

00:35:54.563,00:35:57.563

Katherine: Grateful for Yolanda!

00:37:05.163,00:37:08.163

Liz Bigler: super sticky post it notes

00:37:17.018,00:37:20.018

Yosh Asato: i'm grateful to have time to focus on me!

00:37:18.813,00:37:21.813

Dechen Tsering: Grateful for my parents being healthy. My mother just turned 76 today!

00:37:21.279,00:37:24.279

Meg Moser: grateful for the sound of thunder

00:37:23.476,00:37:26.476

Liz Bigler: new mug

00:37:27.590,00:37:30.590

Lhamo Wangden: i'm grateful for my supportive family.

00:37:32.177,00:37:35.177

Dechen Tsering: The rain!

00:37:34.116,00:37:37.116

kimberly lacy: Grateful to have crafty material to relax after work

00:37:41.521,00:37:44.521

Kim Cooper: My 19 month old daughter :)

00:37:45.418,00:37:48.418

Katherine: Grateful that I was able speak up and say no

00:37:48.096,00:37:51.096

Liz Bigler: warm covers

00:37:51.019,00:37:54.019

Liz Bigler: hot showers

00:37:54.448,00:37:57.448

Molly Hermes: Grateful for my cup of peach tea on a warm day

00:37:59.630,00:38:02.630

Molly Hermes: I mean cold day

00:38:06.068,00:38:09.068

Dechen Tsering: My family is healthy...

00:38:09.923,00:38:12.923

Jenny Girvin-Baker: My supportive friends

00:38:16.844,00:38:19.844

Keila: Grateful for a home, brother, and wonderful friends.....:)

00:38:17.564,00:38:20.564

Dechen Tsering: Grateful to you, Yo!

00:38:36.325,00:38:39.325

Jo Gibson: my kitty, internet, I can tie my shoes, to be warm in my home, for my granddaughter

00:42:28.929,00:42:31.929

John Law: Bess the former president

00:42:35.366,00:42:38.366

Katherine: How do you define "blessing"?

00:43:17.935,00:43:20.935

Katherine: "to bless"?

00:43:27.152,00:43:30.152

John Law: May may they find their best selves

00:44:53.604,00:44:56.604

Liz Bigler: my son

00:45:14.330,00:45:17.330

Liz Bigler: those guards at the Capitol who were attacked

00:45:34.501,00:45:37.501

Keila: those who are on the front lines, all the grandparents and elderly feeling lonely,

00:45:38.984,00:45:41.984

kimberly lacy: Bless my brother, Aunt, my sister

00:45:44.105,00:45:47.105

John Law: Blessings for tRump May he find empathy and well being

00:45:49.096,00:45:52.096

Yosh Asato: the unhoused on this cold rainy night. May they find comfort

00:45:58.687,00:46:01.687

Molly Hermes: Blessing all my neighbors who I'm getting to know a lot more.

00:46:09.074,00:46:12.074

Liz Bigler: yes, yosh

00:46:15.555,00:46:18.555

Dechen Tsering: frontline workers like my sister-in-law, brother and older adults..

00:46:19.916,00:46:22.916

Nichole Craig: All my teachers, my family and friends, my boyfriend and his family, my dog

00:46:22.815,00:46:25.815

Katherine: Prayer for peace

00:46:31.821,00:46:34.821

Dechen Tsering: Not ready to bless #45 yet..sorry!

00:46:36.238,00:46:39.238

Lhamo Wangden: i bless my parents and my mother in law

00:46:46.986,00:46:49.986

Katherine: Bless wildlife

00:46:48.954,00:46:51.954

Meg Moser: Blessing a friend whom I am having a hard time with, that she feels loved and is beautiful.

00:46:49.617,00:46:52.617

Jenny Girvin-Baker: Anyone who is suffering from Covid or the after effects or loneliness due to t

00:46:58.246,00:47:01.246

Nichole Craig: Joe Biden and Kamala

00:47:03.500,00:47:06.500

Jenny Girvin-Baker: to it

00:47:05.138,00:47:08.138

John Law: My sponsor use to say bless the sob

00:47:05.953,00:47:08.953

Kim Cooper: My partner, my neighbors, my friends and my family

00:47:18.909,00:47:21.909

Keila: yes our new PREZ and Vice!

00:47:29.236,00:47:32.236

Katherine: Bless the oceans

00:47:34.175,00:47:37.175

Dechen Tsering: All those who are in the iCUs.

00:47:47.094,00:47:50.094

Dechen Tsering: Madam Vice President and Prez!

00:52:51.865,00:52:54.865

John Law: that house is lovely

00:57:05.364,00:57:08.364

Molly Hermes: I'm visualizing a repainted and reorganized house.

00:57:29.187,00:57:32.187

Nichole Craig: thank you <3

00:57:59.349,00:58:02.349

Dechen Tsering: Reunion with loved ones in person...

00:58:01.889,00:58:04.889

Lhamo Wangden: visualizing a happy marriage..a house and healthy kids

00:58:07.536,00:58:10.536

Liz Bigler: a new relationship for the next chapter of my life, and my family being "ok" despite that.\

00:58:09.017,00:58:12.017

Kim Cooper: I'm visualizing a more connected relationship with my partner and work.

00:58:17.078,00:58:20.078

Meg Moser: I'm visualizing post-surf session, salty and exhausted on a beach in costa rica

00:58:31.388,00:58:34.388

Kim Cooper: yes to that!

00:58:37.573,00:58:40.573

John Law: visualize being orderly and organized

00:58:39.083,00:58:42.083

kimberly lacy: balance , decluttered inside and out

00:58:43.834,00:58:46.834

Jenny Girvin-Baker: My new bathroom to help my partner and I as we are both disabled

00:58:46.306,00:58:49.306

Keila: being more healthy, more weight loss to a healthier me and obtaining a relationship with a good partner

00:58:47.404,00:58:50.404

Liz Bigler: Meg, can you visualize me there too? LOL

00:58:59.891,00:59:02.891

Meg Moser: Yes!!

00:59:09.637,00:59:12.637

Nichole Craig: Being married in Varanasi and feeling appreciated and loved by my partner

00:59:11.529,00:59:14.529

Katherine: I'm visualizing, embodying, a thriving coaching business.

00:59:33.792,00:59:36.792

Dechen Tsering: retirement!

01:00:01.449,01:00:04.449

Dechen Tsering: post-COVID world!

01:00:23.189,01:00:26.189

Liz Bigler: amen to that Dechen

01:07:18.572,01:07:21.572

Meg Moser: Yo, do you recommend for the purpose of this course, ONE main visualization that you repeat over and over? Just not sure I can choose one...

01:09:58.068,01:10:01.068

Liz Bigler: I have the same question Meg

01:10:00.686,01:10:03.686

kimberly lacy: I'm with Meg

01:11:00.289,01:11:03.289

Liz Bigler: can i say something?

01:11:45.616,01:11:48.616

Dechen Tsering: What date/time is the next session?

01:12:36.067,01:12:39.067

Jenny Girvin-Baker: I am not able to download the handouts

01:13:21.467,01:13:24.467

Nichole Craig: no - just to say thanks and it was a great session. Thanks everyone

01:13:46.518,01:13:49.518

Jenny Girvin-Baker: I do like your Thangka behind you also

01:14:22.652,01:14:25.652

kimberly lacy: Thank you Yolanda

01:14:37.731,01:14:40.731

kimberly lacy: Lovely to see everyone- thank you:)