



## Video Transcript

### Belly Dance To Radiate Love

Hi, welcome to Gaia Goddess. And today we are going to belly dance to radiate love. I believe that in order for us to radiate love, first we have to cultivate it within us, with ourselves. Many times we are taught that love has to come from an outside source. However, love before anything has to come from within us inward. We have this capacity. And when we feel that we love ourselves, that we accept ourselves, that we're compassionate with ourselves, we create ripple effects outwards, and then others see our glow, and they want to glow back to us, and we inspire them to also love. Allow your hands to extend and see how you glow. Let your chest be open, your ribs elevated, your chin elevated. This is really powerful. And bring your hands again to your heart and your belly. And I'm gonna invite you to start moving, start swaying the body inside, connecting inward. Even your hair radiates. In this dance today, you're going to see how we dance with our hair to radiate love. Beautiful. And when you feel ready, I'll invite you to start. Bringing your hands from your heart center out. Allow your hips to sway in any way that they want. And again, hands expand, open, chest elevated, okay? Pay attention, what's the difference if I'm doing this? out there from our heart center again let your hips move however they want to move and a little faster excellent take it to one side Other side, radiate that love that comes from a thing and take it slow again.

Play with dynamics of movement.

What if we bring that love outward to the sky, giving gratitude and then bring it forward again? and maybe side to side so

that we allow this movement to initiate from our heart center all the way to our wrists all the way to our fingers and all the way to our audience or the people surrounding us and then slowly bring your hands to your center and we're going to make flrido arms flrido arms come from Flamenco actually, but we use them in belly dance as well. So I want to invite you to make a C shape here, C to this side, see to this side. Attention that it's my middle finger that is creating the C as opposed to my index finger, not my middle finger is here. And as I have a C in my hand, I start circling my wrist inward. Same with the other hand.

So here we go.

Nice, let's start from the beginning, radiate out,

and to one side,

other side, radiating, and upward,

bring your hands to your heart center, Flrido circle. Here I'm circling both my hips and my arm.

And the other way.

Excellent. Back to center.

Relax the arms. Take a Breath in, and exhale. Beautiful,

let's work a little bit with our chest and our hips, because when we radiate, we want to radiate from our heart and from our pelvis, our center of emotions, creativity, sensuality, sexuality, passion, all the good stuff.

So here we go. Let's start from the chest. We're going to bring our chest up.

What am I doing here? I'm elevating my ribs. Thank you.

Down, other side. Up, down, up. Forward. Up,

up. Beautiful.

Take a breath.

And let's see what happens in our hips, okay? So my hips are gonna go out, in. Out, in. Relax, contract,

relax, contract. Out in, up, in, up, in. Radiating in the pelvis area.

Out in, faster. Out in, out in, out in. Squeezing my glutes slightly as well here to bring my pelvis forward. Your perineum is also squeezing and relaxing breathe ah radiating love excellent now combine both we're going to go in and out chest and drop in out lift and drop sideways out in lift and drop sideways out in lift and drop out

Even faster, here we go. Out in, up, down, up in, up,

in, up in, up in.

Radiate, look.

Don't think about it too much.

And take a breath in.

And exhale, beautiful. From the top we're gonna breathe in exhale open your heart extend that love outward once again Extend the love outward,

and extend wrists working out.  
arms other way when  
your whole radius to glow excellent  
slowly come to center we're going to go hips and chest in up up down  
and heart radiating, truly falling in love from the heart and the pelvis.  
Bring it forward. Combining the previous hand movements with the hips.  
And then see if you can switch the other side. So I'm standing on my standing leg  
and I'm going to soften, start making certain.  
Just let it be, okay? So we're gonna always connect with our heart. We're gonna  
start by bringing, and if you have short hair, you can still do this movement. If  
your hair is up, I invite you to let go, let your hair be wild. Hand on your  
heart, and we're gonna go breathing. One side, and the other.  
And the other, and the other. Okay, so we're gonna, one, two,  
three, four. Here we go. I wonder you to see it from the side.  
I'm never crouching forward, but I am bringing it here, one,  
two, three, four. One, two,  
three, four. And then to make it extra, extra, extra radiating,  
we're going to make full circles with our hair.  
Breathe through it.  
Enjoy it. Oh! Almost like you're in a rock concert, but you're not.  
You're belly dancing. Hey!  
Read Freedom. And see if you can play with your hair, moving it side to side.  
Allow yourself to be as free as you can.  
And breathe in and exhale.  
Excellent. All right. Take it from the beginning, okay? Even if your hair went wild,  
just let it be your Lioness, radiate your light. We got this. Here we go,  
from the beginning. We're going to start hips on the ground, connecting to the  
earth, feeling the light coming all the way from Gaia, all the way up to your  
heart, loving yourself, and then having the capacity to radiate so that others can  
love themselves too and can love you as well.  
Once again, extending  
Excellent. Allowing your hips to move however they want. And let's let our pelvis  
and heart radiate at the same time. Here we go. In, up, down.  
In, up, up, down. In, up, up, up, down.  
Circle and circle. Let your hand come up to the sky.  
Feel yourself glowing with light, with love,  
with joy, with abundance. And now go out there and radiate it and create ripple  
effects. Thank you so much.