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  "lang": "en"
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  "lang": "en"  
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  "lang": "en"  
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        "lang": "en"
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        "offset": 1556.22,
        "lang": "en"
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        "lang": "en"
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        "duration": 7.281,
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        "lang": "en"
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        "duration": 6.019,
        "offset": 1583.76,
        "lang": "en"
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        "offset": 1585.74,
        "lang": "en"
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    {
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        "duration": 7.039,
        "offset": 1591.14,
        "lang": "en"
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        "duration": 7.019,
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  "lang": "en"  
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  "lang": "en"  
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  "duration": 5.54,  
  "offset": 1611.6,  
  "lang": "en"  
},  
{  
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  "duration": 6.42,  
  "offset": 1613.82,  
  "lang": "en"  
},  
{  
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  "lang": "en"  
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  "lang": "en"
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  "lang": "en"  
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        "lang": "en"
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  "lang": "en"
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  "lang": "en"
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  "offset": 1975.08,
  "lang": "en"
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  "offset": 1977.059,
  "lang": "en"
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  "offset": 1978.2,
  "lang": "en"
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  "lang": "en"  
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  "duration": 4.439,  
  "offset": 1996.08,  
  "lang": "en"  
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        "offset": 2035.74,
        "lang": "en"
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        "offset": 2038.559,
        "lang": "en"
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        "offset": 2040.419,
        "lang": "en"
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        "lang": "en"
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  "offset": 2065.02,  
  "lang": "en"  
},  
{  
  "text": "yeah I know that feels really good",  
}
```

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"duration": 3.861,
"offset": 2067.899,
"lang": "en"
},
{
"text": "my system feels a lot calmer",
"duration": 4.161,
"offset": 2072.879,
"lang": "en"
},
{
"text": "I feel like I said see when you just sit",
"duration": 4.681,
"offset": 2077.379,
"lang": "en"
},
{
"text": "down somewhere and listen to us you know",
"duration": 4.44,
"offset": 2079.78,
"lang": "en"
},
{
"text": "you don't have to talk about this you",
"duration": 5.839,
"offset": 2082.06,
"lang": "en"
},
{
"text": "can just you feel for a minute",
"duration": 3.679,
"offset": 2084.22,
"lang": "en"
},
{
"text": "yeah",
"duration": 5.46,
"offset": 2088.619,
"lang": "en"
},
{
"text": "which holds true it does",
"duration": 7.18,
"offset": 2090.419,
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        "lang": "en"
    },
    {
        "text": "and this is just 25 minutes oh look at",
        "duration": 4.481,
        "offset": 2094.079,
        "lang": "en"
    },
    {
        "text": "that",
        "duration": 4.201,
        "offset": 2097.599,
        "lang": "en"
    },
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        "text": "it is more and more I can do this work",
        "duration": 5.58,
        "offset": 2098.56,
        "lang": "en"
    },
    {
        "text": "I've recognize that it it doesn't take",
        "duration": 5.16,
        "offset": 2101.8,
        "lang": "en"
    },
    {
        "text": "much it just takes a moment just to sit",
        "duration": 4.38,
        "offset": 2104.14,
        "lang": "en"
    },
    {
        "text": "still and just",
        "duration": 4.68,
        "offset": 2106.96,
        "lang": "en"
    },
    {
        "text": "be in connection with your body and what",
        "duration": 5.78,
        "offset": 2108.52,
        "lang": "en"
    },

```

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{  
  "text": "it's saying",  
  "duration": 2.66,  
  "offset": 2111.64,  
  "lang": "en"  
},  
{  
  "text": "especially when you have the gift of",  
  "duration": 4.799,  
  "offset": 2115.3,  
  "lang": "en"  
},  
{  
  "text": "being in connection with your body right",  
  "duration": 4.819,  
  "offset": 2116.8,  
  "lang": "en"  
},  
{  
  "text": "yes",  
  "duration": 4.581,  
  "offset": 2120.099,  
  "lang": "en"  
},  
{  
  "text": "it is",  
  "duration": 3.061,  
  "offset": 2121.619,  
  "lang": "en"  
},  
{  
  "text": "indeed",  
  "duration": 3.84,  
  "offset": 2124.9,  
  "lang": "en"  
},  
{  
  "text": "yeah",  
  "duration": 3.3,  
  "offset": 2127.48,  
  "lang": "en"  
},  
{  
  "text": "I guess from here is that all right oh",  
}
```

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        "duration": 3.9,
        "offset": 2128.74,
        "lang": "en"
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        "text": "you know you're welcome it's all right",
        "duration": 4.799,
        "offset": 2130.78,
        "lang": "en"
    },
    {
        "text": "they just think um think this balance",
        "duration": 6.08,
        "offset": 2132.64,
        "lang": "en"
    },
    {
        "text": "part for showing up",
        "duration": 3.141,
        "offset": 2135.579,
        "lang": "en"
    },
    {
        "text": "yeah",
        "duration": 2.239,
        "offset": 2143.38,
        "lang": "en"
    },
    {
        "text": "and it just like started pouring down",
        "duration": 3.02,
        "offset": 2145.9,
        "lang": "en"
    },
    {
        "text": "raining like",
        "duration": 3.841,
        "offset": 2147.579,
        "lang": "en"
    },
    {
        "text": "he went from being a nice day like the",
        "duration": 5.32,
        "offset": 2148.92,
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        "lang": "en"
    },
    {
        "text": "rain just came down",
        "duration": 5.34,
        "offset": 2151.42,
        "lang": "en"
    },
    {
        "text": "yeah this I think this these parts are",
        "duration": 4.14,
        "offset": 2154.24,
        "lang": "en"
    },
    {
        "text": "just",
        "duration": 4.26,
        "offset": 2156.76,
        "lang": "en"
    },
    {
        "text": "glad that I've",
        "duration": 4.979,
        "offset": 2158.38,
        "lang": "en"
    },
    {
        "text": "kind of",
        "duration": 6.319,
        "offset": 2161.02,
        "lang": "en"
    },
    {
        "text": "sat with them for a minute to listen",
        "duration": 3.98,
        "offset": 2163.359,
        "lang": "en"
    },
    {
        "text": "yeah I'm not that busy that busy part",
        "duration": 5.06,
        "offset": 2168.76,
        "lang": "en"
    },
    {

```

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{  
  "text": "another big part of",  
  "duration": 5.78,  
  "offset": 2180.7,  
  "lang": "en"  
},  
{  
  "text": "it's kind of slowed down",  
  "duration": 3.861,  
  "offset": 2182.619,  
  "lang": "en"  
},  
{  
  "text": "it feels like",  
  "duration": 2.76,  
  "offset": 2187.48,  
  "lang": "en"  
},  
{  
  "text": "[Music]",  
  "duration": 2.38,  
  "offset": 2189.86,  
  "lang": "en"  
},  
{  
  "text": "um",  
  "duration": 2,  
  "offset": 2190.24,  
  "lang": "en"  
},  
{  
  "text": "feels complete at least for now",  
  "duration": 6.841,  
  "offset": 2196.359,  
  "lang": "en"  
},  
{  
  "text": "it does || probably just breaking",  
  "duration": 5.82,  
  "offset": 2199.9,  
  "lang": "en"  
},  
{  
  "text": "things down in my journal to kind of",  
}
```

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        "duration": 6.08,
        "offset": 2203.2,
        "lang": "en"
    },
    {
        "text": "follow up on and",
        "duration": 3.56,
        "offset": 2205.72,
        "lang": "en"
    },
    {
        "text": "just some things that I didn't give too",
        "duration": 4.821,
        "offset": 2209.619,
        "lang": "en"
    },
    {
        "text": "much thought to",
        "duration": 2.72,
        "offset": 2211.72,
        "lang": "en"
    },
    {
        "text": "now thinking about them and just want to",
        "duration": 3.72,
        "offset": 2214.54,
        "lang": "en"
    },
    {
        "text": "make sure I",
        "duration": 3.601,
        "offset": 2217.119,
        "lang": "en"
    },
    {
        "text": "you know that I pay attention special",
        "duration": 6.14,
        "offset": 2218.26,
        "lang": "en"
    },
    {
        "text": "attention to those areas",
        "duration": 3.68,
        "offset": 2220.72,
```

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    "lang": "en"
},
{
  "text": "you just noticing our body was coming up",
  "duration": 3.781,
  "offset": 2224.619,
  "lang": "en"
},
{
  "text": "around",
  "duration": 4.1,
  "offset": 2227.32,
  "lang": "en"
},
{
  "text": "those things",
  "duration": 3.02,
  "offset": 2228.4,
  "lang": "en"
},
{
  "text": "yeah",
  "duration": 2.78,
  "offset": 2231.7,
  "lang": "en"
},
{
  "text": "you do you do",
  "duration": 5.62,
  "offset": 2234.54,
  "lang": "en"
},
{
  "text": "yeah I feel like we got some more space",
  "duration": 4.5,
  "offset": 2237.88,
  "lang": "en"
},
{
  "text": "there and thank you for letting me um",
  "duration": 4.919,
  "offset": 2240.16,
  "lang": "en"
},
```

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{  
  "text": "just be and hold space with you and",  
  "duration": 5.479,  
  "offset": 2242.38,  
  "lang": "en"  
},  
{  
  "text": "support you and your cards thank you",  
  "duration": 6.721,  
  "offset": 2245.079,  
  "lang": "en"  
},  
{  
  "text": "thank you and I appreciate this",  
  "duration": 5.681,  
  "offset": 2247.859,  
  "lang": "en"  
},  
{  
  "text": "beautiful work",  
  "duration": 4.64,  
  "offset": 2251.8,  
  "lang": "en"  
},  
{  
  "text": "look inside in with you",  
  "duration": 4.94,  
  "offset": 2253.54,  
  "lang": "en"  
},  
{  
  "text": "thank you",  
  "duration": 4.11,  
  "offset": 2256.44,  
  "lang": "en"  
},  
{  
  "text": "thank you",  
  "duration": 10.02,  
  "offset": 2258.48,  
  "lang": "en"  
},  
{  
  "text": "[Music]",
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    "duration": 7.95,  
    "offset": 2260.55,  
    "lang": "en"  
}  
]  
}
```