



Video Transcript

Belly Dance For Setting Boundaries

Hi, welcome to Gaia Goddess. Today we are going to belly dance to set boundaries. So when we're talking about boundaries, usually we think about boundaries with others, right? However, we also need to pay attention to setting boundaries with our own selves, first of all. So understanding. What can I do to be in integrity with my actions, my behaviors, my choices?

And that has to do with what boundaries do I set with myself and how I keep them. Okay? Then we can also set boundaries with others. Now, in order to set boundaries, we gotta take a moment to pause. Listen within, connect with Gaia. Let her give us the messages that we need. Understand what is it that I need, what is it that I'm not getting or I'm getting too much of, so that we have clarity, and from that clarity request, what is it that we need and set the boundaries that we need in place now.

Obviously we all wish we had clarity about everything. Sometimes we don't have clarity. However, having clarity about not having clarity is a type of clarity. So today's belly dance movements are gonna require a lot of isolation of your body. And with those accelerations, we're going to represent the clarity that we need for precise movements to understand.

How, what is it that we need? And then ask for those boundaries. So let this sharp, precise, isolated movements represent that and give you that clarity that you need. Okay, so let us begin dancing. We're going to start with our feet on the earth, and we're gonna tap, where are you gonna tap? Tap, tap, tap. Now pay attention that I'm tapping and twisting slightly.

I'm going a little flick forward. Oh, okay. Again, foot forward and flicking. Pay attention. You're not going all the way to roam. You're not gonna take a big step. Okay. You're gonna take small

steps. Small. These are right under me Tuck. Duck. Okay, here we go. So, 1, 2, 1, 2, 1. Two little flicks with your hips, and let's add some boundaries here.

First, crossing the arms boundaries with yourself, Chad. Two, three. Four. Excellent. Nice and strong and empowered. Assertive, not aggressive, not submissive, but assertive and confident. Then boundaries with others. I'm gonna place one hand behind my ear, the other hand is gonna come forward. See that it's. Oh, at around shoulder level.

Around chest level. Okay, my palm is coming out and this is gonna represent a boundary back off or stay where you are or give me more space, right? So we're gonna go back to the feet. 1, 2, 1, 2. Add the arm and 1, 2, 1, 2. Excellent. Let those hip moves. Feel the joy of moving your body to the rhythm boundary with yourself.

What. Two G 5, 5, 6, 7 with others

and see if you can take this in a circle boundary in this direction. I'm back,

other side.

Other side. Breathe through it. Okay? And boundaries with yourself. Take it in a circle. Forward. Forward, other side. 1, 2, 3, 4. Other side, 6, 7, 8, and four. 2, 3, 4. With others, one. 2, 3, 4, and take a breath. Beautiful. We're starting to steer that empowerment that is within us. Now let's go into more isolated movements that give us clarity, precision.

All right, let's start with a chest. So we're gonna slide our chest horizontally. So I want you, you can help yourself first with your hand, put your hand to the side of your chest, like. By your breasts and you're gonna push it sideways. Boom. See how my obliques are working hard here? There is a diagonal movement.

This is an isolation I'm keeping if, if it's hard for you to keep your hips in place, you can squeeze your glutes, keep your knees bent, other side and 1, 2, 1, 2, 1, 2. Now let go of your hands and just do it with your chest. Breathe. Make sure that your chest is not down here. It's hard. I cannot isolate anything here.

Good posture. Here we go. One, two. One, two, excellent, nice and empowered. Setting the boundaries that you need for your own mental, physical, and spiritual health. Breathe now upward. Up, up, up, up. Think about, so what I'm doing here is almost like ringing my chest. Forward and up at the same time. I'm bouncing up, up, up.

I like to think like, get out of my way. Get out of my way. Get outta my up, up, up, up side to side on do dress cuatro up.

Empowered, assertive, strong. You got it up. Up, up, up, up. Beautiful. Back to setting boundaries. 1, 2, 3, 4. With yourself. 1, 2, 3 for the chest. Slide. Slide, slide, slide. And up, up, up, up, up. Excellent. Take a breath in and exhale down. Ah, beautiful. Moving onto your hips. Here we go. We're gonna go forward and back.

Forward and back. Okay, now keeping this forward, we're gonna do something called the duck walk. Okay, it looks like this. Let me demonstrate. Duck, walk, duck. Wack, wack, quack. Qua, qua, qua. Don't worry, you don't have to say quack. This is just for fun too. Maybe make you laugh. So we're going to bring our hips forward.

Side forward, side, pay attention. I'm gonna do it from behind. So you can see I'm bringing one hit to the diagonal and then forward, then the other diagonal and forward. So I'm gonna forward forward and if you wanna see how my legs are, so my feet are going. See, I'm having one almost straight, but not completely straight.

The other one is bent and I come forward and then other way. Okay. 1, 2, 1, 2, 1, 2. Up, up. 1, 2, 1, 2, 2. Um, so again, you wanna isolate and create precise movements, understanding your boundaries. Here we go. 1, 2, 3, 4, 5, 6, up, up. 1, 2, 3, 4, 5, 6. Up, up. 1, 2, 4, 5, 6. Up, up. 1, 2, 2, 5. Let me do it sideways so you can see what I'm doing.

Sideways we go. Here we go. One, two, duck. Walk down, walk up, up, up. 2, 3, 4, 6. Up, up. 1, 2, 3, 4, 5, 6. Up, up. Isolated, side to side. Side to side. Excellent. Let's bring back boundaries with others. One, two, take it in a circle. Enjoy it. Enjoy it. Empowered and assertive boundaries with yourself and take it in a circle.

Beautiful. And four. 1, 2, 3, 4, faster. 1, 2, 3, 4 off. Up. 1, 2, 3, 4. Up, up. 1, 2, 3, 4, up, up. Great job. Take a breath. Exhale. Connect with the earth beneath you. Ground yourself again. Breathe in and exhale. Beautiful. Next move. Three point drop. So I'm gonna do this diagonal so you can see me. Let me do it on this side.

So. I want you to think about three points on the floor. One is in front of you, one is beside you and right diagonal behind you, so one, two. Three, let me do it sideways. One, sorry. One, two, and three. Again. One, two, and three. And what I'm going to do is I'm going to lift my hip, drop it in the fourth point, drop, lift, bring it to the second point.

Drop lift, bring it to the third point drop, then swing it back forward again. Lift, drop, lift, drop, lift, drop. Do you see how my hip is moving from one to the other? Let me show you my, my legs so you can get a better idea. Here we go. Lift, drop, lift, drop, lift. Drop and pay attention that your oblique muscle wants to be squeezing here as you lift.

This is what creates the lift in the hip. Okay, so here we go. We're gonna do it all together. We're gonna lift, drop, lift. Drop, lift, drop, swing down. I'm creating this little smiley face here, like a U shape with my hip. Here we go. 3, 2, 1, go. Drop, drop, drop. Swing, drop, drop, drop your

precise because you are gonna create very defined boundaries with yourself and with others around you.

This is not just dancing. This is the microcosmos of the whole world and drop, drop, drop and swing other side. Let's get our other side train. So this time we're gonna start. 1, 2, 3. Here we go. Swing your hip forward. Start by squeezing up. Here we go. Drop, drop, drop and swing drop. Drop. Drop and swing. Drop, drop, drop and swing.

Drop, drop. Drop a little faster.

1, 2, 3. 1, 2, 3. 1, 2, 3. Beautiful. Take a breath in. Inhale. And exhale breathing. Then exhale, we're gonna learn two more movements and we'll put it all together. So here's another very precise defined movement we're gonna have. Again, Marley Monroe stands, which stands for, oh, Mr. President, we're gonna keep our skirt down on the ball of our feet, and we're going to do the same as we did before, right?

We lift and then we drop. Except for now we're gonna do this drop. Kick, drop, kick, drop, kick. So all your weight is on your standing leg, and that leg is Ben. Okay? It's soft. You're never straightening it. We can't go anywhere if we're only straight. So we're gonna go drop, and then you're gonna lift. And when you drop, you're gonna kick that leg.

So make sure actually that you can keep this balance right. You've gotta keep this balance. And we're gonna go drop, kick, drop, kick, drop, kick, drop, kick. Your oblique muscles are working really good here. Kick, drop, kick, drop, kick. Even faster. Drop, kick, drop. Kick, drop. Kick, drop. Kick, drop, kick, drop. Kick.

Other way. Here we go. That's slow. Lift, drop, lift, drop, kick, lift, drop, lift, drop, kick. Now I'm just gonna call it drop, kick, drop, kick, drop, kick, drop, kick, drop, kick. 1, 6, 7.

Excellent. Everyone. Hey, maybe you can circle your arms here

and three points. 1, 2, 3, swing it back. 1, 2, 3, swing back. 1, 2, 3, swing back and drop. Kick, drop, kick, drop, kick at your arms to make it more Middle Eastern. Ow. Drop, kick, drop, kick, drop. Kick, drop, kick. Breathing, Ann. Wonderful. And our last move for today. This move is gonna represent how we take a second to pause.

Take a breath in. And ask for what we need with power and empowerment. Okay, so how does it go? I'm gonna take a pause by sliding my feet. I'm gonna lift my heels up and as I drop them, I'm gonna lower down to Shemi Shemi Shemi shi shemi. Okay. When I'm Shemi. I am allowing my knees to move back and forth, back and forth, back and forth, back and forth.

I'm allowing my hips to move back and forth, back and forth. Okay, so we're gonna go pause, take a breath, and ask for what you need. Shake, shake, shake, shake, shake, create fire.

Manifest the life that you want, the boundaries that you need. Again. Pause, take a breath in and deliver it out. You can bring your hands up and it's a surprise.

You pause and shake it along again. Slide in, inhale, lift your heels up and shake it all off. Excellent. Take a breath in. And let's put it all together. One. Here we go. So we're gonna start boundaries with yourself. 3, 2, 1, go. 1, 2, 3 with others.

Duck walk. 1, 2, 3, 4, 5, 6. Lift. Lift. 1, 2, 3, 4. Lift lift. One our time. Two. Six. Lift. Again. One. Lift, lift. Drop, drop, drop. Swing forward. Drop, drop, drop. Swing forward. Drop, drop, drop. One more time. Drop. Drop. Drop, swing forward, drop, kick, drop, kick, drop. Maybe you add some arm here

and then we're going to surprise everyone with our power they didn't know. We have so much power and we're gonna slide lift and shi. Be shi, be shi. Be.

Last time, slide.

Breathe in. Exhale, bring your hands to your heart center. Thank yourself for showing up here today to be in integrity with yourself, to set boundaries that you need and to dance for joy. See you next time.