --> 00:14:21.630 Your hopes for the future.  
NOTE Confidence: 0.9040112

00:14:21.630 --> 00:14:24.006 Your anticipation of what's to come.  
NOTE Confidence: 0.860096339999999

00:14:27.710 --> 00:14:29.987 And with that I say to you may the  
NOTE Confidence: 0.860096339999999

00:14:29.987 --> 00:14:32.628 long time sunshine upon all of you and  
NOTE Confidence: 0.860096339999999

00:14:32.628 --> 00:14:35.017 all love surround you and the pure  
NOTE Confidence: 0.860096339999999

00:14:35.017 --> 00:14:37.003 light that lives within you always  
NOTE Confidence: 0.860096339999999

00:14:37.010 --> 00:14:40.866 guide your way on guide you way on.  
NOTE Confidence: 0.860096339999999

00:14:40.870 --> 00:14:42.796 Thank you again so much for  
NOTE Confidence: 0.860096339999999

00:14:42.796 --> 00:14:44.980 taking the time out of your day.  
NOTE Confidence: 0.860096339999999

00:14:44.980 --> 00:14:48.196 For this journey, for this grounding.

NOTE Confidence: 0.860096339999999

00:14:48.200 --> 00:14:50.416 And hopefully the day and the weeks to

NOTE Confidence: 0.860096339999999

00:14:50.416 --> 00:14:52.479 come will be filled with much love,

NOTE Confidence: 0.860096339999999

00:14:52.480 --> 00:14:53.335 peace and hapiness.

NOTE Confidence: 0.860096339999999

00:14:53.335 --> 00:14:56.704 OK be well, hope to see you all soon.