

WEBVTT

NOTE duration:"00:17:45.120000"

NOTE language:en-us

NOTE Confidence: 0.83013

00:00:00.000 --> 00:00:02.148 So once again, I'm Michelle Graham,

NOTE Confidence: 0.83013

00:00:02.150 --> 00:00:03.185 licensed massage therapist

NOTE Confidence: 0.83013

00:00:03.185 --> 00:00:04.565 at Smilow Cancer Hospital,

NOTE Confidence: 0.83013

00:00:04.570 --> 00:00:06.454 and it's my honor and privilege

NOTE Confidence: 0.83013

00:00:06.454 --> 00:00:09.275 to be with you today to lead you

NOTE Confidence: 0.83013

00:00:09.275 --> 00:00:11.135 in a guided meditation session.

NOTE Confidence: 0.84958076

00:00:14.220 --> 00:00:16.758 Bring yourself into a comfortable position.

NOTE Confidence: 0.84958076

00:00:16.760 --> 00:00:18.870 Whatever is comfortable for you,

NOTE Confidence: 0.84958076

00:00:18.870 --> 00:00:22.006 you could be sitting on a chair with

NOTE Confidence: 0.84958076

00:00:22.006 --> 00:00:25.539 your path back flat against the back of

NOTE Confidence: 0.84958076

00:00:25.539 --> 00:00:28.599 the chair feet planted on the ground.

NOTE Confidence: 0.84958076

00:00:28.600 --> 00:00:31.138 You could be sitting cross legged

NOTE Confidence: 0.84958076

00:00:31.138 --> 00:00:32.830 position if that's comfortable,

NOTE Confidence: 0.84958076

00:00:32.830 --> 00:00:35.122 or you could even be laying

NOTE Confidence: 0.84958076

00:00:35.122 --> 00:00:37.490 down in a reclined position.

NOTE Confidence: 0.92463976

00:00:40.050 --> 00:00:43.340 Now let's begin by taking a deep

NOTE Confidence: 0.92463976

00:00:43.340 --> 00:00:46.690 breath and holding it for five seconds.

NOTE Confidence: 0.40655226

00:00:51.520 --> 00:00:55.180 Exhale. Anne relax.

NOTE Confidence: 0.886388

00:00:59.490 --> 00:01:01.752 Now take another deep breath as

NOTE Confidence: 0.886388

00:01:01.752 --> 00:01:04.816 deep as you can and hold it again

NOTE Confidence: 0.886388

00:01:04.816 --> 00:01:07.030 for a count of five seconds.

NOTE Confidence: 0.8390792

00:01:12.700 --> 00:01:15.780 An as you exhale this time, imagine

NOTE Confidence: 0.8390792

00:01:15.780 --> 00:01:18.420 blowing out all of your stress.

NOTE Confidence: 0.8842098

00:01:24.420 --> 00:01:27.996 Take a third deep breath and hold it.

NOTE Confidence: 0.8842098

00:01:28.000 --> 00:01:31.388 An as you exhale. You blow out

NOTE Confidence: 0.8842098

00:01:31.388 --> 00:01:34.551 any stress you've been holding on

NOTE Confidence: 0.8842098

00:01:34.551 --> 00:01:37.773 to saying to yourself relax now.

NOTE Confidence: 0.89500844

00:01:43.070 --> 00:01:46.794 This is your new solution to stress.

NOTE Confidence: 0.89500844

00:01:46.800 --> 00:01:48.768 Whenever you become stressed

NOTE Confidence: 0.89500844

00:01:48.768 --> 00:01:52.212 in the future, you simply take  
NOTE Confidence: 0.89500844

00:01:52.212 --> 00:01:56.136 three fully in and deep breaths.  
NOTE Confidence: 0.89500844

00:01:56.140 --> 00:01:58.716 Holding it at the top of the  
NOTE Confidence: 0.89500844

00:01:58.716 --> 00:02:00.510 inhalation for five seconds,  
NOTE Confidence: 0.89500844

00:02:00.510 --> 00:02:02.102 and when you exhale,  
NOTE Confidence: 0.89500844

00:02:02.102 --> 00:02:05.270 you blow out any stresses that you feel.  
NOTE Confidence: 0.780335407142857

00:02:11.310 --> 00:02:15.265 On that third breath. As you exhale,  
NOTE Confidence: 0.780335407142857

00:02:15.270 --> 00:02:20.170 you simply say to yourself. Relax now.  
NOTE Confidence: 0.8796399

00:02:26.840 --> 00:02:28.312 Now allow your eyes.  
NOTE Confidence: 0.8796399

00:02:28.312 --> 00:02:30.931 If they are not already closed to  
NOTE Confidence: 0.8796399

00:02:30.931 --> 00:02:33.269 gently close and when you do this,  
NOTE Confidence: 0.8796399

00:02:33.270 --> 00:02:36.696 you feel a wave of relaxation  
NOTE Confidence: 0.8796399

00:02:36.696 --> 00:02:39.306 sweep over you. To begin.  
NOTE Confidence: 0.8796399

00:02:39.306 --> 00:02:42.442 I'd like you to focus on the  
NOTE Confidence: 0.8796399

00:02:42.442 --> 00:02:45.187 sensations at the top of your head.  
NOTE Confidence: 0.8796399

00:02:45.190 --> 00:02:46.925 Just notice how the very

NOTE Confidence: 0.8796399  
00:02:46.925 --> 00:02:48.660 top of your head feels.  
NOTE Confidence: 0.90224063  
00:02:53.320 --> 00:02:55.875 And now let your focus  
NOTE Confidence: 0.90224063  
00:02:55.875 --> 00:02:58.430 move down to your eyes.  
NOTE Confidence: 0.90224063  
00:02:58.430 --> 00:03:02.078 Just notice how your eyes feel.  
NOTE Confidence: 0.90224063  
00:03:02.080 --> 00:03:04.887 Just ask them to relax even more.  
NOTE Confidence: 0.8824294  
00:03:08.650 --> 00:03:10.816 The little movement in your eyes,  
NOTE Confidence: 0.8824294  
00:03:10.820 --> 00:03:13.280 it's called Rapid eye movement  
NOTE Confidence: 0.8824294  
00:03:13.280 --> 00:03:15.248 and it's completely normal.  
NOTE Confidence: 0.8824294  
00:03:15.250 --> 00:03:16.754 These small I movements  
NOTE Confidence: 0.8824294  
00:03:16.754 --> 00:03:18.634 allow you to feel calm.  
NOTE Confidence: 0.84500873  
00:03:21.790 --> 00:03:24.553 Now notice how the back of your head feels  
NOTE Confidence: 0.84500873  
00:03:24.553 --> 00:03:26.836 against the surface that it's touching.  
NOTE Confidence: 0.84500873  
00:03:26.840 --> 00:03:29.680 How heavy does your head feel right now?  
NOTE Confidence: 0.86319757  
00:03:36.010 --> 00:03:38.578 Now let your focus move to  
NOTE Confidence: 0.86319757  
00:03:38.578 --> 00:03:41.344 your nose and feel the slight  
NOTE Confidence: 0.86319757

00:03:41.344 --> 00:03:43.724 sensations of the air moving  
NOTE Confidence: 0.86319757

00:03:43.724 --> 00:03:46.868 in and out with your breath.  
NOTE Confidence: 0.86319757

00:03:46.870 --> 00:03:50.370 When you breathe in.  
NOTE Confidence: 0.86319757

00:03:50.370 --> 00:03:53.154 Imagine that you're being filled with  
NOTE Confidence: 0.86319757

00:03:53.154 --> 00:03:56.039 calmness and when you breathe out.  
NOTE Confidence: 0.86319757

00:03:56.040 --> 00:03:58.124 Imagine your body feels  
NOTE Confidence: 0.86319757

00:03:58.124 --> 00:04:00.208 heavy and deeply relaxed.  
NOTE Confidence: 0.8931945

00:04:02.520 --> 00:04:07.360 Very good. Now focus on your ears.  
NOTE Confidence: 0.8931945

00:04:07.360 --> 00:04:10.485 Notice how they feel and  
NOTE Confidence: 0.8931945

00:04:10.485 --> 00:04:13.610 what they hear around you.  
NOTE Confidence: 0.8931945

00:04:13.610 --> 00:04:16.508 Just try to hear every single noise.  
NOTE Confidence: 0.8507304

00:04:23.180 --> 00:04:25.286 When sound comes into your ears  
NOTE Confidence: 0.8507304

00:04:25.286 --> 00:04:28.216 then it acts like little waves of  
NOTE Confidence: 0.8507304

00:04:28.216 --> 00:04:30.268 relaxation, taking you even deeper.  
NOTE Confidence: 0.79980063

00:04:35.610 --> 00:04:38.928 All other sounds passing only take you  
NOTE Confidence: 0.79980063

00:04:38.928 --> 00:04:42.269 deeper into a state of relaxation.

NOTE Confidence: 0.8627421  
00:04:45.440 --> 00:04:47.710 I'll focus on your mouth.  
NOTE Confidence: 0.8627421  
00:04:47.710 --> 00:04:49.990 How does it feel?  
NOTE Confidence: 0.8627421  
00:04:49.990 --> 00:04:52.270 What do you notice?  
NOTE Confidence: 0.8627421  
00:04:52.270 --> 00:04:55.384 Can you sense the flavor of  
NOTE Confidence: 0.8627421  
00:04:55.384 --> 00:04:57.460 something you recently tasted?  
NOTE Confidence: 0.8627421  
00:04:57.460 --> 00:04:59.075 Perhaps you could imagine biting  
NOTE Confidence: 0.8627421  
00:04:59.075 --> 00:05:01.420 into a fresh slice of lemon and  
NOTE Confidence: 0.8627421  
00:05:01.420 --> 00:05:03.085 notice how your mouth waters.  
NOTE Confidence: 0.9224582  
00:05:06.280 --> 00:05:07.330 Very good.  
NOTE Confidence: 0.85870683  
00:05:11.250 --> 00:05:13.818 Move your focus down now to your neck,  
NOTE Confidence: 0.85870683  
00:05:13.820 --> 00:05:15.420 and if there's any tension,  
NOTE Confidence: 0.85870683  
00:05:15.420 --> 00:05:19.533 just ask it to release a little bit more.  
NOTE Confidence: 0.85870683  
00:05:19.540 --> 00:05:23.656 Notice how your neck feels right now.  
NOTE Confidence: 0.85870683  
00:05:23.660 --> 00:05:25.380 Spell all the sensations  
NOTE Confidence: 0.85870683  
00:05:25.380 --> 00:05:27.530 going on in your neck.  
NOTE Confidence: 0.8958858

00:05:31.890 --> 00:05:34.558 Focus on your shoulders.  
NOTE Confidence: 0.8958858

00:05:34.558 --> 00:05:37.226 Move your attention slowly.  
NOTE Confidence: 0.8958858

00:05:37.230 --> 00:05:40.149 From your shoulders going down each arm  
NOTE Confidence: 0.8958858

00:05:40.149 --> 00:05:43.248 down all the way to each fingertip.  
NOTE Confidence: 0.8518201

00:05:46.420 --> 00:05:49.095 What, if anything, are your  
NOTE Confidence: 0.8518201

00:05:49.095 --> 00:05:51.634 fingertips touching and? What are  
NOTE Confidence: 0.8518201

00:05:51.634 --> 00:05:53.969 the sensations on your fingertips?  
NOTE Confidence: 0.5204687

00:05:57.060 --> 00:06:01.926 Ice. Allow your focus to go to  
NOTE Confidence: 0.5204687

00:06:01.926 --> 00:06:04.118 your chest. Relax in this area  
NOTE Confidence: 0.5204687

00:06:04.118 --> 00:06:06.200 as well as your upper back.  
NOTE Confidence: 0.84451944

00:06:08.520 --> 00:06:11.638 If you notice any tension, just ask  
NOTE Confidence: 0.84451944

00:06:11.638 --> 00:06:14.746 it nicely to release just a little.  
NOTE Confidence: 0.87388813

00:06:18.640 --> 00:06:21.574 Now imagine you're focusing on your  
NOTE Confidence: 0.87388813

00:06:21.574 --> 00:06:24.881 heart and feeling it beating strongly  
NOTE Confidence: 0.87388813

00:06:24.881 --> 00:06:28.048 and supporting you. Relax your heart.  
NOTE Confidence: 0.87388813

00:06:28.048 --> 00:06:31.640 And notice how good it feels to do so.

NOTE Confidence: 0.8943812

00:06:35.270 --> 00:06:37.820 Now focus on your lungs and

NOTE Confidence: 0.8943812

00:06:37.820 --> 00:06:40.120 feel them gently expanding and

NOTE Confidence: 0.8943812

00:06:40.120 --> 00:06:42.196 contracting with your breath.

NOTE Confidence: 0.8943812

00:06:42.200 --> 00:06:44.510 Delivering oxygen to your body.

NOTE Confidence: 0.85184336

00:06:48.490 --> 00:06:52.102 Allow your focus to move down your

NOTE Confidence: 0.85184336

00:06:52.102 --> 00:06:55.480 vital organs and digestive system.

NOTE Confidence: 0.85184336

00:06:55.480 --> 00:07:00.177 Notice. Your belly and how it feels.

NOTE Confidence: 0.85184336

00:07:00.180 --> 00:07:02.464 Servite working and digesting

NOTE Confidence: 0.85184336

00:07:02.464 --> 00:07:04.177 effortlessly for you.

NOTE Confidence: 0.8536602

00:07:07.560 --> 00:07:10.692 Now notice your lower back and how it may

NOTE Confidence: 0.8536602

00:07:10.692 --> 00:07:14.206 be pressing against the surface you're on.

NOTE Confidence: 0.8536602

00:07:14.210 --> 00:07:17.108 And if you feel any tension,

NOTE Confidence: 0.8536602

00:07:17.110 --> 00:07:20.990 just say please relax a little bit more.

NOTE Confidence: 0.81037647

00:07:24.310 --> 00:07:27.316 Now focus on your pelvis and hips and notice

NOTE Confidence: 0.81037647

00:07:27.316 --> 00:07:30.170 any sensations you may be having there.

NOTE Confidence: 0.9082978



00:07:32.360 --> 00:07:34.160 This takes you even deeper  
NOTE Confidence: 0.9082978

00:07:34.160 --> 00:07:35.960 into a state of relaxation.  
NOTE Confidence: 0.7989545

00:07:39.890 --> 00:07:43.621 Allowing your focus to move down each  
NOTE Confidence: 0.7989545

00:07:43.621 --> 00:07:47.689 leg now slowly relaxing those as well.  
NOTE Confidence: 0.7989545

00:07:47.690 --> 00:07:50.030 Your legs have been taking you  
NOTE Confidence: 0.7989545

00:07:50.030 --> 00:07:52.497 so many places over the years  
NOTE Confidence: 0.7989545

00:07:52.497 --> 00:07:54.957 and they deserve to fully relax.  
NOTE Confidence: 0.88130116

00:07:59.640 --> 00:08:02.052 Notice this wonderful wave of relaxation  
NOTE Confidence: 0.88130116

00:08:02.052 --> 00:08:04.937 moving down to your knees and down your  
NOTE Confidence: 0.88130116

00:08:04.937 --> 00:08:07.489 lower legs all the way to your feet,  
NOTE Confidence: 0.88130116

00:08:07.490 --> 00:08:11.060 and the very tip. Of each town.  
NOTE Confidence: 0.8885156

00:08:15.410 --> 00:08:17.570 Good you're doing so well.  
NOTE Confidence: 0.919979

00:08:22.640 --> 00:08:25.090 You choose to be in control of  
NOTE Confidence: 0.919979

00:08:25.090 --> 00:08:27.667 all you do because your health  
NOTE Confidence: 0.919979

00:08:27.667 --> 00:08:30.067 is very important to you.  
NOTE Confidence: 0.919979

00:08:30.070 --> 00:08:32.746 Remember that it is natural for

NOTE Confidence: 0.919979  
00:08:32.746 --> 00:08:35.540 you to be healthy and happy,  
NOTE Confidence: 0.919979  
00:08:35.540 --> 00:08:37.364 and it's unnatural to  
NOTE Confidence: 0.919979  
00:08:37.364 --> 00:08:39.188 have sickness and misery.  
NOTE Confidence: 0.74061716  
00:08:42.690 --> 00:08:46.998 Now hear yourself saying.  
NOTE Confidence: 0.74061716  
00:08:47.000 --> 00:08:50.800 Every day in every way.  
NOTE Confidence: 0.74061716  
00:08:50.800 --> 00:08:53.660 I get better and better.  
NOTE Confidence: 0.8950955  
00:08:57.600 --> 00:09:02.976 In order to make change I challenge myself.  
NOTE Confidence: 0.9182872  
00:09:08.650 --> 00:09:10.502 Change is not comfortable.  
NOTE Confidence: 0.9182872  
00:09:10.502 --> 00:09:12.843 In fact, it is inconvenient.  
NOTE Confidence: 0.9182872  
00:09:12.843 --> 00:09:16.140 So if I feel comfortable with the  
NOTE Confidence: 0.9182872  
00:09:16.238 --> 00:09:19.322 change I am making, I am probably  
NOTE Confidence: 0.9182872  
00:09:19.322 --> 00:09:21.178 not extending myself enough.  
NOTE Confidence: 0.8834775  
00:09:24.510 --> 00:09:26.988 When I have a negative thought,  
NOTE Confidence: 0.8834775  
00:09:26.990 --> 00:09:29.330 I acknowledge that I feel this  
NOTE Confidence: 0.8834775  
00:09:29.330 --> 00:09:31.939 way and then I release it.  
NOTE Confidence: 0.80863804

00:09:35.080 --> 00:09:37.870 When another negative thought arises,  
NOTE Confidence: 0.80863804

00:09:37.870 --> 00:09:42.791 Eyecatcher quickly an I say with confidence  
NOTE Confidence: 0.80863804

00:09:42.791 --> 00:09:47.965 I acknowledge that part of me feels this way.  
NOTE Confidence: 0.80863804

00:09:47.970 --> 00:09:51.219 But this thought does not help me right now.  
NOTE Confidence: 0.75951314

00:09:54.450 --> 00:09:58.020 Each day in every way.  
NOTE Confidence: 0.75951314

00:09:58.020 --> 00:10:00.040 I get better and better.  
NOTE Confidence: 0.86210704

00:10:04.100 --> 00:10:06.470 Whenever I am presented with feelings  
NOTE Confidence: 0.86210704

00:10:06.470 --> 00:10:09.647 of stress, I know my breath is there to  
NOTE Confidence: 0.86210704

00:10:09.647 --> 00:10:12.789 soothe me and guide me into relaxation.  
NOTE Confidence: 0.9272714

00:10:16.880 --> 00:10:19.554 Every single day I become more aware  
NOTE Confidence: 0.9272714

00:10:19.554 --> 00:10:23.076 of all the good things going on in my  
NOTE Confidence: 0.9272714

00:10:23.076 --> 00:10:25.988 community and in the world around me.  
NOTE Confidence: 0.86669755

00:10:30.480 --> 00:10:33.637 When I feel that darknesses surrounding me,  
NOTE Confidence: 0.86669755

00:10:33.640 --> 00:10:37.256 I know that the way to see light  
NOTE Confidence: 0.86669755

00:10:37.256 --> 00:10:40.667 is to take 3 deep breaths.  
NOTE Confidence: 0.86669755

00:10:40.670 --> 00:10:45.166 Relaxing my mind and body by doing so.

NOTE Confidence: 0.9158172

00:10:48.860 --> 00:10:52.442 Each day in every way I

NOTE Confidence: 0.9158172

00:10:52.442 --> 00:10:54.830 get better and better.

NOTE Confidence: 0.9164869

00:11:00.110 --> 00:11:03.398 In order to make great change.

NOTE Confidence: 0.9164869

00:11:03.400 --> 00:11:05.720 I challenge my thoughts.

NOTE Confidence: 0.8795821

00:11:10.650 --> 00:11:14.010 From now on, I challenge

NOTE Confidence: 0.8795821

00:11:14.010 --> 00:11:16.026 every single negative,

NOTE Confidence: 0.8795821

00:11:16.030 --> 00:11:19.400 an unproductive thought that arises.

NOTE Confidence: 0.91353685

00:11:24.550 --> 00:11:27.586 This gives you the opportunity to

NOTE Confidence: 0.91353685

00:11:27.586 --> 00:11:31.209 start a new positive thought process.

NOTE Confidence: 0.8467276

00:11:37.030 --> 00:11:40.397 Farts are part of everyones human experience.

NOTE Confidence: 0.8467276

00:11:40.400 --> 00:11:43.568 You don't need to push them

NOTE Confidence: 0.8467276

00:11:43.568 --> 00:11:46.890 away in order to practice.

NOTE Confidence: 0.8467276

00:11:46.890 --> 00:11:49.842 Learning to bring your mind back

NOTE Confidence: 0.8467276

00:11:49.842 --> 00:11:53.109 from its thoughts is the practice.

NOTE Confidence: 0.8467276

00:11:53.110 --> 00:11:55.390 But how do you let go over the

NOTE Confidence: 0.8467276

00:11:55.390 --> 00:11:57.449 thoughts once they've pulled you in?  
NOTE Confidence: 0.8675457

00:11:59.570 --> 00:12:01.814 Without pushing the thoughts  
NOTE Confidence: 0.8675457

00:12:01.814 --> 00:12:04.619 away or denying their presence.  
NOTE Confidence: 0.8675457

00:12:04.620 --> 00:12:08.274 You can be aware of the thinking  
NOTE Confidence: 0.8675457

00:12:08.274 --> 00:12:11.120 mind while remaining an attached.  
NOTE Confidence: 0.89602053

00:12:13.710 --> 00:12:18.372 You notice the energy in the mind and body.  
NOTE Confidence: 0.89602053

00:12:18.380 --> 00:12:20.858 As you come into a period  
NOTE Confidence: 0.89602053

00:12:20.858 --> 00:12:22.097 of mindfulness practice,  
NOTE Confidence: 0.89602053

00:12:22.100 --> 00:12:25.985 you may notice the energy of your  
NOTE Confidence: 0.89602053

00:12:25.985 --> 00:12:29.859 day resting in the mind and body.  
NOTE Confidence: 0.89602053

00:12:29.860 --> 00:12:31.860 The mind may be active.  
NOTE Confidence: 0.89602053

00:12:31.860 --> 00:12:34.956 The body may feel worked up.  
NOTE Confidence: 0.89602053

00:12:34.960 --> 00:12:37.666 Or you might even notice a  
NOTE Confidence: 0.89602053

00:12:37.666 --> 00:12:39.470 bit of lingering anxiety.  
NOTE Confidence: 0.84092945

00:12:43.390 --> 00:12:44.719 At these moments,  
NOTE Confidence: 0.84092945

00:12:44.719 --> 00:12:47.820 think of a shaken snow globe with

NOTE Confidence: 0.84092945

00:12:47.909 --> 00:12:50.689 all that energy swirling around.

NOTE Confidence: 0.84092945

00:12:50.690 --> 00:12:54.050 And as you West, the little

NOTE Confidence: 0.84092945

00:12:54.050 --> 00:12:57.559 snowflakes fall gently to the ground.

NOTE Confidence: 0.84092945

00:12:57.560 --> 00:13:02.180 Think of yourself as a snow globe

NOTE Confidence: 0.84092945

00:13:02.180 --> 00:13:05.939 an every snowflake as a thought.

NOTE Confidence: 0.84092945

00:13:05.940 --> 00:13:08.999 In this way, watch as each and

NOTE Confidence: 0.84092945

00:13:08.999 --> 00:13:11.570 every snowflake falls to the ground.

NOTE Confidence: 0.77142066

00:13:13.900 --> 00:13:17.596 Do not force yourself to be calm,

NOTE Confidence: 0.77142066

00:13:17.600 --> 00:13:22.420 just let it happen slowly. An organically?

NOTE Confidence: 0.8453137

00:13:34.500 --> 00:13:36.400 As you do so,

NOTE Confidence: 0.8453137

00:13:36.400 --> 00:13:39.250 bring your attention to the breath.

NOTE Confidence: 0.8453137

00:13:39.250 --> 00:13:42.778 In your body and choose one spot

NOTE Confidence: 0.8453137

00:13:42.778 --> 00:13:45.938 where the breath is felt easily.

NOTE Confidence: 0.8453137

00:13:45.940 --> 00:13:48.860 It may be the center of the chest,

NOTE Confidence: 0.8453137

00:13:48.860 --> 00:13:51.384 the abdomen, the shoulders,

NOTE Confidence: 0.8453137

00:13:51.384 --> 00:13:53.277 or the nostrils.  
NOTE Confidence: 0.8453137

00:13:53.280 --> 00:13:55.345 But just observe the physical  
NOTE Confidence: 0.8453137

00:13:55.345 --> 00:13:57.410 sensation of the body breathing.  
NOTE Confidence: 0.9185644

00:14:01.110 --> 00:14:04.685 And as you do so, just stay with  
NOTE Confidence: 0.9185644

00:14:04.685 --> 00:14:06.825 the snow globe visualization.  
NOTE Confidence: 0.9185644

00:14:06.830 --> 00:14:10.076 As you're aware of your breath.  
NOTE Confidence: 0.9185644

00:14:10.080 --> 00:14:13.296 Anna's thoughts begin to rise up.  
NOTE Confidence: 0.9185644

00:14:13.300 --> 00:14:17.596 Just observe as they slowly settle back down.  
NOTE Confidence: 0.9057232

00:14:25.250 --> 00:14:26.905 Whatever you may observe the  
NOTE Confidence: 0.9057232

00:14:26.905 --> 00:14:28.898 mind doing, just let it be.  
NOTE Confidence: 0.88205665

00:14:34.780 --> 00:14:37.126 Try not to encourage the thought,  
NOTE Confidence: 0.88205665

00:14:37.130 --> 00:14:40.106 but don't push it away either.  
NOTE Confidence: 0.88205665

00:14:40.110 --> 00:14:41.742 Allow it to be.  
NOTE Confidence: 0.88205665

00:14:41.742 --> 00:14:45.189 And allow it to go on its own.  
NOTE Confidence: 0.87978077

00:14:51.310 --> 00:14:53.814 See if you can watch the passing of  
NOTE Confidence: 0.87978077

00:14:53.814 --> 00:14:56.410 the thought as it follows its natural

NOTE Confidence: 0.87978077  
00:14:56.410 --> 00:14:58.310 trajectory and leaves the mind.  
NOTE Confidence: 0.8402231  
00:15:02.490 --> 00:15:06.706 At this point, we turn to the breath,  
NOTE Confidence: 0.8402231  
00:15:06.710 --> 00:15:09.866 patiently wait until another thought arises.  
NOTE Confidence: 0.884554826666667  
00:15:20.750 --> 00:15:23.162 Notice it? Watch the thought and  
NOTE Confidence: 0.884554826666667  
00:15:23.162 --> 00:15:25.919 come back to the breath again.  
NOTE Confidence: 0.8397824  
00:15:32.770 --> 00:15:34.790 Continue with mindfulness of  
NOTE Confidence: 0.8397824  
00:15:34.790 --> 00:15:37.315 the breath and the thoughts.  
NOTE Confidence: 0.8397824  
00:15:37.320 --> 00:15:39.330 And notice when you're lost  
NOTE Confidence: 0.8397824  
00:15:39.330 --> 00:15:41.840 in the thought or when the  
NOTE Confidence: 0.8397824  
00:15:41.840 --> 00:15:43.915 mind wanders for some time.  
NOTE Confidence: 0.8397824  
00:15:43.920 --> 00:15:45.688 If self judgment arises,  
NOTE Confidence: 0.8397824  
00:15:45.688 --> 00:15:47.898 notice that just as you  
NOTE Confidence: 0.8397824  
00:15:47.898 --> 00:15:49.898 would any other thought.  
NOTE Confidence: 0.91441554  
00:16:11.810 --> 00:16:14.845 And we're going to do  
NOTE Confidence: 0.91441554  
00:16:14.845 --> 00:16:16.666 one last visualization.  
NOTE Confidence: 0.91441554



00:16:16.670 --> 00:16:21.110 Of watching our current thought.  
NOTE Confidence: 0.91441554

00:16:21.110 --> 00:16:24.071 As if it's a snowflake in a  
NOTE Confidence: 0.91441554

00:16:24.071 --> 00:16:26.659 snow globe that's being shaken.  
NOTE Confidence: 0.91441554

00:16:26.660 --> 00:16:28.529 And that thought.  
NOTE Confidence: 0.91441554

00:16:28.529 --> 00:16:31.644 Falls down to the ground.  
NOTE Confidence: 0.80829746

00:16:34.900 --> 00:16:36.930 We're going to return to  
NOTE Confidence: 0.80829746

00:16:36.930 --> 00:16:38.554 consciousness of the breath.  
NOTE Confidence: 0.8626051

00:16:43.240 --> 00:16:46.887 A deep breath in through the nose.  
NOTE Confidence: 0.8626051

00:16:46.890 --> 00:16:49.690 And out through the mouth.  
NOTE Confidence: 0.8626051

00:16:49.690 --> 00:16:52.470 Again, in through the nose.  
NOTE Confidence: 0.8144328

00:16:54.960 --> 00:16:56.800 Add out through the mouth.  
NOTE Confidence: 0.8629422

00:16:59.190 --> 00:17:02.358 And for the third breath will open our eyes.  
NOTE Confidence: 0.8355794

00:17:05.080 --> 00:17:06.268 Deep breath in.  
NOTE Confidence: 0.842493840833333

00:17:09.950 --> 00:17:12.865 Exhale. Look around, feel yourself  
NOTE Confidence: 0.842493840833333

00:17:12.865 --> 00:17:16.930 back in the room that you're in.  
NOTE Confidence: 0.92453325

00:17:19.270 --> 00:17:23.338 Coming back into the present moment.

NOTE Confidence: 0.92453325

00:17:23.340 --> 00:17:28.996 Stretching out your arms to each side.

NOTE Confidence: 0.92453325

00:17:29.000 --> 00:17:32.960 Circles. In both directions.

NOTE Confidence: 0.742076

00:17:35.410 --> 00:17:38.098 A deep breath in arms overhead.

NOTE Confidence: 0.29653105

00:17:41.400 --> 00:17:45.120 Adoline into purples.