

WEBVTT

NOTE duration:"00:14:47.1440000"

NOTE language:en-us

NOTE Confidence: 0.85774128

00:00:03.980 --> 00:00:06.684 So oftentimes. In the

NOTE Confidence: 0.85774128

00:00:06.684 --> 00:00:09.388 survivorship period of cancer.

NOTE Confidence: 0.8489127

00:00:11.530 --> 00:00:15.354 Feeling stay with us. Emotions stay with us.

NOTE Confidence: 0.8219516

00:00:17.400 --> 00:00:19.660 And their bodily sensations

NOTE Confidence: 0.8219516

00:00:19.660 --> 00:00:22.485 tend to start a narrative.

NOTE Confidence: 0.8219516

00:00:22.490 --> 00:00:23.710 That we can't control.

NOTE Confidence: 0.8278873

00:00:27.570 --> 00:00:30.618 Remind allows itself.

NOTE Confidence: 0.8278873

00:00:30.620 --> 00:00:34.127 To go far into deep dark direction.

NOTE Confidence: 0.8051777

00:00:36.250 --> 00:00:37.800 Makes us question each feeling

NOTE Confidence: 0.8051777

00:00:37.800 --> 00:00:39.350 each tingle in our body.

NOTE Confidence: 0.8933675

00:00:42.680 --> 00:00:45.422 So we're going to do a

NOTE Confidence: 0.8933675

00:00:45.422 --> 00:00:47.810 meditation called the body scan.

NOTE Confidence: 0.8933675

00:00:47.810 --> 00:00:50.278 Where we intentionally focus.

NOTE Confidence: 0.8933675

00:00:50.278 --> 00:00:53.980 On each part of our body.

NOTE Confidence: 0.8933675  
00:00:53.980 --> 00:00:56.316 In order to become aware of the sensations.  
NOTE Confidence: 0.9281623  
00:00:58.490 --> 00:01:00.569 But also to be able to let them go.  
NOTE Confidence: 0.86075324  
00:01:03.740 --> 00:01:06.428 So begin by making yourself comfortable.  
NOTE Confidence: 0.94291145  
00:01:08.750 --> 00:01:11.918 If you're sitting in a chair.  
NOTE Confidence: 0.94291145  
00:01:11.920 --> 00:01:15.200 Don't rest your back along.  
NOTE Confidence: 0.94291145  
00:01:15.200 --> 00:01:17.720 The back of the chair.  
NOTE Confidence: 0.94291145  
00:01:17.720 --> 00:01:19.400 But allow it to be straight up.  
NOTE Confidence: 0.6659415  
00:01:21.410 --> 00:01:25.030 Not stiff, but not slouched.  
NOTE Confidence: 0.6659415  
00:01:25.030 --> 00:01:27.137 Not too loose and not too tight.  
NOTE Confidence: 0.8801881  
00:01:30.190 --> 00:01:31.978 Place your feet on the ground.  
NOTE Confidence: 0.86389095  
00:01:34.280 --> 00:01:37.984 Wiggle your toes just for a few seconds.  
NOTE Confidence: 0.86389095  
00:01:37.990 --> 00:01:40.166 In order to feel the ground below you.  
NOTE Confidence: 0.8996433  
00:01:45.680 --> 00:01:48.088 If you prefer to do this lying down.  
NOTE Confidence: 0.84553605  
00:01:53.370 --> 00:01:55.566 Shift your body back and forth.  
NOTE Confidence: 0.90705794  
00:01:58.010 --> 00:01:59.625 Again, just so that you  
NOTE Confidence: 0.90705794

00:01:59.625 --> 00:02:01.240 feel the ground below you.  
NOTE Confidence: 0.85548115

00:02:05.180 --> 00:02:07.616 Your hands can be resting on  
NOTE Confidence: 0.85548115

00:02:07.616 --> 00:02:10.020 your lap if you're sitting.  
NOTE Confidence: 0.85548115

00:02:10.020 --> 00:02:11.360 Arresting by your side.  
NOTE Confidence: 0.85548115

00:02:11.360 --> 00:02:12.700 If you're lying down.  
NOTE Confidence: 0.8840695

00:02:16.050 --> 00:02:19.266 And slowly allow your eyes to close shot.  
NOTE Confidence: 0.77021414

00:02:26.340 --> 00:02:29.600 Begin by taking several long,  
NOTE Confidence: 0.77021414

00:02:29.600 --> 00:02:32.208 deep and slow breaths.  
NOTE Confidence: 0.7285298

00:02:35.720 --> 00:02:37.049 Breathing in fully.  
NOTE Confidence: 0.8357992

00:02:39.130 --> 00:02:41.050 Expanding your rib cage.  
NOTE Confidence: 0.9020078

00:02:44.320 --> 00:02:45.788 In through your nose.  
NOTE Confidence: 0.8937157

00:02:50.080 --> 00:02:51.820 And out through your nose.  
NOTE Confidence: 0.8241059

00:02:56.020 --> 00:03:00.564 As we begin to focus on her bodily  
NOTE Confidence: 0.8241059

00:03:00.564 --> 00:03:03.600 sensations. The first sensation to  
NOTE Confidence: 0.8241059

00:03:03.600 --> 00:03:07.554 begin to focus on. The cold air.  
NOTE Confidence: 0.8241059

00:03:07.554 --> 00:03:10.530 In your nostrils, as you breathe in.

NOTE Confidence: 0.8393469  
00:03:14.510 --> 00:03:17.090 In the warm air along your  
NOTE Confidence: 0.8393469  
00:03:17.090 --> 00:03:19.240 nostrils as you breathe out.  
NOTE Confidence: 0.8686193  
00:03:26.880 --> 00:03:30.310 And as you bring your focus to  
NOTE Confidence: 0.8686193  
00:03:30.310 --> 00:03:32.166 this sensation. Begin to let  
NOTE Confidence: 0.8686193  
00:03:32.166 --> 00:03:33.918 go of the noises around you.  
NOTE Confidence: 0.872087775  
00:03:43.470 --> 00:03:45.070 And bring your focus.  
NOTE Confidence: 0.872087775  
00:03:45.070 --> 00:03:46.670 Back to your breathing.  
NOTE Confidence: 0.877483605555555  
00:03:51.760 --> 00:03:53.568 Now slowly. Bring your  
NOTE Confidence: 0.877483605555555  
00:03:53.568 --> 00:03:55.828 attention down to your feet.  
NOTE Confidence: 0.8293737  
00:03:58.050 --> 00:04:01.106 Begin by observing the  
NOTE Confidence: 0.8293737  
00:04:01.106 --> 00:04:02.740 sensations. In your feet.  
NOTE Confidence: 0.8764777  
00:04:10.550 --> 00:04:13.502 Just notice any feelings  
NOTE Confidence: 0.8764777  
00:04:13.502 --> 00:04:15.716 without any judgement.  
NOTE Confidence: 0.8764777  
00:04:15.720 --> 00:04:17.840 You might imagine sending your  
NOTE Confidence: 0.8764777  
00:04:17.840 --> 00:04:19.960 breath down to your feet.  
NOTE Confidence: 0.8764777

00:04:19.960 --> 00:04:22.690 As if the breath was traveling  
NOTE Confidence: 0.8764777

00:04:22.690 --> 00:04:25.500 through your nose to the lungs.  
NOTE Confidence: 0.8764777

00:04:25.500 --> 00:04:29.256 Through the abdomen, down your legs.  
NOTE Confidence: 0.8764777

00:04:29.260 --> 00:04:31.796 And all the way down into your feet.  
NOTE Confidence: 0.9227832

00:04:38.040 --> 00:04:39.845 Perhaps you don't feel anything  
NOTE Confidence: 0.9227832

00:04:39.845 --> 00:04:42.018 at all, and that's fine too.  
NOTE Confidence: 0.86544

00:04:44.500 --> 00:04:45.984 But just allow yourself  
NOTE Confidence: 0.86544

00:04:45.984 --> 00:04:47.468 to feel the sensation.  
NOTE Confidence: 0.848899775

00:05:00.040 --> 00:05:01.450 When you're ready.  
NOTE Confidence: 0.848899775

00:05:01.450 --> 00:05:03.800 Allow your feet to dissolve  
NOTE Confidence: 0.848899775

00:05:03.800 --> 00:05:05.750 into your mind's eye.  
NOTE Confidence: 0.848899775

00:05:05.750 --> 00:05:08.202 And move your attention.  
NOTE Confidence: 0.848899775

00:05:08.202 --> 00:05:10.654 Up to your ankles.  
NOTE Confidence: 0.848899775

00:05:10.660 --> 00:05:13.960 Calves. Knees and thighs.  
NOTE Confidence: 0.88511914

00:05:19.640 --> 00:05:21.940 Then observe the sensations you're  
NOTE Confidence: 0.88511914

00:05:21.940 --> 00:05:23.780 experiencing throughout your legs.

NOTE Confidence: 0.7701429  
00:05:30.070 --> 00:05:33.326 Present two and breathe out of the legs.  
NOTE Confidence: 0.88384575  
00:05:40.330 --> 00:05:42.985 If your mind begins to  
NOTE Confidence: 0.88384575  
00:05:42.985 --> 00:05:45.109 wander during this exercise.  
NOTE Confidence: 0.88384575  
00:05:45.110 --> 00:05:49.600 Just notice this without judgment.  
NOTE Confidence: 0.88384575  
00:05:49.600 --> 00:05:51.730 And bring your mind back.  
NOTE Confidence: 0.88384575  
00:05:51.730 --> 00:05:54.817 To noticing the sensations in your legs.  
NOTE Confidence: 0.8033982  
00:06:04.420 --> 00:06:07.972 Observe how all sensations rise and  
NOTE Confidence: 0.8033982  
00:06:07.972 --> 00:06:12.208 fall shift and change moment to moment.  
NOTE Confidence: 0.8533569  
00:06:14.420 --> 00:06:18.968 Notice how no sensation is permanent.  
NOTE Confidence: 0.8533569  
00:06:18.970 --> 00:06:21.165 Just observe and allow the  
NOTE Confidence: 0.8533569  
00:06:21.165 --> 00:06:23.795 sensations in your legs to be  
NOTE Confidence: 0.8533569  
00:06:23.795 --> 00:06:26.259 in the moment just as they are.  
NOTE Confidence: 0.86572134  
00:06:34.020 --> 00:06:37.585 Then on the next breath. Allow  
NOTE Confidence: 0.86572134  
00:06:37.585 --> 00:06:40.000 your legs to dissolve in your mind.  
NOTE Confidence: 0.8439308  
00:06:42.930 --> 00:06:46.128 Remove the sensations.  
NOTE Confidence: 0.8439308

00:06:46.130 --> 00:06:49.166 In your lower back. And pelvis.  
NOTE Confidence: 0.7754528

00:06:51.650 --> 00:06:53.938 Softening and releasing as  
NOTE Confidence: 0.7754528

00:06:53.938 --> 00:06:56.798 you breathe in and out.  
NOTE Confidence: 0.81723666

00:07:04.850 --> 00:07:07.856 Slowly move your attention up to  
NOTE Confidence: 0.81723666

00:07:07.856 --> 00:07:10.389 your mid back. And upper back.  
NOTE Confidence: 0.8091985

00:07:16.450 --> 00:07:19.150 You may notice sensations of tension.  
NOTE Confidence: 0.8988129

00:07:22.100 --> 00:07:26.052 In your muscles. Just begin to  
NOTE Confidence: 0.8988129

00:07:26.052 --> 00:07:28.416 release them and let them go.  
NOTE Confidence: 0.72816515

00:07:35.730 --> 00:07:41.558 Let gravity. Take the muscles.  
NOTE Confidence: 0.72816515

00:07:41.560 --> 00:07:43.905 As though you're sinking into the ground.  
NOTE Confidence: 0.845352536363636

00:07:51.100 --> 00:07:53.310 With each in breath. Breathing  
NOTE Confidence: 0.845352536363636

00:07:53.310 --> 00:07:56.030 to the muscles of your back.  
NOTE Confidence: 0.81176287

00:07:58.390 --> 00:08:01.180 And with each out breath.  
NOTE Confidence: 0.81176287

00:08:01.180 --> 00:08:02.888 But the tension release.  
NOTE Confidence: 0.8877797

00:08:15.920 --> 00:08:17.620 As you continue to breathe.  
NOTE Confidence: 0.85624623

00:08:20.710 --> 00:08:24.110 Bring your awareness to the

NOTE Confidence: 0.85624623  
00:08:24.110 --> 00:08:27.532 chest and the heart. And just  
NOTE Confidence: 0.85624623  
00:08:27.532 --> 00:08:29.287 begin to notice your heartbeat.  
NOTE Confidence: 0.75756806  
00:08:31.780 --> 00:08:37.160 Observe how your chest rises. In the in hell.  
NOTE Confidence: 0.84844655  
00:08:40.450 --> 00:08:43.320 And how it falls in the exhale.  
NOTE Confidence: 0.83743334  
00:08:57.890 --> 00:09:01.600 And on the next breath.  
NOTE Confidence: 0.83743334  
00:09:01.600 --> 00:09:04.900 Allow your torso to dissolve.  
NOTE Confidence: 0.893844  
00:09:07.450 --> 00:09:09.775 Then bring your focus to  
NOTE Confidence: 0.893844  
00:09:09.775 --> 00:09:11.635 your hands and fingertips.  
NOTE Confidence: 0.8352315  
00:09:19.970 --> 00:09:22.790 Notice any sensations of your hands.  
NOTE Confidence: 0.8290783  
00:09:26.780 --> 00:09:29.028 Become aware of what they may be touching.  
NOTE Confidence: 0.898004  
00:09:33.950 --> 00:09:35.695 If you like, you can  
NOTE Confidence: 0.898004  
00:09:35.695 --> 00:09:37.440 give them a short wiggle.  
NOTE Confidence: 0.853265934545454  
00:09:43.170 --> 00:09:45.450 Begin to breathe. Into your  
NOTE Confidence: 0.853265934545454  
00:09:45.450 --> 00:09:48.390 hands and out of your hands.  
NOTE Confidence: 0.8715945  
00:09:53.790 --> 00:09:55.836 If your mind begins to wander.  
NOTE Confidence: 0.8842854



00:09:58.220 --> 00:10:00.428 Simply just bring it back to  
NOTE Confidence: 0.8842854

00:10:00.428 --> 00:10:02.410 the sensations in your hands.  
NOTE Confidence: 0.80379324375

00:10:09.270 --> 00:10:11.499 The next breath.  
NOTE Confidence: 0.80379324375

00:10:11.499 --> 00:10:15.214 Allow your hands to dissolve.  
NOTE Confidence: 0.80379324375

00:10:15.220 --> 00:10:18.628 And bring your focus and your  
NOTE Confidence: 0.80379324375

00:10:18.628 --> 00:10:20.548 awareness. Up into your arms.  
NOTE Confidence: 0.8457271

00:10:26.090 --> 00:10:27.558 Serve any sensations you  
NOTE Confidence: 0.8457271

00:10:27.558 --> 00:10:29.760 may be feeling in your arms.  
NOTE Confidence: 0.9126945

00:10:32.100 --> 00:10:33.870 You may notice a difference between  
NOTE Confidence: 0.9126945

00:10:33.870 --> 00:10:35.909 the left arm and the right arm.  
NOTE Confidence: 0.8341287

00:10:45.480 --> 00:10:47.425 And then the next breath  
NOTE Confidence: 0.8341287

00:10:47.425 --> 00:10:49.370 allow your arms to dissolve.  
NOTE Confidence: 0.881745842857143

00:10:55.490 --> 00:10:57.332 Continue to breathe.  
NOTE Confidence: 0.881745842857143

00:10:57.332 --> 00:11:01.149 And shift the focus. For the neck,  
NOTE Confidence: 0.881745842857143

00:11:01.149 --> 00:11:03.867 the shoulder and the throat region.  
NOTE Confidence: 0.89893764

00:11:08.260 --> 00:11:11.437 This is an area where we often have tension.

NOTE Confidence: 0.85382456  
00:11:14.150 --> 00:11:15.935 With the space where we  
NOTE Confidence: 0.85382456  
00:11:15.935 --> 00:11:17.363 often carry our stress.  
NOTE Confidence: 0.86793965  
00:11:20.390 --> 00:11:22.676 And be with the sensations here.  
NOTE Confidence: 0.7380548  
00:11:25.560 --> 00:11:28.248 It could be tight or rigid.  
NOTE Confidence: 0.88612473  
00:11:31.700 --> 00:11:33.630 You may notice your shoulders  
NOTE Confidence: 0.88612473  
00:11:33.630 --> 00:11:36.100 rising and falling with each breath.  
NOTE Confidence: 0.78878796  
00:11:42.740 --> 00:11:45.956 If you begin to feel those  
NOTE Confidence: 0.78878796  
00:11:45.956 --> 00:11:49.120 sensations of tightness or rigidity.  
NOTE Confidence: 0.78878796  
00:11:49.120 --> 00:11:51.598 You may begin to tell yourself stories.  
NOTE Confidence: 0.8663576  
00:11:53.780 --> 00:11:56.505 As you breathe, forget about  
NOTE Confidence: 0.8663576  
00:11:56.505 --> 00:11:59.230 those thoughts and those stories.  
NOTE Confidence: 0.8663576  
00:11:59.230 --> 00:12:02.890 And return your attention to the  
NOTE Confidence: 0.8663576  
00:12:02.890 --> 00:12:05.539 shoulders and throat. And the neck.  
NOTE Confidence: 0.84575045  
00:12:11.470 --> 00:12:13.690 And on the next breath.  
NOTE Confidence: 0.84575045  
00:12:13.690 --> 00:12:16.162 Allow this area to dissolve and  
NOTE Confidence: 0.84575045

00:12:16.162 --> 00:12:18.629 direct your attention to the scalp,  
NOTE Confidence: 0.84575045

00:12:18.630 --> 00:12:20.690 the head and the face.  
NOTE Confidence: 0.6922786

00:12:26.070 --> 00:12:30.370 Relax the jaw. No cheeks.  
NOTE Confidence: 0.88024735

00:12:33.660 --> 00:12:36.060 And like gravity, take your eyebrows  
NOTE Confidence: 0.85874945

00:12:48.130 --> 00:12:51.190 Begin to return your focus.  
NOTE Confidence: 0.85874945

00:12:51.190 --> 00:12:55.428 To the cold air. Only in breath.  
NOTE Confidence: 0.83439195

00:12:58.510 --> 00:13:01.373 And the warm air along your nostrils  
NOTE Confidence: 0.83439195

00:13:01.373 --> 00:13:04.250 on the warm breath. On the out breath.  
NOTE Confidence: 0.643858

00:13:17.610 --> 00:13:19.150 Cool in.  
NOTE Confidence: 0.8787403

00:13:22.410 --> 00:13:24.150 And warm out.  
NOTE Confidence: 0.87779593

00:13:30.330 --> 00:13:36.189 Now bring your attention. To expand out.  
NOTE Confidence: 0.87779593

00:13:36.190 --> 00:13:38.846 To include the entire body as a whole.  
NOTE Confidence: 0.91170174

00:13:45.050 --> 00:13:47.591 Bring your attention from the top of  
NOTE Confidence: 0.91170174

00:13:47.591 --> 00:13:50.539 your head to the bottom of your toes.  
NOTE Confidence: 0.8511871

00:13:53.250 --> 00:13:56.618 And simply feel the gentle rhythm of breath.  
NOTE Confidence: 0.8511871

00:13:56.620 --> 00:13:58.618 As it moves through your body.

NOTE Confidence: 0.9160697

00:14:09.250 --> 00:14:11.437 As you come to the end of this practice.

NOTE Confidence: 0.88977677

00:14:13.820 --> 00:14:17.094 Take a full deep breath. Taking in

NOTE Confidence: 0.88977677

00:14:17.094 --> 00:14:19.326 all the energy of this practice.

NOTE Confidence: 0.5422857

00:14:23.760 --> 00:14:28.533 Exhale fully. When you are

NOTE Confidence: 0.5422857

00:14:28.533 --> 00:14:30.638 prepared. When you are ready.

NOTE Confidence: 0.917122063636364

00:14:32.720 --> 00:14:36.032 Open your eyes. And return your

NOTE Confidence: 0.917122063636364

00:14:36.032 --> 00:14:39.020 attention to this present moment.