

WEBVTT

NOTE duration:"00:13:06.8800000"

NOTE language:en-us

NOTE Confidence: 0.8689092

00:00:02.450 --> 00:00:04.050 Happy to see everybody to

NOTE Confidence: 0.8689092

00:00:04.050 --> 00:00:06.270 thank you so much for joining.

NOTE Confidence: 0.8689092

00:00:06.270 --> 00:00:07.614 I've missed you all.

NOTE Confidence: 0.8689092

00:00:07.614 --> 00:00:09.630 We started up the oncology massage

NOTE Confidence: 0.8689092

00:00:09.696 --> 00:00:11.466 for this Milo patients again,

NOTE Confidence: 0.8689092

00:00:11.470 --> 00:00:14.305 which is why we had to do a little

NOTE Confidence: 0.8689092

00:00:14.305 --> 00:00:15.978 shuffling with the schedule.

NOTE Confidence: 0.8689092

00:00:15.980 --> 00:00:18.654 But we're going to continue the on

NOTE Confidence: 0.8689092

00:00:18.654 --> 00:00:20.881 line meditation because I think it's

NOTE Confidence: 0.8689092

00:00:20.881 --> 00:00:22.897 just been so helpful for everybody

NOTE Confidence: 0.8689092

00:00:22.897 --> 00:00:25.348 and I hope this time works for you.

NOTE Confidence: 0.8682734

00:00:28.400 --> 00:00:30.950 As always as we begin,

NOTE Confidence: 0.8682734

00:00:30.950 --> 00:00:33.880 just find a seated position

NOTE Confidence: 0.8682734

00:00:33.880 --> 00:00:37.650 that allows you to be alert.

NOTE Confidence: 0.8682734  
00:00:37.650 --> 00:00:42.348 Your spine erect, but not rigid.  
NOTE Confidence: 0.8682734  
00:00:42.350 --> 00:00:44.030 And also relaxed.  
NOTE Confidence: 0.88624686  
00:00:50.790 --> 00:00:53.394 Now just take a moment and close  
NOTE Confidence: 0.88624686  
00:00:53.394 --> 00:00:56.287 your eyes and just rest your hands.  
NOTE Confidence: 0.88624686  
00:00:56.290 --> 00:00:57.858 It easy, effortless way.  
NOTE Confidence: 0.7808694  
00:01:04.040 --> 00:01:06.776 Take a moment and just scan  
NOTE Confidence: 0.7808694  
00:01:06.776 --> 00:01:09.335 through your body and wherever  
NOTE Confidence: 0.7808694  
00:01:09.335 --> 00:01:12.515 possible just soften an release.  
NOTE Confidence: 0.7808694  
00:01:12.520 --> 00:01:15.170 Obvious areas of physical tension.  
NOTE Confidence: 0.90346235  
00:01:17.780 --> 00:01:20.486 We begin the practice of coming  
NOTE Confidence: 0.90346235  
00:01:20.486 --> 00:01:23.180 back by establishing our home base.  
NOTE Confidence: 0.86639947  
00:01:26.590 --> 00:01:28.830 While there are many possible  
NOTE Confidence: 0.86639947  
00:01:28.830 --> 00:01:31.070 anchors such as sound or  
NOTE Confidence: 0.86639947  
00:01:31.158 --> 00:01:33.650 sensation throughout the body.  
NOTE Confidence: 0.86639947  
00:01:33.650 --> 00:01:35.972 The most common one we'll be  
NOTE Confidence: 0.86639947

00:01:35.972 --> 00:01:38.150 exploring here is the breath.  
NOTE Confidence: 0.8816805

00:01:42.440 --> 00:01:44.848 Just breathe naturally and  
NOTE Confidence: 0.8816805

00:01:44.848 --> 00:01:47.858 just simply notice where the  
NOTE Confidence: 0.8816805

00:01:47.858 --> 00:01:50.600 breath is easiest to detect.  
NOTE Confidence: 0.85528266

00:01:53.680 --> 00:01:56.788 And where the breath also feels  
NOTE Confidence: 0.85528266

00:01:56.788 --> 00:01:59.378 pleasant, or at least neutral.  
NOTE Confidence: 0.8901605

00:02:03.370 --> 00:02:05.902 So you might be paying attention  
NOTE Confidence: 0.8901605

00:02:05.902 --> 00:02:08.745 to how the breath feels as it  
NOTE Confidence: 0.8901605

00:02:08.745 --> 00:02:11.230 flows in and out of your nose.  
NOTE Confidence: 0.88787264

00:02:13.660 --> 00:02:16.892 You might feel the touch of your breath  
NOTE Confidence: 0.88787264

00:02:16.892 --> 00:02:20.158 around your nostrils or on your upper lip.  
NOTE Confidence: 0.87046057

00:02:24.850 --> 00:02:27.238 Or perhaps you feel the movement  
NOTE Confidence: 0.87046057

00:02:27.238 --> 00:02:29.816 of your chest or the rising  
NOTE Confidence: 0.87046057

00:02:29.816 --> 00:02:32.076 and falling of your abdomen.  
NOTE Confidence: 0.89389074

00:02:34.960 --> 00:02:38.496 Or perhaps you feel your whole body like  
NOTE Confidence: 0.89389074

00:02:38.496 --> 00:02:42.039 a balloon expanding with the in breath.

NOTE Confidence: 0.49334636  
00:02:44.940 --> 00:02:48.660 Enter fleeting with the outbreath.  
NOTE Confidence: 0.90947616  
00:02:53.720 --> 00:02:56.335 Just continue to breathe gently  
NOTE Confidence: 0.90947616  
00:02:56.335 --> 00:02:59.530 in and out through your nose.  
NOTE Confidence: 0.88892186  
00:03:01.830 --> 00:03:04.120 And allow yourself to get  
NOTE Confidence: 0.88892186  
00:03:04.120 --> 00:03:06.410 further settled into your seat.  
NOTE Confidence: 0.85546887  
00:03:10.710 --> 00:03:13.944 With this routing down, notice the  
NOTE Confidence: 0.85546887  
00:03:13.944 --> 00:03:17.590 energy you receive back from the Earth.  
NOTE Confidence: 0.83777773  
00:03:19.600 --> 00:03:23.866 Feel how your connection to the  
NOTE Confidence: 0.83777773  
00:03:23.866 --> 00:03:27.384 support underneath you helps you  
NOTE Confidence: 0.83777773  
00:03:27.384 --> 00:03:31.678 feel tall. And awake. And alive.  
NOTE Confidence: 0.7939205  
00:03:35.830 --> 00:03:39.638 We remain connected to the body and  
NOTE Confidence: 0.7939205  
00:03:39.638 --> 00:03:43.368 the breath aware of body and breath.  
NOTE Confidence: 0.7939205  
00:03:43.370 --> 00:03:47.055 And feel how the body  
NOTE Confidence: 0.7939205  
00:03:47.055 --> 00:03:49.266 seemingly breathes itself.  
NOTE Confidence: 0.84990644  
00:03:52.900 --> 00:03:57.051 Notice into the wonder of the rise  
NOTE Confidence: 0.84990644

00:03:57.051 --> 00:04:01.944 and the fall of your chest. The wonder  
NOTE Confidence: 0.84990644

00:04:01.944 --> 00:04:05.586 of the continual movement of breath.  
NOTE Confidence: 0.7998458

00:04:09.120 --> 00:04:12.781 Soften into a deep feeling of gratitude  
NOTE Confidence: 0.7998458

00:04:12.781 --> 00:04:16.618 for the body itself. And your breath.  
NOTE Confidence: 0.8309725

00:04:20.240 --> 00:04:23.310 Since your heart opening to  
NOTE Confidence: 0.8309725

00:04:23.310 --> 00:04:27.090 the miracle that is your body.  
NOTE Confidence: 0.8309725

00:04:27.090 --> 00:04:29.746 Recognize all the wonderful  
NOTE Confidence: 0.8309725

00:04:29.746 --> 00:04:33.066 ways in which it functions.  
NOTE Confidence: 0.8309725

00:04:33.070 --> 00:04:36.438 And all the amazing ways in which it  
NOTE Confidence: 0.8309725

00:04:36.438 --> 00:04:39.786 allows you to connect with your world.  
NOTE Confidence: 0.8773907

00:04:43.050 --> 00:04:45.438 Feel your heart open to the  
NOTE Confidence: 0.8773907

00:04:45.438 --> 00:04:47.700 miracle that is your breath.  
NOTE Confidence: 0.8390645

00:04:51.660 --> 00:04:56.262 And as you do so, conjure up a  
NOTE Confidence: 0.8390645

00:04:56.262 --> 00:04:58.982 heartfelt gratitude as you delve  
NOTE Confidence: 0.8390645

00:04:58.982 --> 00:05:01.759 into present moment awareness.  
NOTE Confidence: 0.87365913

00:05:12.910 --> 00:05:16.498 Recognize how precious and how extraordinary

NOTE Confidence: 0.87365913  
00:05:16.498 --> 00:05:19.819 your breath and your body are.  
NOTE Confidence: 0.7946566  
00:05:21.930 --> 00:05:26.076 Begin to feel your body softening.  
NOTE Confidence: 0.7946566  
00:05:26.080 --> 00:05:29.340 An opening into this awareness.  
NOTE Confidence: 0.82222086  
00:05:33.210 --> 00:05:35.960 Feel all tension begin to  
NOTE Confidence: 0.82222086  
00:05:35.960 --> 00:05:38.160 release from your forehead.  
NOTE Confidence: 0.8931126  
00:05:41.080 --> 00:05:42.650 Your shoulders.  
NOTE Confidence: 0.8747209  
00:05:46.410 --> 00:05:51.408 Your belly. And your size.  
NOTE Confidence: 0.898652461538462  
00:05:56.190 --> 00:05:58.206 And then intentionally.  
NOTE Confidence: 0.898652461538462  
00:05:58.206 --> 00:06:01.566 Ever so slightly turn up  
NOTE Confidence: 0.898652461538462  
00:06:01.566 --> 00:06:04.599 the corners of your mouth.  
NOTE Confidence: 0.837058  
00:06:08.740 --> 00:06:11.740 And notice how the body  
NOTE Confidence: 0.837058  
00:06:11.740 --> 00:06:14.740 reacts to this subtle smile.  
NOTE Confidence: 0.837058  
00:06:14.740 --> 00:06:17.930 In turn Tord that sensation.  
NOTE Confidence: 0.6974715  
00:06:26.210 --> 00:06:31.090 Label that sensation as hapiness.  
NOTE Confidence: 0.6974715  
00:06:31.090 --> 00:06:36.528 As joy or is bliss? And sit with it.  
NOTE Confidence: 0.76978904

00:06:40.740 --> 00:06:44.860 Hold your subtle inner smile.  
NOTE Confidence: 0.76978904

00:06:44.860 --> 00:06:48.480 And explore notice what arises.  
NOTE Confidence: 0.9039448

00:06:54.060 --> 00:06:55.878 Continue your breath.  
NOTE Confidence: 0.8854257

00:07:02.130 --> 00:07:05.616 I notice too that this sensation of  
NOTE Confidence: 0.8854257

00:07:05.616 --> 00:07:08.930 joy is available to you right here.  
NOTE Confidence: 0.8854257

00:07:08.930 --> 00:07:12.814 Right now. Doing something  
NOTE Confidence: 0.8854257

00:07:12.814 --> 00:07:15.899 as simple as sitting still.  
NOTE Confidence: 0.8854257

00:07:15.900 --> 00:07:18.429 Watching and noticing.  
NOTE Confidence: 0.8930533

00:07:22.440 --> 00:07:24.380 Right here and right now,  
NOTE Confidence: 0.8930533

00:07:24.380 --> 00:07:27.758 the more you can be present.  
NOTE Confidence: 0.8930533

00:07:27.760 --> 00:07:30.651 The more you can free yourself from  
NOTE Confidence: 0.8930533

00:07:30.651 --> 00:07:32.799 thinking about what comes next.  
NOTE Confidence: 0.8654127

00:07:36.130 --> 00:07:39.316 The more you can free yourself  
NOTE Confidence: 0.8654127

00:07:39.316 --> 00:07:42.232 from ruminating on what has  
NOTE Confidence: 0.8654127

00:07:42.232 --> 00:07:45.296 already happened. The more you  
NOTE Confidence: 0.8654127

00:07:45.296 --> 00:07:48.668 are available to notice this joy.

NOTE Confidence: 0.8311161

00:08:02.160 --> 00:08:05.988 Notice that joy doesn't so much

NOTE Confidence: 0.8311161

00:08:05.988 --> 00:08:10.950 arise, but joy is revealed.

NOTE Confidence: 0.8311161

00:08:10.950 --> 00:08:15.150 Joy is most available to you when

NOTE Confidence: 0.8311161

00:08:15.150 --> 00:08:18.843 you are available to be nowhere

NOTE Confidence: 0.8311161

00:08:18.843 --> 00:08:22.340 other than wait here. Right now.

NOTE Confidence: 0.8932253

00:08:27.300 --> 00:08:29.530 West in your whole body.

NOTE Confidence: 0.8932253

00:08:29.530 --> 00:08:32.650 In this state of joy.

NOTE Confidence: 0.8932253

00:08:32.650 --> 00:08:35.755 And identify with this bliss

NOTE Confidence: 0.8932253

00:08:35.755 --> 00:08:38.860 as who you really are.

NOTE Confidence: 0.78532815

00:08:52.280 --> 00:08:54.448 This hapiness this joy.

NOTE Confidence: 0.78532815

00:08:54.448 --> 00:08:59.146 This bliss is what we means when you

NOTE Confidence: 0.78532815

00:08:59.146 --> 00:09:02.486 drop all your superficial thinking.

NOTE Confidence: 0.78532815

00:09:02.490 --> 00:09:07.665 And doing. It's what we means when

NOTE Confidence: 0.78532815

00:09:07.665 --> 00:09:10.480 you're nowhere other than present.

NOTE Confidence: 0.78532815

00:09:10.480 --> 00:09:15.640 Right here. This is joy.

NOTE Confidence: 0.78532815

00:09:15.640 --> 00:09:18.200 This is your natural state.  
NOTE Confidence: 0.85531867

00:09:21.710 --> 00:09:25.355 We call this sensation an  
NOTE Confidence: 0.85531867

00:09:25.355 --> 00:09:30.149 remember that this is joy as you.  
NOTE Confidence: 0.85531867

00:09:30.150 --> 00:09:35.428 And it's available to you at anytime.  
NOTE Confidence: 0.85531867

00:09:35.430 --> 00:09:38.670 Anytime you'd like to come back to this  
NOTE Confidence: 0.85531867

00:09:38.670 --> 00:09:42.265 feeling, all you need to do is just  
NOTE Confidence: 0.85531867

00:09:42.265 --> 00:09:45.480 stop what you're doing. And notice.  
NOTE Confidence: 0.6666303

00:09:50.030 --> 00:09:53.470 So right here, acknowledge  
NOTE Confidence: 0.6666303

00:09:53.470 --> 00:09:56.910 the ease. The spaciousness.  
NOTE Confidence: 0.684077298333333

00:09:59.450 --> 00:10:02.990 Technol. Watch the gratitude and are.  
NOTE Confidence: 0.8386706

00:10:06.420 --> 00:10:09.280 Acknowledge your inner smile.  
NOTE Confidence: 0.8386706

00:10:09.280 --> 00:10:12.855 And the sensation of joy.  
NOTE Confidence: 0.8807667

00:10:17.640 --> 00:10:21.364 Get to know joy in this moment.  
NOTE Confidence: 0.8807667

00:10:21.370 --> 00:10:26.158 And make a promise to remember joy.  
NOTE Confidence: 0.8807667

00:10:26.160 --> 00:10:31.042 To turn towards joy. And to notice  
NOTE Confidence: 0.8807667

00:10:31.042 --> 00:10:33.940 who it is that you truly are.

NOTE Confidence: 0.8229646

00:10:45.530 --> 00:10:52.439 Just continue with three final deep breaths.

NOTE Confidence: 0.8229646

00:10:52.440 --> 00:10:56.384 This time. I breath in through your nose.

NOTE Confidence: 0.8424693

00:10:59.400 --> 00:11:01.750 And out through your mouth.

NOTE Confidence: 0.89653903

00:11:05.810 --> 00:11:09.058 A second deep breath in through your nose.

NOTE Confidence: 0.8985788

00:11:12.210 --> 00:11:14.090 And out through your mouth.

NOTE Confidence: 0.8959221

00:11:18.880 --> 00:11:22.176 Add one more time in through your nose.

NOTE Confidence: 0.7486679

00:11:25.250 --> 00:11:27.350 Hand out through your mouth.

NOTE Confidence: 0.91474277

00:11:34.510 --> 00:11:38.126 And when you're ready to open your eyes.

NOTE Confidence: 0.89080393

00:11:40.140 --> 00:11:41.970 Come back to the moment,

NOTE Confidence: 0.89080393

00:11:41.970 --> 00:11:45.386 come back to the room you're in.

NOTE Confidence: 0.89080393

00:11:45.390 --> 00:11:47.889 State your shoulders.

NOTE Confidence: 0.89080393

00:11:47.889 --> 00:11:52.054 Just make things circles forward.

NOTE Confidence: 0.89080393

00:11:52.060 --> 00:11:55.530 Reverse. Backwards.

NOTE Confidence: 0.8753243

00:11:57.630 --> 00:11:59.875 Take your arms and stretch

NOTE Confidence: 0.8753243

00:11:59.875 --> 00:12:02.668 them out to each side and

NOTE Confidence: 0.8753243

00:12:02.668 --> 00:12:04.928 give just a good stretch.  
NOTE Confidence: 0.8753243

00:12:04.930 --> 00:12:07.780 Make some circles with your  
NOTE Confidence: 0.8753243

00:12:07.780 --> 00:12:09.490 wrists both directions.  
NOTE Confidence: 0.8541546

00:12:11.510 --> 00:12:14.470 And with the final breath in arms overhead.  
NOTE Confidence: 0.56146693

00:12:17.500 --> 00:12:20.128 And down into purples.  
NOTE Confidence: 0.89464223

00:12:23.490 --> 00:12:25.970 OK, everybody that was beautiful  
NOTE Confidence: 0.89464223

00:12:25.970 --> 00:12:29.347 that was grounding and that was just  
NOTE Confidence: 0.89464223

00:12:29.347 --> 00:12:32.587 reminding us when we just take some time  
NOTE Confidence: 0.89464223

00:12:32.674 --> 00:12:35.714 to sit and do something as little as  
NOTE Confidence: 0.89464223

00:12:35.714 --> 00:12:39.078 just turn up the corners of our lips.  
NOTE Confidence: 0.89464223

00:12:39.080 --> 00:12:42.536 It's a reminder no matter what's going on.  
NOTE Confidence: 0.89464223

00:12:42.540 --> 00:12:44.710 That joy is within us.  
NOTE Confidence: 0.89464223

00:12:44.710 --> 00:12:47.308 It's our natural state and it's  
NOTE Confidence: 0.89464223

00:12:47.308 --> 00:12:49.040 there at all times.  
NOTE Confidence: 0.89464223

00:12:49.040 --> 00:12:50.944 It's just remembering that  
NOTE Confidence: 0.89464223

00:12:50.944 --> 00:12:52.848 or just closing down.

NOTE Confidence: 0.89464223

00:12:52.850 --> 00:12:55.106 What's going on around you when

NOTE Confidence: 0.89464223

00:12:55.106 --> 00:12:58.100 things may get a little bit hectic?

NOTE Confidence: 0.89464223

00:12:58.100 --> 00:12:59.972 So once again, I'm Michelle grand

NOTE Confidence: 0.89464223

00:12:59.972 --> 00:13:00.908 licensed massage therapist.

NOTE Confidence: 0.89464223

00:13:00.910 --> 00:13:01.532 It's Milo.

NOTE Confidence: 0.89464223

00:13:01.532 --> 00:13:04.340 It's my honor and privilege to be with you.

NOTE Confidence: 0.89464223

00:13:04.340 --> 00:13:06.876 I hope we continue to join this way.