

WEBVTT

NOTE duration:"00:23:28.4800000"

NOTE language:en-us

NOTE Confidence: 0.87842053

00:00:02.560 --> 00:00:05.740 Welcome, my name is Roberta Brown.

NOTE Confidence: 0.87842053

00:00:05.740 --> 00:00:08.638 I'm a registered nurse at Greenwich

NOTE Confidence: 0.87842053

00:00:08.638 --> 00:00:11.392 Hospital and I'm the integrative

NOTE Confidence: 0.87842053

00:00:11.392 --> 00:00:15.057 medicine and Healing touch coordinator.

NOTE Confidence: 0.87842053

00:00:15.060 --> 00:00:21.009 I would like to offer you a sound healing

NOTE Confidence: 0.87842053

00:00:21.009 --> 00:00:25.358 meditation that helps to calm the mind.

NOTE Confidence: 0.87842053

00:00:25.360 --> 00:00:28.010 And relax the whole body.

NOTE Confidence: 0.87842053

00:00:28.010 --> 00:00:31.666 I will be focusing today on helping the

NOTE Confidence: 0.87842053

00:00:31.666 --> 00:00:35.699 body to clear to have peaceful thoughts

NOTE Confidence: 0.87842053

00:00:35.699 --> 00:00:39.110 or whatever thoughts that come in.

NOTE Confidence: 0.87842053

00:00:39.110 --> 00:00:42.290 But usually when the vibrations begin,

NOTE Confidence: 0.87842053

00:00:42.290 --> 00:00:46.514 the body relaxes and the mind slows down.

NOTE Confidence: 0.87842053

00:00:46.520 --> 00:00:48.736 The thoughts slow down.

NOTE Confidence: 0.87842053

00:00:48.736 --> 00:00:52.703 So this is an opportunity for you

NOTE Confidence: 0.87842053

00:00:52.703 --> 00:00:55.925 to give yourself some self care.

NOTE Confidence: 0.87842053

00:00:55.930 --> 00:00:58.682 From self for some self love and I

NOTE Confidence: 0.87842053

00:00:58.682 --> 00:01:01.313 will be getting in a comfortable

NOTE Confidence: 0.87842053

00:01:01.313 --> 00:01:03.633 position in just a moment.

NOTE Confidence: 0.87842053

00:01:03.640 --> 00:01:06.482 And I invite you to get in

NOTE Confidence: 0.87842053

00:01:06.482 --> 00:01:07.700 a comfortable position.

NOTE Confidence: 0.87842053

00:01:07.700 --> 00:01:10.716 You can either sit in a chair with

NOTE Confidence: 0.87842053

00:01:10.716 --> 00:01:13.961 your feet on the floor or you can lie

NOTE Confidence: 0.87842053

00:01:13.961 --> 00:01:17.957 down even on your bed or a yoga mat

NOTE Confidence: 0.87842053

00:01:17.957 --> 00:01:19.877 wherever you're most comfortable.

NOTE Confidence: 0.87842053

00:01:19.880 --> 00:01:22.195 Perhaps putting a pillow under

NOTE Confidence: 0.87842053

00:01:22.195 --> 00:01:25.015 your head if you're lying down

NOTE Confidence: 0.87842053

00:01:25.015 --> 00:01:27.499 in a bolster under your knees.

NOTE Confidence: 0.87842053

00:01:27.500 --> 00:01:31.980 This will be an opportunity for you to

NOTE Confidence: 0.87842053

00:01:31.980 --> 00:01:35.755 experience sound as a healer for the body,

NOTE Confidence: 0.87842053

00:01:35.760 --> 00:01:37.191 mind and spirit,  
NOTE Confidence: 0.87842053

00:01:37.191 --> 00:01:41.430 and it brings the cells back in harmony.  
NOTE Confidence: 0.87842053

00:01:41.430 --> 00:01:44.292 It also relaxes your nervous system  
NOTE Confidence: 0.87842053

00:01:44.292 --> 00:01:48.631 to help you to come out of the stress  
NOTE Confidence: 0.87842053

00:01:48.631 --> 00:01:51.680 response and come into the relaxation  
NOTE Confidence: 0.87842053

00:01:51.680 --> 00:01:55.358 response which is rest and digest.  
NOTE Confidence: 0.87842053

00:01:55.360 --> 00:01:58.816 So I hope you enjoy it.  
NOTE Confidence: 0.87842053

00:01:58.820 --> 00:02:01.396 And I will begin in just a moment.  
NOTE Confidence: 0.88247526

00:02:23.000 --> 00:02:27.074 So taking this moment to center yourself.  
NOTE Confidence: 0.88247526

00:02:27.080 --> 00:02:29.744 And coming into presence.  
NOTE Confidence: 0.88247526

00:02:29.744 --> 00:02:32.408 Right here right now.  
NOTE Confidence: 0.8438833

00:02:38.520 --> 00:02:42.588 By beginning to notice your breath.  
NOTE Confidence: 0.8438833

00:02:42.590 --> 00:02:46.300 Notice your breath as it  
NOTE Confidence: 0.8438833

00:02:46.300 --> 00:02:49.268 moves through your lungs.  
NOTE Confidence: 0.8438833

00:02:49.270 --> 00:02:53.032 You don't have to change it in any way,  
NOTE Confidence: 0.8438833

00:02:53.040 --> 00:02:57.670 just simply allowing it to flow. With ease.

NOTE Confidence: 0.8618185  
00:03:00.450 --> 00:03:03.750 And notice your physical body.  
NOTE Confidence: 0.8618185  
00:03:03.750 --> 00:03:06.045 As you rest, either in  
NOTE Confidence: 0.8618185  
00:03:06.045 --> 00:03:08.340 the chair or lying down.  
NOTE Confidence: 0.8618185  
00:03:08.340 --> 00:03:09.916 Notice that there's any  
NOTE Confidence: 0.8618185  
00:03:09.916 --> 00:03:11.098 physical tension anywhere.  
NOTE Confidence: 0.8618185  
00:03:11.100 --> 00:03:13.494 Perhaps you can let the breath  
NOTE Confidence: 0.8618185  
00:03:13.494 --> 00:03:16.220 go to that part of the body.  
NOTE Confidence: 0.8166677  
00:03:25.800 --> 00:03:29.188 And thoughts come in as they do.  
NOTE Confidence: 0.8166677  
00:03:29.190 --> 00:03:32.601 Allow them to pass like a cloud over a  
NOTE Confidence: 0.8166677  
00:03:32.601 --> 00:03:35.283 landscape and simply bring your attention  
NOTE Confidence: 0.8166677  
00:03:35.283 --> 00:03:38.449 back to the awareness of the breath.  
NOTE Confidence: 0.88397163  
00:03:44.800 --> 00:03:49.327 As soon as we begin to notice our breath.  
NOTE Confidence: 0.88397163  
00:03:49.330 --> 00:03:51.740 That slows the mind down.  
NOTE Confidence: 0.88397163  
00:03:51.740 --> 00:03:55.002 It slows the thoughts and we come  
NOTE Confidence: 0.88397163  
00:03:55.002 --> 00:03:58.369 into the body and we can come  
NOTE Confidence: 0.88397163

00:03:58.369 --> 00:04:01.165 into the heart center where the  
NOTE Confidence: 0.88397163

00:04:01.271 --> 00:04:04.147 intelligence and wisdom lies.  
NOTE Confidence: 0.88397163

00:04:04.150 --> 00:04:06.718 So I'm going to be guiding  
NOTE Confidence: 0.88397163

00:04:06.718 --> 00:04:09.010 you through a body scan.  
NOTE Confidence: 0.88397163

00:04:09.010 --> 00:04:12.442 So that you can just allow your body  
NOTE Confidence: 0.88397163

00:04:12.442 --> 00:04:16.129 to melt into the chair or the floor,  
NOTE Confidence: 0.88397163

00:04:16.130 --> 00:04:17.864 releasing any tension.  
NOTE Confidence: 0.88397163

00:04:17.864 --> 00:04:21.088 There's nothing to do, and there's  
NOTE Confidence: 0.88397163

00:04:21.088 --> 00:04:25.230 nowhere to go simply being present.  
NOTE Confidence: 0.88397163

00:04:25.230 --> 00:04:27.420 Listening.  
NOTE Confidence: 0.88397163

00:04:27.420 --> 00:04:28.157 Observing.  
NOTE Confidence: 0.88397163

00:04:28.157 --> 00:04:31.842 Any sounds that are coming  
NOTE Confidence: 0.88397163

00:04:31.842 --> 00:04:34.053 into your awareness.  
NOTE Confidence: 0.8776538

00:04:36.690 --> 00:04:40.155 And if any emotions bubble up inside,  
NOTE Confidence: 0.8776538

00:04:40.160 --> 00:04:45.208 allow them to be present and accept them.  
NOTE Confidence: 0.8776538

00:04:45.210 --> 00:04:47.358 Breathing in and breathing

NOTE Confidence: 0.8776538  
00:04:47.358 --> 00:04:50.043 out to the whole experience.  
NOTE Confidence: 0.46965122  
00:04:59.500 --> 00:05:02.300 Bring your attention.  
NOTE Confidence: 0.46965122  
00:05:02.300 --> 00:05:05.030 Down to the soles of your feet.  
NOTE Confidence: 0.7425614  
00:05:07.370 --> 00:05:11.210 Notice your feet begin to  
NOTE Confidence: 0.7425614  
00:05:11.210 --> 00:05:16.270 relax the feet. The muscles,  
NOTE Confidence: 0.7425614  
00:05:16.270 --> 00:05:18.210 the tendons, the ligaments.  
NOTE Confidence: 0.08505035  
00:05:19.270 --> 00:05:22.270 Hearing you owe me.  
NOTE Confidence: 0.2702699  
00:05:26.680 --> 00:05:30.390 Noticing the angles.  
NOTE Confidence: 0.2702699  
00:05:30.390 --> 00:05:33.470 Just allowing the fetus play  
NOTE Confidence: 0.2702699  
00:05:33.470 --> 00:05:37.540 out relaxing the muscles.  
NOTE Confidence: 0.2702699  
00:05:37.540 --> 00:05:40.340 Then you owe me.  
NOTE Confidence: 0.50765127  
00:05:47.410 --> 00:05:48.148 To the ship.  
NOTE Confidence: 0.74824363  
00:05:51.270 --> 00:05:56.120 Allowing relaxation to float up.  
NOTE Confidence: 0.74824363  
00:05:56.120 --> 00:06:00.800 You owe me. Softening,  
NOTE Confidence: 0.5085355  
00:06:00.800 --> 00:06:04.440 having a deep letting go.  
NOTE Confidence: 0.6740776

00:06:17.550 --> 00:06:22.326 Noticing the thighs front and back.  
NOTE Confidence: 0.6740776

00:06:22.330 --> 00:06:25.576 Allowing them to relax and soften.  
NOTE Confidence: 0.37757328

00:06:35.490 --> 00:06:41.720 You're saying it helps the pelvis?  
NOTE Confidence: 0.75637656

00:06:41.720 --> 00:06:47.192 The internal organs in the low belly feel a  
NOTE Confidence: 0.75637656

00:06:47.200 --> 00:06:49.632 relaxation of the internal  
NOTE Confidence: 0.75637656

00:06:49.632 --> 00:06:52.064 organs in the belly.  
NOTE Confidence: 0.64402246

00:06:57.350 --> 00:07:00.770 And so fitting the low back  
NOTE Confidence: 0.64402246

00:07:00.770 --> 00:07:04.650 as this wave of relaxation.  
NOTE Confidence: 0.64402246

00:07:04.650 --> 00:07:09.636 Comes up into the low back in the belly.  
NOTE Confidence: 0.7043958

00:07:13.550 --> 00:07:16.990 As you continue to rest in  
NOTE Confidence: 0.7043958

00:07:16.990 --> 00:07:19.940 the awareness of the breath  
NOTE Confidence: 0.7043958

00:07:20.056 --> 00:07:23.746 as the breath breathes you. Bring  
NOTE Confidence: 0.7043958

00:07:23.746 --> 00:07:27.708 attention into the torso. The rib cage.  
NOTE Confidence: 0.43874872

00:07:33.410 --> 00:07:36.280 The middle back.  
NOTE Confidence: 0.4490479

00:07:36.280 --> 00:07:38.668 Notice the back body.  
NOTE Confidence: 0.7272548

00:07:43.480 --> 00:07:47.580 Notice the heart center. The

NOTE Confidence: 0.53551406  
00:07:47.580 --> 00:07:53.286 lungs as breath flows with ease in and out.  
NOTE Confidence: 0.796102  
00:08:14.990 --> 00:08:19.880 go of whatever is present for you.  
NOTE Confidence: 0.796102  
00:08:19.880 --> 00:08:22.948 And allowing an acceptance.  
NOTE Confidence: 0.8334543  
00:08:25.310 --> 00:08:27.823 As the wave of relaxation comes up  
NOTE Confidence: 0.8334543  
00:08:27.823 --> 00:08:30.328 into the neck and the shoulders.  
NOTE Confidence: 0.7498251  
00:08:41.970 --> 00:08:45.932 Allowing this wave of relaxation to go  
NOTE Confidence: 0.7498251  
00:08:45.932 --> 00:08:50.898 down your arms. The elbows the forearm.  
NOTE Confidence: 0.5882615  
00:08:52.620 --> 00:08:57.048 The wrist, the palms and fingers  
NOTE Confidence: 0.5882615  
00:08:57.048 --> 00:09:01.400 feeling palmz alive would sensation.  
NOTE Confidence: 0.72969806  
00:09:05.640 --> 00:09:07.634 Moving awareness back to  
NOTE Confidence: 0.72969806  
00:09:07.634 --> 00:09:10.119 the neck and throat area.  
NOTE Confidence: 0.72969806  
00:09:10.120 --> 00:09:12.610 Relaxing all the muscles front,  
NOTE Confidence: 0.72969806  
00:09:12.610 --> 00:09:18.548 back and sides. Up into the jaw.  
NOTE Confidence: 0.72969806  
00:09:18.548 --> 00:09:21.285 Release the job by opening  
NOTE Confidence: 0.72969806  
00:09:21.285 --> 00:09:24.440 the mouth slightly.  
NOTE Confidence: 0.57960321



00:09:24.440 --> 00:09:30.884 Laxing the tongue. In the back of the throat.  
NOTE Confidence: 0.57960321

00:09:30.890 --> 00:09:35.349 Relaxing your eyes and softening the eyes,  
NOTE Confidence: 0.57960321

00:09:35.350 --> 00:09:39.809 perhaps closing them if that feels good.  
NOTE Confidence: 0.56154305

00:09:47.830 --> 00:09:54.670 Notice ears listening. Hearing  
NOTE Confidence: 0.56154305

00:09:54.670 --> 00:09:57.458 hearing sound, perhaps inside  
NOTE Confidence: 0.7813323

00:09:57.460 --> 00:10:00.950 the body and around you.  
NOTE Confidence: 0.6677576

00:10:04.320 --> 00:10:07.608 Relaxing the skull and the scalp.  
NOTE Confidence: 0.7604525

00:10:12.640 --> 00:10:15.398 Relaxing all the muscles in the face.  
NOTE Confidence: 0.47144005

00:10:22.240 --> 00:10:26.350 Relaxing the mind, the brain.  
NOTE Confidence: 0.79914165

00:10:30.390 --> 00:10:36.520 Feel a deep letting go of the whole body. As  
NOTE Confidence: 0.81799567

00:10:36.520 --> 00:10:40.762 you begin to allow your subconscious to  
NOTE Confidence: 0.81799567

00:10:40.762 --> 00:10:44.348 receive the soothing vibrations of the  
NOTE Confidence: 0.81799567

00:10:44.348 --> 00:10:48.233 Tibetan Singing Bowl as they wash in,  
NOTE Confidence: 0.81799567

00:10:48.240 --> 00:10:51.750 around and through you and allow  
NOTE Confidence: 0.81799567

00:10:51.750 --> 00:10:55.542 any healing to take place.  
NOTE Confidence: 0.81799567

00:10:55.542 --> 00:10:59.510 For your highest good. Relaxing

NOTE Confidence: 0.904657  
00:10:59.510 --> 00:11:03.650 the whole body now. Feeling heavy.  
NOTE Confidence: 0.7968233  
00:21:03.420 --> 00:21:07.692 Slowly and gently begin to bring  
NOTE Confidence: 0.7968233  
00:21:07.692 --> 00:21:11.840 your awareness back to the room.  
NOTE Confidence: 0.7968233  
00:21:11.840 --> 00:21:16.824 Back to your body. Back to your breath.  
NOTE Confidence: 0.8378778  
00:21:19.420 --> 00:21:22.661 Begin to notice your back body resting  
NOTE Confidence: 0.8378778  
00:21:22.661 --> 00:21:26.096 either in the chair or on the Earth.  
NOTE Confidence: 0.883919549090909  
00:21:28.720 --> 00:21:30.820 Notice your front body.  
NOTE Confidence: 0.883919549090909  
00:21:30.820 --> 00:21:34.450 And notice all the space around you.  
NOTE Confidence: 0.87078065  
00:21:40.460 --> 00:21:44.640 I invite you to take in a deep full breath.  
NOTE Confidence: 0.87078065  
00:21:44.640 --> 00:21:46.809 A conscious breath.  
NOTE Confidence: 0.87078065  
00:21:46.809 --> 00:21:51.147 As you inhale that lifegiving oxygen.  
NOTE Confidence: 0.87078065  
00:21:51.150 --> 00:21:53.570 At Life force energy.  
NOTE Confidence: 0.87078065  
00:21:53.570 --> 00:21:55.990 That vitality going to  
NOTE Confidence: 0.87078065  
00:21:55.990 --> 00:21:59.419 all the cells of the body.  
NOTE Confidence: 0.87078065  
00:21:59.420 --> 00:22:01.024 And on the exhale,  
NOTE Confidence: 0.87078065

00:22:01.024 --> 00:22:03.029 releasing and letting go anything

NOTE Confidence: 0.87078065

00:22:03.029 --> 00:22:04.978 that no longer serves you.

NOTE Confidence: 0.9180872

00:22:10.440 --> 00:22:13.720 And when you're ready.

NOTE Confidence: 0.9180872

00:22:13.720 --> 00:22:18.460 Begin to wiggle fingers and toes.

NOTE Confidence: 0.9180872

00:22:18.460 --> 00:22:22.345 Perhaps moving the body a little bit?

NOTE Confidence: 0.9180872

00:22:22.350 --> 00:22:24.406 If you're in the chair, you can

NOTE Confidence: 0.9180872

00:22:24.406 --> 00:22:26.164 move your neck or your shoulders.

NOTE Confidence: 0.77898604

00:22:28.230 --> 00:22:29.954 Reawakening integrating

NOTE Confidence: 0.77898604

00:22:29.954 --> 00:22:34.264 back to this moment now.

NOTE Confidence: 0.77898604

00:22:34.270 --> 00:22:37.700 The only moment there is.

NOTE Confidence: 0.77898604

00:22:37.700 --> 00:22:39.700 And if you're lying down,

NOTE Confidence: 0.77898604

00:22:39.700 --> 00:22:41.700 you can either stay there,

NOTE Confidence: 0.77898604

00:22:41.700 --> 00:22:44.129 or you can go to your side

NOTE Confidence: 0.77898604

00:22:44.129 --> 00:22:46.678 and push yourself up to a

NOTE Confidence: 0.77898604

00:22:46.678 --> 00:22:48.100 comfortable seated position.

NOTE Confidence: 0.91473955

00:22:50.650 --> 00:22:54.034 And just take some time to be quiet

NOTE Confidence: 0.91473955

00:22:54.034 --> 00:22:57.074 for the rest of this practice

NOTE Confidence: 0.91473955

00:22:57.074 --> 00:23:00.206 as you begin to integrate back.

NOTE Confidence: 0.91473955

00:23:00.210 --> 00:23:02.566 Into your normal activities.

NOTE Confidence: 0.91473955

00:23:02.566 --> 00:23:06.640 And I wish you a beautiful day.

NOTE Confidence: 0.91473955

00:23:06.640 --> 00:23:08.060 Thank you for your attention.