**ICanServe Foundation**

**Silver Linings 2019**

**Healing Power of Qigong & Meditation**

**PICC Room 6**

**Speaker: Michelle Magsaysay & Lexi Payumo**

**Moderator: None?**

0:06:45 Michelle Magsaysay: Good morning. We’ll be starting in a short while. I can see that some of you are having your morning snack. So, in the meantime, why don’t we just sit and leave a chair in between each other so that we can stretch our arms. Some of you may want to move forward. There’s a lot of space here on the left side, on your right side.

0:07:19 Michelle: It’s a form of Qigong that is a holistic practice. It works on relaxing the body, calming the mind and the emotions and opening the heart.

0:07:32 Michelle: Now you’re wondering why the heart. When the heart is open, the emotions are calmer, you feel more centered and you feel that you’re in harmony with the people around you and with your surroundings.

0:07:46 Michelle: So this kind of practice that we’re going to do, this holistic practice, actually harnesses energy from nature through the movements and through non-movements, we allow the body to relax so that we bring in Qi from nature into the body. And this is a very natural flow that you find in nature, the energy flow that you find in nature happens in the body as we breathe in, as we breathe out. And it’s always happening and that’s what keeps us alive.

0:08:21 Michelle: So, the quality of Qi that enters the body is affected by what’s in the mind. So when the mind is stressed, when you’re angry, when you’re worried, when you’re fearful, you actually close the door. It’s like closing the door from letting the Qi from nature enter the body.

0:08:45 Michelle: So, we have energy points in the body, and I’m going to be showing it to you in a while.

0:08:51 Michelle: So, is everybody comfortable where you are? You can still move if you want. Okay. Why don’t we all stand up? Can you hear me without the mic? Can you see me?

0:09:12 Audience: Yes.

0:09:20 Michelle: (audio becomes soft as speaker puts down the mic) Okay, when we begin the practice of Shenzhen meditation, we begin with the cleansing movement by bringing our palms together, slightly open the palms of your hands and gently blow into the palms of your hands as if you’re cleaning your hands. Bring your left hand up in front of the forehead and your right hand down below the navel. Because you’re actually connecting to nature, allowing your mind to be open as you bring your hands down, opening your heart and body. Continue to bring your hands down and rest your left palm on top of your right palm, thumbs touching.

0:10:12 Michelle: Okay. I’ll just explain this. This movement is very important. It’s called the Zhongtian movement. When we do this, we’re actually acknowledging that we’ll be receiving energy from nature. So, we want to keep ourselves open to receiving with the mind open, the heart open, and the body open.

0:10:32 Michelle: So, let’s do that once again. Bring your palms together and blow to the palms of your hands. Bring your left palm up and open your mind, slowly bring your hands down. Open the heart and the body. Rest your hands on top of your other hand, thumbs touch.

0:11:00 Michelle: Now we begin with the very basic form of Qigong, it’s called Gathering Qi. And this is a standing form that’s very, very simple. So, first, check your position, make sure that you’re standing hip distance apart. For some of you, you may want to remove your shoes. Would you like to remove your shoes?

0:11:24 Michelle: Okay, let’s 0:11:24 remove our shoes. The reason why we remove the shoes is because those are energy -- there’s a point in the center of the soles of the feet where Qi or the energy enters. So we want to keep our feet relaxed and open.

0:11:47 Michelle: Okay, so, first check that you’re standing hip distance apart. And you feel your centered. Your toes are pointing forward. Now slightly lean forward and back just to feel center, when you feel that you’re completely balanced between the two feet, stop. That’s your center.

0:12:15 Michelle: Okay, now, your knees are soft, not locked. Before we move, why don’t we make some space. I can see some people very near each other. Why don’t you leave a chair in between so that you can stretch your arms out?

0:12:35 Michelle: Okay, so, I’m going to show you the movement first, and then follow me. So this is how it looks. Very good. So simple. Okay. I can see you’re doing it very easily. So, let’s do it together. Okay, ready? Before we begin, I want you first to close your eyes and focus on the soles of your feet. Relax the soles of your feet. Feel yourself being supported by the floor beneath you as you breathe in and as you breathe out, relax the soles of your feet. Now bring your awareness to the center of the palms of your hands. Relax the center of the palms of your hands. As you breathe in and as you breathe out, become aware of the center of the soles of the feet, center of the palms of your hands being open and relaxed.

0:14:21 Michelle: Now, bring your awareness to the head, top of the head, crown of the head, and relax the crown of your head. Imagine the crown open and relaxed as you breathe in and as you breathe out.

0:14:45 Michelle: The five energy gateways where Qi or energy enters the body are the center of the soles of the feet, the center of the palms of your hands and the crown of your head. So as you breathe in and breathe out, just become aware of these areas softening and relaxing.

0:15:19 Michelle: Okay, now, so you open your eyes and follow me. inhale up, bring your hands up. Exhale, let the palms face the floor following the breath, inhale, lift the arms up. Exhale, relax your shoulders, relax the palms of your hands. Continue, inhale deeply. Exhale long until you inhale deeply, exhale long. Now continue this following the rhythm of your breath with your eyes closed. And imagine the Qi from the earth entering the soles of your feet.

0:16:28 Michelle: Qi from the earth, from nature entering your whole body through the palms of your hands, crown of your head, soles of the feet. Every pore of your body is open to receiving blessings and healing from nature. So, imagine your arms very, very long, your fingers, as if extending beyond the room, out into nature pouring Qi or energy into the crown all the way down to the feet. Just continue and relax. Follow a comfortable place. Continue. Now two more times. Last time, open your eyes, follow me. As you bring your hands down very slowly, rest them on the sides of the body, and bring your awareness to the area below the navel and center of your body. This is called the Dantian, this is where you store the energy in your body.

0:18:16 Michelle: So, imagine the Dantian like the bottom of the ocean where it’s vast and calm. It can hold a lot of Qi from nature. Breathing in and breathing out from the center just allowing your thoughts to quiet down as you’re focusing on the center and store the energy that you’ve gathered. Take a deep breath in. Release your breath. Once again, take a deep breath in, release the breath, slowly open your eyes. Okay, let’s sit down.

0:19:10 Michelle: So, how does everybody feel?

0:19:13 Audience: Relaxed.

0:19:14 Michelle: Yes, relaxed. So, that’s the whole point of the practice is really to relax. It cannot be emphasized enough how relaxation is really important because we’ve forgotten to relax. Our grandparents, in the old days when life was simple, it was so easy for them to relax. Just watching the sunset or the sunrise, coming home from work, or going out in nature quieted the mind. And why is it so important to quiet the mind? Because when the mind is quiet, the body is open and the body can receive Qi. There’s an abundance of Qi in nature. So, when we’re noisy up here, and the body is still on high energy after a long day’s work, we can’t really sleep well, we can’t get a good night’s rest.

0:20:10 Michelle: And, when we have to make important decisions and the mind is noisy and the body is agitated, then, we’re not coming from the center. We’re not coming from a clear space. And finding your center happens when the mind and body are calmer and quiet. And you also get nourishment from this energy that you’re receiving from nature. We don’t see it, but some of you may have felt more relaxed. That was the energy from nature coming into the bodies, moving the energy that was already in the body, and letting that murky energy, stale energy move out.

0:20:49 Michelle: So, energy moves into these five energy gateways, the center of the palms of the hands, the center of the soles of the feet and the crown of the head. So, even as you sit here, and, let’s say, you put your hands face up. And, let’s say, you’re listening to a talk, just relax and be open and Qi will naturally enter the body.

0:21:12 Michelle: So, if you find yourself low-bat or if you feel like you don’t have energy, you can do what we did earlier. You just stand up and you can do it for a few minutes. But what’s important is while you’re doing it, let the mind become quiet. Don’t think of what you have to do. Just give this time to yourself.

0:21:36 Michelle: So, going back to this practice called Shenzhen, the meaning of Shenzhen is actually unconditional love. So, it’s a holistic practice because the Qi we’re receiving from nature is actually in essence from love. That’s how creation was born. It was from the energy of love. And, of course, we know in a very limited way now, but Qi is a manifestation or energy is just one of the manifestations of love.

0:22:11 Michelle: So, today, what I’m going to share with you and what you are going to try with me is a sitting form that’s called, it’s actually a healing form, and we have three parts of healing.

0:22:22 Michelle: So, the forms are it’s called Removal of Disease in three parts. So this is the first part. It’s 10 movements, very easy to do. So, we’ll run through the movements and follow me. I just want to make sure that you can see my feet. Can you see my feet? You can move up if you can’t see my feet. You can move here.

0:22:58 Michelle: So, when we sit, I want you to sit in the edge of the chair to allow your feet to rest comfortably on the floor. Again, your feet are hip distance apart, your feet are pointing forward. You can skip a chair so that you have room. Why don’t we stretch our arms out and see if we’re hitting our neighbor? Okay. Good idea. Why don’t you alternate the chairs? In and out. In and out, skipping the chair, but alternate so you don’t hit the person beside you. Yes, thank you. Okay, everybody okay? All right.

0:23:49 Michelle: So, we begin now by bringing the left palm on top of the right palm, thumbs touching. Just let your hands hang down. I’ll show you the first movement first. So just watch. Okay. Okay.

0:24:26 Michelle: So let’s do it this time, let’s just do the legs first. So just leave your arms to the sides. Sit forward in the chair and we’re going to do a rocking motion. Are you ready? Begin. One, move forward and lift the heel. Two, lean back and lift the toe. Again. Forward and back. Let yourself roll forward. Continue. I just want you to get the feel of this at the same time, you’re stimulating the energy point at the center of the soles of your feet. So feel yourself connecting to the floor as you move forward and back, you feel the soles of your feet connecting to the earth. Okay. Last time. And back center. Okay. Open your eyes.

0:25:42 Michelle: Now, follow me, your arms. Ready? Begin. One, bring your hand slightly higher than the forehead and slide it out shoulder-width. And then, two, come forward, relax your shoulders. Now lean back and open the arms, relax the shoulders. Inhale, open. Exhale, relax. One more time. Inhale open, exhale relax.

0:26:23 Michelle: Okay, now, let’s do it with the legs. Once again, bring your hands to rest on the other hand, your left on top of your right. Ready? Begin. One, inhale. Two, exhale. One, inhale. Two, exhale. Continue, arms float as if you’re weightless as you open your arms and relax. Arms flow and relax. Remember to breathe deeply. This is good for the heart. This is good for any ailments in the center of the body as you’re healing, this will help the circulation in the front of the torso. At the same time, when you’re doing this movement, imagine receiving Qi as you open your arms, you welcome Qi into the body as you open your arms, and then relax with an exhalation. Continue. Relax. Two more times. Relax. And last time, relax. Okay. Very good.

0:27:54 Michelle: Okay, now second movement. Ready. Follow me. So the arms with this wide, begin. Sweep the arms out as if drawing two circles, relax the wrist, come forward, lift the heels, lean back and flex the hands out diagonally out, and then relax the wrists, come forward, and expand out as if you’re reaching for Qi from very far and bring it into the body as you come forward. And out. Two more times. Forward, and out. Last time. Forward and out. Okay. Relax first. Let’s rest for a few seconds.

0:28:49 Michelle: Now those two are actually the most challenging if we’re not relaxed in the shoulders and the arms. But over time, when you do it, it becomes slower the movements as you relax. So, now I’m going to show you a release -- a kind of movement that helps release negative or stale energy in the body. So just watch me first.

0:29:25 Michelle: So, when we do this, the spine is soft, it’s very soft. You feel, you know, like the snake that you see them sell in the streets, di ba those snakes that go that way, parang you feel your spine undulating. So let’s try that. From here, this is second movement, third movement, bring your hands to touch, then bring them down, bring your hands up, inhaling, lift the elbows, lift the chin, as you exhale, release the hands. Hahhh… release, release the neck, inhaling and pulling up the arms with a breath, lifting the elbows, and release. continue following the rhythm of your breath, you can make the movement big or small, just follow what feels comfortable for you. Remember as you release, you’re also releasing the abdomen, releasing the neck and shoulders. Now look at my arms as I lift elbows up to open the chest, and as I release, (sighing).

0:30:46 Michelle: Now I want everybody to sigh exhale. And (sigh). Okay. Continue at your own pace with smaller movements this time, just to feel the body relaxing even more. Last time bring your arms up and to the sides.

0:31:13 Michelle: Okay, we now move to the next movement as your arms are here. We’re going to move to the right, okay, ready, and shift weight to the right, open the ribcage, the wrists are relaxed and then flex the hands as you go towards the other side. Relax. One…two…one…two…feel the ribcage opening up, you’re gathering Qi from the sides of the body. Continue. Now the arms come down lower, even lower. Continue to shift weight from side to side, smaller movements as you prepare to stop, the arms come down even lower and relax.

0:32:16 Michelle: Now I’m going to show you the next movement where you come forward and then back. Okay? Let’s do it. Ready? Begin. Bring your arms up, lean back, and let your hands drop down. Bring your hands up, lean back, and just let it drop. Once more, and then we stop.

0:32:47 Michelle: Okay. Let’s just try the arms. Imagine that your arms are like the dried leaves that are blown by the wind? It’s very light as it comes up, relax your shoulders, and let your hands and your palms open as you come down. Your fingers are apart inhaling up and relax. Close your eyes now. Inhale up, relax the center of the palms of your hands where Qi enters the body. The fingers are soft. Just imagine that you have no bones or muscles. It just rises as if being blown by the wind and slowly drops down, continue. This is very good for ailments of the wrists and fingers, arthritis. You allow Qi to flow in these areas. Okay, last time. Up and bring your hands down.

0:33:53 Michelle: Okay, this time we’ll do it with the legs. Ready? Begin. One…two…arms float up, lean back, chin up, chest open, hands down. Now follow your rhythm. Imagine yourself riding the waves in the ocean. So the movement mimics the movement in nature. This movement helps to balance the energy in the body. So, when you practice this you can do this for a longer period of time. You feel yourself rocking forward and back as if there’s no beginning and no end like waves moving towards the shore, continue. Enjoy the movement, take your time. Just continue. Two more times. And last time open your eyes, bring your hands down to the sides.

0:35:23 Michelle: Next movement follow me, begin. Stretch up, feel the sides of the body stretching, slightly open at one and two, come forward and sweep the arms back. Three, bring the arms forward. Wrists relaxed, four, come up, and then stretch up, five. One more time. One…two…three…four…five. Last time. One…two…three…four…five. Okay.

0:36:04 Michelle: Next movement. Lift the heel slightly as you bring your hands down gently, relaxing the back, relax the back and squeeze your perineum, your hands are on the side. All I’m doing is just (exhaling once) like that. Okay. Now inhale as if you’re floating, releasing the heels and slowly exhale, relaxing the back, and squeeze, keep your head up. Okay, inhale deeply as if you’re floating. Release, exhaaaale, squeeze the perineum. One more time, inhale, arms float, exhaaaale, squeeze.

0:36:57 Michelle: Next movement, number eight. Bring your hands in front. Now move those fingers. So, wiggle the fingers and imagine Qi or energy spreading to the arms and now down to the feet, tap your feet. Now, we’re not moving the hands this way, it’s every finger. So, this is very good for arthritis. Close your eyes and feel like you’re playing in the rain. You feel like a child. No worries, you’re happy and you’re spreading happy Qi to every cell of the body. Just imagine your body lighting up with happy Qi. Don’t forget wiggle those fingers. Now slow down and stop.

0:37:40 Michelle: Okay. Next movement. We’re going to draw a heart, fingers touch, inhale and lean back with the heel, exhale slowly bringing your hands down and squeeze, relax. Last movement. One…two.

0:38:08 Michelle: Okay. That’s the tenth movement. So we’ll try just the arms, okay, ready? Arms like this. One…two. Again. One…two. Faster. One, two. Faster. One, two. One, two. Last time. One, two. Okay. Good. Okay, now the legs. All they do is actually you just go one, two, one, two, slightly open and back center. One, two. Last time. One, two. Okay, let’s do it. This time, arms and legs. Can you do it?

0:38:47 Audience: Yes.

0:38:48 Michelle: So this is done only once. So you really feel yourself opening up and tap! When you’re open, the chest is open, the heart is open. You are open to receiving Qi that’s being given up from nature. Ready? We’ll wait for them. Okay. Everybody, ready? Begin. One, two.

0:39:15 Audience: (laughing)

0:39:15 Michelle: Okay. Let’s do it three times, okay, three times. Ready? Begin. One two. One two. Last time. One two. Very good. Now bring your feet out, spread them out, feet flat and gather Qi, this time sitting on the floor, close your eyes. Inhaling up, exhaling down, focusing on relaxing the soles of your feet, relaxing the palms of your hands, or the crown of your head. Imagine receiving Qi from the earth, from nature, pouring Qi into the crown of your head, two more times. And last time. You may now open your eyes. Bring your hands and feet towards each other in prayer pose in front of the chest, sit tall, and just close your eyes for a moment, becoming aware of your breath, allowing the body to relax even more. Now open your eyes. Closing movement. Release your hands forward and down.

0:40:57 Michelle: Okay, now, we just finished the 10 movements. How did you find it? This form is very easy to do. I’m going to run one more form with you. It’s very simple. Pardon?

0:41:15 Audience: Amazing.

0:41:15 Michelle: Amazing. Okay. Yes. We have a book and a video. Yes. By the way, we have an online school, it’s not really a school, but we just opened it and I have a few pamphlets, it’s Shenzhen.org. So, later, I’ll tell you about it. So, this is very simple. This is the first part of a healing which is 10 movements. The second also has 10, and the third. It gets more complex as you do it, but what’s important is you enjoy it. You don’t rush. So when you do this individually, eventually when you learn it, you can take your time here. Just you can do it for 5 minutes or 3 minutes, it doesn’t matter.

0:41:59 Audience: (inaudible) (mic far from speaker)

0:42:02 Michelle: Yes.

0:42:03 Audience: (inaudible) (mic far from speaker)

0:42:10 Michelle: Yes.

0:42:11 Audience: (inaudible)

0:42:12 Michelle: Yes, yes. In fact, what’s very interesting here is if you’re feeling you have no energy to do the whole movement, even if your movements are small, or you do it, you can even do it with your mind you’re moving the energy. I had one student who had to go to Singapore for a scan and she didn’t know what to do for 45 minutes not moving. So I said, why don’t you imagine doing this because we were doing this? And she was amazed that she felt as energized just by visualizing, she felt just as energized as when she was doing it physically.

0:42:48 Michelle: So, it just goes to show you that Qi moves and is guided by the mind. So, when your mind is quiet, when your mind is calm, the body also feels that and your emotions feel that. But when you’re agitated, the body feels it, too. That’s why it’s really important to quiet the mind, quiet the body, relax the body, and then, the heart will naturally open so that you can go into a deeper state of meditation when you feel your energy and your energy in nature are one because, really, we are nature. We’re part of nature. We always think of nature as outside us, but we are part of nature.

0:43:31 Michelle: This is, there’s a yoga session coming in a while after this, yeah. So, we’ll just do three more movements and this is called ‘Heart and Spirit as One.’ So, bring your palms to rest on your legs. This is more of a non-moving form where we’re going to fool the movements.

0:43:54 Michelle: Preparation. Begin. Bring your arms out, bring your hands in prayer pose. Close your eyes just for a few moments. And connect to your breath, allow your body to soften as you make your breath flow throughout the body, breathing in and breathing out the energy in the breath spreads throughout the body, softening and releasing the body outside and inside. Until you feel your body very light, as if you have no bones no muscles. You’re just pure Qi, your energy expands throughout the body like mist spreading until it expands beyond the body and feel yourself melting into nature. And feel the energy of the earth inside of you, the energy of the ocean and the sky inside of you. No more body. Just Qi. You feel the power of nature supporting you.

0:45:54 Michelle: Okay. Now slowly open your eyes and follow me. First movement, begin. One, lift the arms up. Two, let the arms slowly open up down, palms open, shoulders relaxed, you can move your arms slightly forward to release the tension on the shoulders. Lift the chin slightly. Now close your eyes. Let the breath flow naturally. This movement is called ‘Love Descends on You’. So you can imagine yourself standing under a rain shower of Qi from nature. Qi enters every core of the body, as if you’re bathing in the light of Qi. You’re breathing is soft and light. We can also imagine yourself standing under a waterfall of Qi. On the top of your head, Qi spreads out the body, cleansing the body. Imagine the palms of hands very wide, very big so you can catch the Qi. If you’re tired, you can also bring your hands lower but continue to feel your arms long and as if it’s goes beyond the room out into nature. The heart is open, the chest is wide so you can welcome the blessings you’re receiving from nature.

0:48:11 Michelle: Okay, now open your eyes. Second movement, begin. Bring your arms up, and bring your hands down in front of the chest. Make sure your wrists are not bent. It’s in line with the tips of your fingers and your elbow, so Qi can flow. Relax your shoulders. So your hands are in front of the chest. Okay, now, close your eyes. And focus on the space between the palms of your hands, relax your shoulders, relax your elbows. The Qi or energy that you’ve gathered from the previous moment is radiating out from the heart to the chest and into the palms of your hands. This movement is called ‘Unravelling the Heart’. So we’ll stay here just for a few moments, and allowing the mind to quiet down, the heart to quiet down, in that space of stillness. Breathing in and breathing out. Just keep your awareness on the space between the palms of your hands.

0:49:56 Michelle: And to feel the Qi, you can slightly [0:49:59] [indiscernible] your hands towards each other with very small movements as you breathe in and as you breathe out. Or you can just keep them in place and just allow yourself to calm down in that space of stillness. Okay now open your eyes. Closing movement, one, two.

0:50:35 Michelle: So that was the non-moving meditation. Earlier, you experienced the moving meditation. We have many forms. And we have classes in Carewell. We have a teacher there teaching several times a week if you’re interested. So, and you can also -- I think there’ll be some information on how to get in touch if you’re interested in the practice. So do you have any questions? Breathing? I’m sorry. Breathing.

0:51:10 Michelle: Breathing actually will eventually follow the rhythm of your body. So, when you’re doing it in the beginning it doesn’t feel comfortable. But then, don’t think of the breathing first. Just relax your body. And when you find the body relaxing, the breath will relax. And until it is actually coordinates itself. You’ll find that it will be easier to do the more we do it. Okay?

0:51:37 Michelle: So, we’re going to end here because we have another session, we have a yoga class coming up. So, let’s end here by bringing our palms together. Giving thanks let’s blow into the palms of our hands. Bring your left hand up, giving thanks to nature and bring it down, giving thanks to your bodies. Connect your hands together. Okay. Thank you.

0:52:11 Audience: (clapping)

**END OF HEALING POWER OF QIGONG & MEDITATION**

**YOGA**

0:52:36 Lexi Payumo: Or good noon already. If you’d like to stay for yoga, we’ll do just very light, continuation of the Qigong, the Shenzhen that we did, which was very lovely.

0:52:58 Lexi: So, just let everyone settle down if those who are wanting to go to another talk, can go. And those who would like to stay, we’ll keep our shoes off. And someone had a question on breathing, are they still here? Maybe out na, but I’d like to answer that question.

0:53:42 Lexi: So, but to stem off of what we just did, very light movement, we do that so that the energy from the body gets released, and then our minds get calmer so that we can be still and quiet in the mind and still in the heart, right? Emotions are more leveled as we felt.

0:54:15 Lexi: So, I’ll start off with deep belly breathing. And if you’d like to give yourself some space also, that’s available. So, please place your right hand on your belly and your left hand by your heart, right on top of your heart. Good. And can have the both soles of the feet on the floor, can wiggle your toes to relax, relax your shoulders and we’ll start off with deep belly breathing. Because as babies we would breathe with the belly. And as we got older, we were conscious of the belly, we’d suck it in. Now bringing back deep breathing into the belly.

0:55:11 Lexi: So, let’s exhale the breath that you’re on now. (exhaling) Inhale through your nose, fill up your belly, first your right hand all the way up to your chest and exhale out the mouth. Good and watch the breath out. Inhale again through the nose, fill up the belly all the way up to your chest, heart. Exhale (exhaling) watch the breath out. Good. Another time just like that. Inhaling to the belly, ribs, heart, on the top of your head and exhale. Good.

0:56:07 Lexi: So, we’ll continue this deep belly breath, feeling it in the torso all the way up to the heart. Good. So this is actually a more natural way of breathing, as we did when we were babies. Letting the belly expand, breathing down to the belly first [then the heart] [0:56:39].

0:56:40 Lexi: Notice if you are breathing up to the chest first, let the belly expand. Good. Take a couple more rounds, belly, then heart. Belly and heart. Breathe. Good. So as we are breathing here, we may be noticing some sounds, the sound of my voice, the sound outside, the sound of plastic, just notice, and then come back to the breath, let it be a part of our space.

0:57:34 Lexi: So, to continue off with the Shenzhen movement that we were doing since it was so beautiful and light, I’d like to share with you, ladies and gentlemen a song or a mantra. It’s a moving meditation as well. And I will be playing a song or a mantra. Mantra means mind vibration. That’s what it translates to. Man is mind, tra is vibration. So when we hear mantras, it’s allowing our mind to hook on to that vibration and that vibration then changes, begins to change the rhythm of the mind. And I’ll be playing a mantra in English so you’ll understand it and feel it. if I may just ask if the door can be closed please so that it’ll be a little more quiet in the room? We can keep this solemn space.

0:58:51 Lexi: So, all of this is a practice. We keep the Zen and the peace within even when around us it’s busy and noisy, right? We become the center of an eye in the storm.

0:59:11 Lexi: So, before I play the mantra, I’ll share with you the words of the mantra or the song. It’s “I am beautiful,” sorry, “I am bountiful,” bounty like a lot, abundance. “I am bountiful, blissful, and beautiful. I am I am.” I am bountiful. You can repeat. Bountiful, blissful, beautiful. I am I am. Great. So that’s going to keep repeating. And then we’re going to have some movements with it like earlier.

1:00:03 Lexi: So, when it’s “I am bountiful,” you’re reaching up, like getting in touch with nature again, reaching. “Blissful,” bringing your fingers down. Good. Bringing the bliss, the calm, the Zen towards you. “Beautiful” when you make a lotus or a flower, let the wrists touch, the thumbs and the pinkies touch. [1:00:34]. I am left hand on your heart. I am right hand on your heart. Great. Let’s try that again.

1:00:44 Lexi: I am bountiful, you’re reaching up. Blissful, good, bringing the bliss come to you. Beautiful. I am - touching your heart - I am, right hand over your heart. And it’s going to go slow and if you make a mistake, that’s okay, no worries. Just you can open your eyes, I may make a mistake here just feel it. And if it repeats a little bit, let’s just go with the track of the song, right?

1:01:45 Lexi: Just feel the soles of your feet, going to relax the arms by your sides, deep belly breaths.

1:02:02 Song: (singing) I am bountiful, blissful, and beautiful. Bountiful, blissful, and beautiful, I am. I am bountiful, blissful, and beautiful. Bountiful, blissful, and beautiful I am. I am bountiful, blissful, and beautiful I am. Bountiful, blissful and beautiful I am. I am bountiful, blissful and beautiful. Bountiful, blissful, and beautiful I am. I am bountiful, blissful, and beautiful. Bountiful, blissful, and beautiful I am. I am bountiful, blissful, and beautiful. Bountiful, blissful, and beautiful I am. I am bountiful, blissful, and beautiful. Bountiful, blissful, and beautiful I am. I am bountiful, blissful, and beautiful. Bountiful, blissful, and beautiful I am. I am bountiful, blissful, and beautiful. Bountiful, blissful, and beautiful I am.

1:04:13 Lexi: Just place your hands on your heart. Feel the words.

1:04:16 Song: Bountiful, blissful, and beautiful I am.

1:04:25 Lexi: Say I am [1:04:26] [indiscernible].

1:04:31 Song: I am. I am. I am. I am. I am.

1:04:37 Lexi: This is very soothing.

1:04:42 Song: I am, I am, I am. I am. I am. I am. I am.

1:04:54 Lexi: Let your heart and every cell in your being absorb the vibrations. Maybe feeing it at the core of your heart.

1:05:11 Song: I am. I am. I am. I am. I am. I am. I am. I am. I am. I am. I am.

1:05:24 Lexi: Deep belly breaths.

1:05:28 Song: I am. I am. I am. I am.

1:05:31 Lexi: Inhaling and exhaling to the belly and to the heart.

1:05:36 Song: I am. I am. I am. I am. I am. I am.

1:05:44 Lexi: Another deep breath altogether. Great. And join your palms together and a prayer by your heart, to seal all the movement of the meditation 1:06:03 today. And bow down to yourself, for showing up for yourself, bow down to the space in the heart. Thank you.

1:06:24 Song: We are bountiful, blissful, and beautiful. Bountiful, blissful, and beautiful we are.

[1:06:49]

**END OF THE YOGA SESSION**