

# ON-THE-FLY PURIFICATION (from solo retreat) - Stephanie Nash

00:00:00 It's an interesting practice to use when noticing internal talk. Whenever there's  
00:00:07 internal talk and I notice it, I stop and notice what tension in the head or body  
00:00:12 has happened because of that internal talk. Then I relax and release that. And  
00:00:17 if there was an emotion with internal talk, I might find that and really like  
00:00:25 feel it fully and then kind of open to it and release it in a certain kind of  
00:00:31 way. And then that affects how strong the next talk on that topic comes, if that  
00:00:36 makes sense. That's my on-the-fly purification process. This is my last  
00:00:43 organic night here, I guess I'll say. Tomorrow night will be a closing  
00:00:49 ceremony, so I'm just reflecting on the insights I've gotten and I feel  
00:00:56 gratitude for the view.