

WEBVTT

NOTE duration:"00:14:06.0480000"

NOTE language:en-us

NOTE Confidence: 0.89741564

00:00:00.000 --> 00:00:02.400 As we begin, bring yourself

NOTE Confidence: 0.89741564

00:00:02.400 --> 00:00:04.320 into a comfortable position.

NOTE Confidence: 0.89741564

00:00:04.320 --> 00:00:06.340 Whatever is comfortable for you,

NOTE Confidence: 0.89741564

00:00:06.340 --> 00:00:09.917 you could be sitting on a chair.

NOTE Confidence: 0.89741564

00:00:09.920 --> 00:00:13.556 Feet flat on the ground spiderette.

NOTE Confidence: 0.89741564

00:00:13.560 --> 00:00:16.280 You could be laying down if you prefer

NOTE Confidence: 0.89741564

00:00:16.280 --> 00:00:19.567 on a bed or yoga mat or on the floor.

NOTE Confidence: 0.89741564

00:00:19.570 --> 00:00:22.048 Whatever you find to be most comfortable.

NOTE Confidence: 0.7827635

00:00:24.890 --> 00:00:27.466 You can choose to close your eyes or

NOTE Confidence: 0.7827635

00:00:27.466 --> 00:00:30.217 have a soft gaze looking downward.

NOTE Confidence: 0.90769434

00:00:34.150 --> 00:00:36.926 Take a deep breath in through the nose.

NOTE Confidence: 0.8356975

00:00:39.500 --> 00:00:41.530 And out through the mouth.

NOTE Confidence: 0.9080721

00:00:45.500 --> 00:00:47.160 Another deep breath in.

NOTE Confidence: 0.73352283

00:00:51.160 --> 00:00:53.060 Hand out through the mouth.

NOTE Confidence: 0.8845076

00:00:58.220 --> 00:01:01.388 The body is always breathing and

NOTE Confidence: 0.8845076

00:01:01.388 --> 00:01:04.250 the breath is constantly moving.

NOTE Confidence: 0.8845076

00:01:04.250 --> 00:01:06.480 Your breath is not only

NOTE Confidence: 0.8845076

00:01:06.480 --> 00:01:08.710 the best place to start.

NOTE Confidence: 0.8845076

00:01:08.710 --> 00:01:12.273 It's a constant you can return to

NOTE Confidence: 0.8845076

00:01:12.273 --> 00:01:15.840 anytime you need a little centering.

NOTE Confidence: 0.8845076

00:01:15.840 --> 00:01:17.184 In today's practice,

NOTE Confidence: 0.8845076

00:01:17.184 --> 00:01:21.120 you will gently find your breath in the body.

NOTE Confidence: 0.8845076

00:01:21.120 --> 00:01:22.990 There's nothing to figure out.

NOTE Confidence: 0.8845076

00:01:22.990 --> 00:01:25.228 There are no problems to solve,

NOTE Confidence: 0.8845076

00:01:25.230 --> 00:01:28.230 and there's nothing special you need to do.

NOTE Confidence: 0.8842401

00:01:31.050 --> 00:01:34.175 Constantly returned to your direct

NOTE Confidence: 0.8842401

00:01:34.175 --> 00:01:38.600 experience of the body, grieving.

NOTE Confidence: 0.8842401

00:01:38.600 --> 00:01:42.688 Annual train your mind to be with this

NOTE Confidence: 0.8842401

00:01:42.688 --> 00:01:45.740 one experience without distraction.

NOTE Confidence: 0.9272232

00:01:54.030 --> 00:01:57.630 The idea is to minimize distractions
NOTE Confidence: 0.9272232

00:01:57.630 --> 00:02:00.030 in your meditation practice.
NOTE Confidence: 0.78545105

00:02:02.770 --> 00:02:07.614 Playing now your awareness to the abdomen.
NOTE Confidence: 0.78545105

00:02:07.620 --> 00:02:12.228 Relax the muscles there.
NOTE Confidence: 0.78545105

00:02:12.230 --> 00:02:16.070 And see if you can feel the natural
NOTE Confidence: 0.78545105

00:02:16.070 --> 00:02:19.538 rising and falling of your breath.
NOTE Confidence: 0.78545105

00:02:19.540 --> 00:02:23.338 Imagine the body is breathing itself.
NOTE Confidence: 0.78569204

00:02:26.420 --> 00:02:29.507 From the navel around to the obliques
NOTE Confidence: 0.78569204

00:02:29.507 --> 00:02:33.278 on the sides, notice the movement.
NOTE Confidence: 0.78569204

00:02:33.280 --> 00:02:36.465 In the abdominal area with each grass.
NOTE Confidence: 0.9082953

00:02:40.280 --> 00:02:43.759 Take a few deep breaths like this.
NOTE Confidence: 0.8315715

00:02:55.070 --> 00:02:59.798 Now move your awareness up to the chest.
NOTE Confidence: 0.8315715

00:02:59.800 --> 00:03:03.976 As you inhale tune into the expansion of
NOTE Confidence: 0.8315715

00:03:03.976 --> 00:03:08.048 the lungs and the rising of the chest.
NOTE Confidence: 0.8315715

00:03:08.050 --> 00:03:10.870 And as you exhale, feel the
NOTE Confidence: 0.8315715

00:03:10.870 --> 00:03:12.750 contraction and the movement.

NOTE Confidence: 0.85808307
00:03:18.270 --> 00:03:20.454 See if you can follow the
NOTE Confidence: 0.85808307
00:03:20.454 --> 00:03:22.947 feeling of that breath from the
NOTE Confidence: 0.85808307
00:03:22.947 --> 00:03:24.867 beginning of your inhalation.
NOTE Confidence: 0.85808307
00:03:24.870 --> 00:03:28.176 Through the end of the exhalation.
NOTE Confidence: 0.792214
00:03:33.660 --> 00:03:35.880 PMV expansion of the lungs
NOTE Confidence: 0.792214
00:03:35.880 --> 00:03:38.750 and the rising of the chest.
NOTE Confidence: 0.792214
00:03:38.750 --> 00:03:40.755 And feel the contraction and
NOTE Confidence: 0.792214
00:03:40.755 --> 00:03:42.760 the movement as you exhale.
NOTE Confidence: 0.8317207
00:03:50.410 --> 00:03:55.310 Now bring your attention to the nostrils.
NOTE Confidence: 0.8317207
00:03:55.310 --> 00:03:57.926 The feeling of the breath maybe
NOTE Confidence: 0.8317207
00:03:57.926 --> 00:04:00.180 a little more subtle here.
NOTE Confidence: 0.8317207
00:04:00.180 --> 00:04:02.862 But try taking a deep breath
NOTE Confidence: 0.8317207
00:04:02.862 --> 00:04:05.460 to see what's present for you.
NOTE Confidence: 0.86724854
00:04:08.090 --> 00:04:09.590 A breath in through the nose.
NOTE Confidence: 0.86724854
00:04:09.590 --> 00:04:12.182 You may notice a slight tickle at the
NOTE Confidence: 0.86724854

00:04:12.182 --> 00:04:14.895 tip of the nose as you breathe in.
NOTE Confidence: 0.86724854

00:04:14.900 --> 00:04:17.006 And you may notice the breakfast
NOTE Confidence: 0.86724854

00:04:17.006 --> 00:04:18.858 slightly warmer as you exhale
NOTE Confidence: 0.86724854

00:04:18.858 --> 00:04:20.390 again through the nose.
NOTE Confidence: 0.89725554

00:04:26.050 --> 00:04:29.025 Continue a few more breaths
NOTE Confidence: 0.89725554

00:04:29.025 --> 00:04:31.405 in through the nose.
NOTE Confidence: 0.89725554

00:04:31.410 --> 00:04:34.836 And again out through the nose.
NOTE Confidence: 0.8285648

00:04:47.500 --> 00:04:51.315 Now, what's your awareness on the body?
NOTE Confidence: 0.8285648

00:04:51.320 --> 00:04:55.142 In one of those spots, either the
NOTE Confidence: 0.8285648

00:04:55.142 --> 00:05:00.089 abdomen, the lungs, or the nose?
NOTE Confidence: 0.8285648

00:05:00.090 --> 00:05:02.346 And just continue the breath with
NOTE Confidence: 0.8285648

00:05:02.346 --> 00:05:05.109 a focus on one of those areas.
NOTE Confidence: 0.81002045

00:05:10.090 --> 00:05:13.842 When the mind wanders, just refocus on
NOTE Confidence: 0.81002045

00:05:13.842 --> 00:05:16.798 the direct experience of the breath.
NOTE Confidence: 0.90022516

00:05:42.840 --> 00:05:47.080 Now just allow your breath to flow naturally.
NOTE Confidence: 0.90022516

00:05:47.080 --> 00:05:50.260 However, it wants to right now.

NOTE Confidence: 0.85668725
00:05:56.190 --> 00:05:59.510 Notice your job if you feel any tension
NOTE Confidence: 0.85668725
00:05:59.510 --> 00:06:02.010 here, just notice it, but don't
NOTE Confidence: 0.85668725
00:06:02.010 --> 00:06:04.090 necessarily try to change anything.
NOTE Confidence: 0.8709318
00:06:07.210 --> 00:06:09.125 Just breathe into the sensations
NOTE Confidence: 0.8709318
00:06:09.125 --> 00:06:11.875 in your job and as you exhale
NOTE Confidence: 0.8709318
00:06:11.875 --> 00:06:14.507 just allow it to release a little.
NOTE Confidence: 0.8180065
00:06:19.180 --> 00:06:22.480 Inhale again and imagine that
NOTE Confidence: 0.8180065
00:06:22.480 --> 00:06:25.780 you're breathing in new life.
NOTE Confidence: 0.8180065
00:06:25.780 --> 00:06:28.280 And when you exhale,
NOTE Confidence: 0.8180065
00:06:28.280 --> 00:06:31.405 let all fear completely fade.
NOTE Confidence: 0.767058518181818
00:06:34.500 --> 00:06:37.016 Breathing in new life.
NOTE Confidence: 0.767058518181818
00:06:37.016 --> 00:06:41.540 And exhale letting go of all fear.
NOTE Confidence: 0.7836988
00:06:46.500 --> 00:06:49.686 Next, breathe in an. When you
NOTE Confidence: 0.7836988
00:06:49.686 --> 00:06:52.880 exhale, let go of any worries.
NOTE Confidence: 0.8270891
00:06:56.140 --> 00:06:57.688 And inhalation in.
NOTE Confidence: 0.76607645

00:07:00.040 --> 00:07:05.269 Add a big escalation releasing any worries.
NOTE Confidence: 0.9061764

00:07:08.550 --> 00:07:11.770 Just notice how you're starting to relax.
NOTE Confidence: 0.8374858

00:07:14.500 --> 00:07:18.160 Let another breath come in naturally.
NOTE Confidence: 0.8374858

00:07:18.160 --> 00:07:20.448 Imagining a bright future.
NOTE Confidence: 0.8374858

00:07:20.448 --> 00:07:25.221 And as you let it go, notice how any
NOTE Confidence: 0.8374858

00:07:25.221 --> 00:07:28.350 depression or sadness is is an fades.
NOTE Confidence: 0.847778

00:07:30.910 --> 00:07:34.318 A breath in mindful of a bright future.
NOTE Confidence: 0.88383675

00:07:36.330 --> 00:07:40.506 Add an escalation of any anxiety,
NOTE Confidence: 0.88383675

00:07:40.510 --> 00:07:42.598 sadness or depression.
NOTE Confidence: 0.89051914

00:07:45.270 --> 00:07:47.986 And feel a gentle wave of relaxation
NOTE Confidence: 0.89051914

00:07:47.986 --> 00:07:51.210 sleep over you as you breathe in and out.
NOTE Confidence: 0.77041066

00:07:53.580 --> 00:07:57.108 Allow your breath to flow naturally.
NOTE Confidence: 0.77041066

00:07:57.110 --> 00:08:01.215 Allow yourself to feel calm
NOTE Confidence: 0.77041066

00:08:01.215 --> 00:08:04.225 and peaceful. You deserve this
NOTE Confidence: 0.77041066

00:08:04.225 --> 00:08:06.045 wonderful feeling of serenity.
NOTE Confidence: 0.89159364

00:08:09.130 --> 00:08:12.842 You are now open to receive new thoughts

NOTE Confidence: 0.89159364

00:08:12.842 --> 00:08:16.545 and you open up even more with each

NOTE Confidence: 0.89159364

00:08:16.545 --> 00:08:20.458 breath you take to new and fresh energy.

NOTE Confidence: 0.89058024

00:08:26.090 --> 00:08:29.170 Notice how any new ideas may begin

NOTE Confidence: 0.89058024

00:08:29.170 --> 00:08:31.120 to present themselves to you.

NOTE Confidence: 0.8572304

00:08:41.340 --> 00:08:44.791 Allow yourself to bring up feelings of

NOTE Confidence: 0.8572304

00:08:44.791 --> 00:08:48.425 abundance as if you have so much that

NOTE Confidence: 0.8572304

00:08:48.425 --> 00:08:52.038 your Cup pours over for others to enjoy.

NOTE Confidence: 0.8572304

00:08:52.040 --> 00:08:54.360 The abundance you have created.

NOTE Confidence: 0.7938386

00:09:05.060 --> 00:09:08.483 Imagine that you are energized and have

NOTE Confidence: 0.7938386

00:09:08.483 --> 00:09:12.310 a zeal for life. Imagine it vividly.

NOTE Confidence: 0.7938386

00:09:12.310 --> 00:09:17.030 And with as much detail as you can.

NOTE Confidence: 0.881716

00:09:22.490 --> 00:09:26.039 See yourself full of energy and optimism.

NOTE Confidence: 0.9126443

00:09:28.820 --> 00:09:30.556 And if you like, you can imagine

NOTE Confidence: 0.9126443

00:09:30.556 --> 00:09:32.814 it as if you're watching a movie

NOTE Confidence: 0.9126443

00:09:32.814 --> 00:09:35.109 of yourself, if this helps.

NOTE Confidence: 0.9126443

00:09:35.109 --> 00:09:38.247 But see the colors brightly and
NOTE Confidence: 0.9126443

00:09:38.247 --> 00:09:41.490 watch yourself full of ambition.
NOTE Confidence: 0.9126443

00:09:41.490 --> 00:09:44.550 Taking steps towards achievement.
NOTE Confidence: 0.8488712

00:09:51.350 --> 00:09:54.062 Stay with your breath and allow
NOTE Confidence: 0.8488712

00:09:54.062 --> 00:09:56.670 your intentions to remain positive.
NOTE Confidence: 0.8924685

00:10:01.240 --> 00:10:04.240 Even if you don't feel
NOTE Confidence: 0.8924685

00:10:04.240 --> 00:10:06.640 positive in this moment,
NOTE Confidence: 0.8924685

00:10:06.640 --> 00:10:12.496 you can imagine what being joyful is like.
NOTE Confidence: 0.8924685

00:10:12.500 --> 00:10:17.589 So breathe into this joy you're creating.
NOTE Confidence: 0.8924685

00:10:17.590 --> 00:10:20.305 And notice how you're consciously
NOTE Confidence: 0.8924685

00:10:20.305 --> 00:10:22.477 shifting any depressed or
NOTE Confidence: 0.8924685

00:10:22.477 --> 00:10:25.427 anxious thoughts right now into
NOTE Confidence: 0.8924685

00:10:25.427 --> 00:10:27.164 peaceful feelings instead.
NOTE Confidence: 0.8924685

00:10:27.170 --> 00:10:29.830 Just by following your breath.
NOTE Confidence: 0.826603364444444

00:10:33.960 --> 00:10:37.665 Breathe deeply. And let your
NOTE Confidence: 0.826603364444444

00:10:37.665 --> 00:10:40.629 exhalation completely relax you.

NOTE Confidence: 0.8656763
00:10:47.080 --> 00:10:49.498 Any thoughts that previously may have
NOTE Confidence: 0.8656763
00:10:49.498 --> 00:10:52.580 held you back become smaller and smaller?
NOTE Confidence: 0.73941326
00:10:54.650 --> 00:10:56.282 Swatch negative thoughts
NOTE Confidence: 0.73941326
00:10:56.282 --> 00:10:58.458 diminished little by little.
NOTE Confidence: 0.73941326
00:10:58.460 --> 00:11:01.956 As if you're riding away in a car,
NOTE Confidence: 0.73941326
00:11:01.960 --> 00:11:03.712 and these negative thoughts
NOTE Confidence: 0.73941326
00:11:03.712 --> 00:11:05.902 are sitting along the roadside,
NOTE Confidence: 0.73941326
00:11:05.910 --> 00:11:07.662 shrinking into the distance
NOTE Confidence: 0.73941326
00:11:07.662 --> 00:11:10.290 as you ride away with ease.
NOTE Confidence: 0.8184163
00:11:15.980 --> 00:11:17.660 As you see them go,
NOTE Confidence: 0.8184163
00:11:17.660 --> 00:11:21.180 you're freed from their grip.
NOTE Confidence: 0.8184163
00:11:21.180 --> 00:11:24.356 If you have any more negative thoughts rise,
NOTE Confidence: 0.8184163
00:11:24.360 --> 00:11:26.579 just drop them off on the side
NOTE Confidence: 0.8184163
00:11:26.579 --> 00:11:28.899 of the road by any creative
NOTE Confidence: 0.8184163
00:11:28.899 --> 00:11:31.479 means that arises and right away
NOTE Confidence: 0.8184163

00:11:31.479 --> 00:11:33.713 watching them grow smaller until
NOTE Confidence: 0.8184163

00:11:33.713 --> 00:11:36.293 they are consumed by the horizon.
NOTE Confidence: 0.8995772

00:11:39.150 --> 00:11:40.690 Just allow yourself a
NOTE Confidence: 0.8995772

00:11:40.690 --> 00:11:43.000 moment or two to simply be.
NOTE Confidence: 0.8699381

00:12:04.730 --> 00:12:06.550 Notice and field changes
NOTE Confidence: 0.8699381

00:12:06.550 --> 00:12:08.825 from this moment right now,
NOTE Confidence: 0.8699381

00:12:08.830 --> 00:12:11.338 and the difference between how you
NOTE Confidence: 0.8699381

00:12:11.338 --> 00:12:14.289 felt before you began this meditation.
NOTE Confidence: 0.83821285

00:12:18.450 --> 00:12:20.772 Your new thoughts. Find a new
NOTE Confidence: 0.83821285

00:12:20.772 --> 00:12:22.850 home within your inner being.
NOTE Confidence: 0.88967586

00:12:26.590 --> 00:12:29.646 We turn your focus now to your breath.
NOTE Confidence: 0.8629276

00:12:36.440 --> 00:12:38.752 So whenever you're ready,
NOTE Confidence: 0.8629276

00:12:38.752 --> 00:12:42.220 you may slowly open your eyes.
NOTE Confidence: 0.8629276

00:12:42.220 --> 00:12:44.056 I commend yourself.
NOTE Confidence: 0.8629276

00:12:44.056 --> 00:12:47.116 For making these steps towards
NOTE Confidence: 0.8629276

00:12:47.116 --> 00:12:49.768 a better, more peaceful life.

NOTE Confidence: 0.89761364

00:12:53.610 --> 00:12:56.390 With a deep breath in.

NOTE Confidence: 0.89761364

00:12:56.390 --> 00:12:59.372 Will stretch your arms out to both

NOTE Confidence: 0.89761364

00:12:59.372 --> 00:13:02.588 sides, giving a good stretch.

NOTE Confidence: 0.89761364

00:13:02.588 --> 00:13:05.376 Circles with your wrists,

NOTE Confidence: 0.89761364

00:13:05.380 --> 00:13:09.850 both directions stretching your palm's out.

NOTE Confidence: 0.81904525

00:13:12.410 --> 00:13:14.153 With another breath.

NOTE Confidence: 0.81904525

00:13:14.153 --> 00:13:15.896 Inhalation arms overhead.

NOTE Confidence: 0.6586004

00:13:18.580 --> 00:13:20.840 An Excel into propose.

NOTE Confidence: 0.88385016

00:13:23.920 --> 00:13:25.138 That was beautiful.

NOTE Confidence: 0.88385016

00:13:25.138 --> 00:13:27.980 Thank you so much for taking the

NOTE Confidence: 0.88385016

00:13:28.064 --> 00:13:30.830 time for yourself for allowing any

NOTE Confidence: 0.88385016

00:13:30.830 --> 00:13:33.567 distractions to ease and just to

NOTE Confidence: 0.88385016

00:13:33.567 --> 00:13:35.597 know that at anytime throughout

NOTE Confidence: 0.88385016

00:13:35.597 --> 00:13:38.316 your day you can take some time.

NOTE Confidence: 0.88385016

00:13:38.316 --> 00:13:41.151 Focus on your breath and just allow

NOTE Confidence: 0.88385016

00:13:41.151 --> 00:13:43.696 those peaceful thoughts to emerge.

NOTE Confidence: 0.88385016

00:13:43.700 --> 00:13:44.532 Any worries?

NOTE Confidence: 0.88385016

00:13:44.532 --> 00:13:48.430 Drop him off to the side of the road,

NOTE Confidence: 0.88385016

00:13:48.430 --> 00:13:51.592 drive away and just watch him

NOTE Confidence: 0.88385016

00:13:51.592 --> 00:13:53.700 disappear in the distance.

NOTE Confidence: 0.88385016

00:13:53.700 --> 00:13:55.912 May the long time sunshine upon you

NOTE Confidence: 0.88385016

00:13:55.912 --> 00:13:58.357 and all love surround you with pure

NOTE Confidence: 0.88385016

00:13:58.357 --> 00:14:00.760 light within you guide your way on.

NOTE Confidence: 0.88385016

00:14:00.760 --> 00:14:03.000 Be well and I hope to see

NOTE Confidence: 0.88385016

00:14:03.000 --> 00:14:04.450 you again next week.

NOTE Confidence: 0.88385016

00:14:04.450 --> 00:14:06.048 Take care.