



Video Transcript

Learn Breathwork Demo

Hi there, I'm Eliza Kane, and I'm here with Gaia Goddess to share a breathwork demonstration video with you. We're very fortunate to have Brooke here as our demonstrator, and I'm going to show you the technique on her so that you can get a better idea of what the technique actually is. Now there are many forms of breathwork out there. The style that we are going to be doing is done all through an open mouth. The first inhale goes into the lower abdomen and the second inhale goes into the upper chest. It looks and sounds like this.

Now I'm going to demonstrate that here on Brooke. So as you can see, she's going to put a hand on her lower abdomen and a hand on our upper chest. And she's going to ease a little bit of breath into her lower abdomen. So inhale and then a little bit into her upper chest and then exhale. Great. Inhale lower abdomen.

Inhale upper chest and exhale out. Awesome. Inhale. Inhale.

Exhale. Perfect. Now, as you can see, this can be a little bit awkward at first.

So know that if you don't get it perfect, that's all okay. Your job for your breath work session is to just keep showing up for the breath. So if you inhale into the upper chest first and then the lower abdomen, that's okay. Just start over and return to inhale, inhale, exhale.

And you'll find a nice steady rhythm that will lead you into this deep meditative state. Something really wonderful about breathwork meditation is that it's designed for the active minds up today. So this breathing pattern that you're going to be focusing on, this is going to help your mind drop into a sense of deep relaxation and rejuvenation. So I'm going to actually lead you through a session here with Brooke and you're going to get to see a little bit more clearly of what this process is. So now that you know the technique, you can see that it is done lying

down. And before you start the breathing pattern, I encourage you to find a setup that feels really comfortable, a place where you feel that you can just drop in and relax. If you have a blanket, I definitely recommend that. Even if you're not cold at first, when you're laying down to breathe, eventually you do get this sensation that you just want something to cover you. So you can have that blanket beside you or to have it on top of you as Brooke does here. And then if you want an eye pillow, that's also optional. We're not going to use one today because you don't need to. The eye pillow can support you, if you have a lot of light or there's a lot of distractions, it can help you in dropping into a deeper state, but it's not necessary. And you also want to just have a space that's free of distraction because this is your time. You know, Breathworks a beautiful tool for you to dive inward and nourish yourself to take that time of self-care and self-expiration. And so you want to make sure you have the space around you that supports that. All right, so let's get into it. You can feel free to join in at any point. You can also just watch and get an idea of what the practice is like and the different stages that happen through the session, because there are a few stages that we will move here. So before we dive right back into that breathing technique, let's just settle you into the space. And to do so, we're going to have you just take some nice, deep, inhales all the way into the lower abdomen and then just exhale it out. Beautiful, nice and full. You're just going to breathe in all the way and then maybe sighed out a little bit. great again breathe in exhale out awesome let that body start to get heavy and let that breath those nice inhale's let it start to pull your awareness inward you can let your mind know You can let your body and nervous system know that it's safe. It's safe for you to slow down. It's safe for you to take a break. It's safe for you to do some breathing. And then when you feel ready, you can ease yourself into the breathing technique, lower abdomen, Upper chest, exhale it out. Inhale, inhale, exhale, exhale. Inhale, inhale, exhale. Beautiful, so just stick with that rhythm right there, letting yourself slowly start to find a pace that feels good, Knowing that at any point, if you need to wiggle around or get comfortable, that's all good. It's all part of the process. One of the beautiful things about this breathing technique and the open mouth component of it is that it really pulls the breath all the way into the body. So it invites you to go all the way deep within and engage with your body. So if you do, if you need to wiggle those shoulders or wriggle those hips, feel free to do so. And then just come back to the breath. That's your job. That's all you have to do right now is come back the breath. If your mind is still active, if your bodies feel a little tense or tight, that's all good. That's part of the process. It's a process to slow your mind down.

So just keep breathing, keep showing up, get You do engrave.
And if your throat or mouth gets dry at any point, you can lick your lips and swallow.
You can feel a little uncomfortable at first, but your body gets used to it. The more you do this, the more comfortable you got with the rhythm, the more familiar you got, and the further you got to dive in.
So you'll see that the breath continues to move through her body.
And as the breath is pulling you inward, it's going to surface tension or tightness. And so if you're feeling a little uncomfortable, that's all good. What's happening is as the breath goes in there, it's designed to clear and cleanse to soothe the way the tension and tightness. And it works really beautifully at clearing frenetic or static energy that our nervous system can pick up.
And if your mind is super busy, you can send it a little loud and then have it focus on the breath. Have it observe.
What does the breath feel like moving through your body? What does the breath feel like as it moves up and down your spinal column?
So I want to check in here real fast. How are you doing, Brooke? How's your body feeling?
Great. Awesome. So keep breathing. Keep pulling in that oxygen.
So in the beginning here, as you start to relax in and the mind starts to slow, it could feel like a little bit of work. And this is what we call the work phase. This is where you just have to keep breathing, and you have to probably be pretty intentional about coming back to the breath. Eventually, there will be a little bit of a shift, and it will be a little bit more fluid. But for the first seven to ten minutes, you know, you might have to put a little more effort in there. But that's great. It feels good to do a little work.
And it's not about stressing or being forceful with the breath. It's just about being consistent. Showing up, inhale, inhale, exhale. Beautiful, inhale, inhale, exhale. Now there's extra oxygen that you're pulling into the body. It's really supportive in nourishing your whole system. And as the oxygen really starts to flow, what's going to happen is you're going to stimulate your hypothalamus. When the hypothalamus is stimulated, endorphins are released. And as these endorphins move through your body, what will happen is they bump up against your other ductless glands, or in eastern terminology, your chakras, your energy centers. We have seven main energy centers in the body. And what the breath is doing is it's helping stimulate those energy centers. It's helping activate your energetic body. So you might start to feel yourself tingling or vibrating or pulsating. It depends. And some people will experience this right away. Some people won't feel it at all. But it's all good if you're noticing that. If you're just waking up and activating your energy. A huge component of breathwork is learning to work with your energy. As you keep diving into the breathwork, you're going to start to really become aware of your energy and notice what's going on in your body. And

sometimes what's going on in your body is that you're holding on to emotions. And so Brooke, as you're breathing right now, Are you feeling anything? Things starting to surface a little. I don't believe in, but no, because, you know.

Awesome. Great. Well, keep breathing.

Really let yourself just drop in and get lost in that breath.

You're doing great.

Yeah.

Are you okay if I kind of shimmy your shoulders just a little? Great. Awesome. So just shimmy it and shimmy your hips a little. So on your own there, perfect. Know that again, you can wiggle those hips. You can shake those shoulders. That's where we can hold so much tension. You can loosen your jaw. If you want to let out a little sigh, just As you loosen that jaw a little bit. Yeah, let it go. Whatever it is, let it go. You don't even need to know what it is.

You just invite that breath into your body, invite it to clear and cleanse what is no longer serving you.

And let it show you where are you holding?

Is it your lower back? How do you feel supported in life?

You know, is it your hips? How are you moving forward in a balanced, cohesive way?

How are you embracing your power?

Is it your heart?

What's beautiful about this practice is it dives us all the way into our lower abdomen, this energy center of, oh, there's so much going on, that the root of this energy center is our life force, our vitality, our passion. It's also where we can hold a lot of emotions and challenging, challenging things in life.

You know, if there's issues with sex or drugs or money or food or relationships, it's a really juicy center. So as you breathe into that area and you bring a little bit more awareness to it, don't be afraid to let things move, emotions to surface thoughts or whatever it is that wants to move. And then you bring it up into your heart. That second inhale is based in the heart. And it's where you can really have a lot of love and compassion over what it means to be

Or are the stories you might have around love? What are those stories?

If it's safe to love, can you trust love?

Will love show up for you? Or will it abandon you? Or will it betray you?

Our human experience is so layered and it's so complex with all the emotions and experiences we have. And as you breathe and keep connecting into the body, you become aware of how are you maybe holding on to these experiences? How are they maybe impacting the way you're showing up in life right now? And then maybe if you move through them, let them go, process them in some way, and you could then have a new experience. You could open to a new way of being.

You're doing really great, keep breathing,

trust in that breath, trusting the process, how's your body feeling?

It's a beautiful time for you to just get lost in the breath, to let go of all those thoughts and just feel, feel that breath,

feel that connection to your life force you know breath is life to everything so let it in allowing it to nourish and support you right now you're doing really great this is that time when you really want to stick with the breath, because this is the time when you're in that space where change can really happen and changes that might be overwhelming, something as simple as the breath can actually come in and support you and help you because just by laying here right now, doing a little breathing, you're shifting things, you're changing things, you're opening to something new, and that's big in your nervous system and your mind. How is your body feeling? Okay. Can go to someone. That's good. Awesome. Keep Now, it might sound a little silly how I keep repeating myself of how's your body feeling. Great. Keep breathing. It's very intentional because as I mentioned earlier, the breath, it's this beautiful tool to connect you into your body to help you gain awareness of what's going on and the energy that is your body where it might be caught or moving. what's kind of going on? And then with that awareness, you're able to bring a little intention. You're able to guide the breath into the parts of your body that might feel a little constricted where you might be holding. But then I kind of go back to the, well, great, just keep breathing. Because I am talking a lot right now because that's what's kind of holding the space for this session is that dialogue. But at the end of the day, it's just, you just have to breathe. You just have to this whole journey of inner exploration and healing. You know, there's profound healing that can be founded this work. And all you really have to do is just keep breathing and showing up. And so, bro, if you're doing such a great job, you know, it's not easy to have to do this in front of others. And so I really honor that and appreciate your willingness to be seeing. And I feel seeing, I feel held and beautiful. You are, and you have a lot you really offer this world, a lot of love that you're craving to share more of. Yeah. Keep that breath moving and maybe notice a little bit of what's going on in your throat, any tightness or tension there, and where might you maybe hold back the full expression of who you are? You can just say to your throat, it's safe, safe to be all of me. And it's safe to share this with the world, to be vocal. And they take up safe. You're doing so great, continuing to let that breath really expands you. Yeah, you can notice how through this process, the breaths have become more and more full. And that's been very natural and organic. As you get comfortable with the

breaths and you relax more into your body, you're able to take fuller and fuller breaths. And again, it's not something you have to force or push. It just happens as you show up consistently, just as Brooke's been doing here. Her body is becoming more and more receptive. And this is her first time ever doing the breath.

I'm doing really great. You can feel that heart. You He sent it a lot of love and appreciation.

Just honor it.

I didn't know that you see. You see your heart. You see your truth. Really cool truth.

And that breath goes deeper and deeper into the body, you might even notice another layer of tension surfacing. And so, again, I can invite you to make a little noise, just go, oh, like, let it out.

And you can even do it a little loud or whatever you feel comfortable with.

Yeah,
beautiful.

Now let that body get a sense of relief. Oh,
whatever you're holding on to, let it go.

So she's doing so great to stay in steady with that bra
allowing.

This is that space where you're open and you're receptive and it's such a beautiful place to allow something new and new experience, maybe a little bit more love who couldn't use more love so keep letting that heart know keep letting that body know that it's safe that nervous system And so what you'll see, too, is the more you're breathing with that oxygen, that tightness or that tingling might start to shift to a little bit of a tightness. And so your hands might claw up a little bit. Some people, when it gets really intense, they can have what we call tetany. That's all good. That's part of the process. It's an energetic release that's happening. In the hands, it tends to center around the heart as the hands are an extent.

yeah and that kind of goes back to what I was sharing before about holding back holding back yourself in any capacity that we can find that tension and tightness in our mouth especially if you're a teacher or a healer or an artist and you have some really powerful things to say there can be a lot of constriction around that So it's all beautiful, keep breathing.

You know, if at any point it ever becomes too much for you, you can pull back. So how are you doing work? Can you handle a little more? You want to pull back? What's going on? I keep it like the candle a little more. Great, yeah. And you're doing beautifully. And if you keep breathing, you know, you're at that place where you can really move a lot.

You can even say to yourself, it's safe, it's safe for me to let go.

Awesome. So we'll breathe actively for just like another minute or so. And then we're going to do a little relaxation.

But yeah, this is that sweet spot where you really get to soak in that life force, that, that nourishment.

You know, so taking a few more of these breaths and really inviting that breath. If there's anything else that you're holding on to right now, surrendering it over to the bra.

Can you just shake out your hands at all you can too?

Beautiful.

All right.

So I'm going to have your transition into natural breath and just give yourself some space to really receive that work that you just did. You know, when you breathe like that when you really show up, it's so important that you take that time to receive it. But before we drop you into that receptivity mode, once you just Take out your hands real quick and bring them together in a prayer position. You can give them like a really good shake if you want. Yeah. And then bring them together a prayer position and then take them about an inch apart. And then bring them back together and then a little bit further apart back together. And you kind of feel that pulsating. Yeah. So that's your energy. And that's the energy that you get to work with. And you get to guide that energy and direct it to places in your body that you want to heal. You get to guide it to places on the earth, to animals, to whatever needs healing. This is your true power. It's your energy that's connected to your heart and your ability to direct and move this energy. So as you then let yourself fully relax into rejuvenation, you can place those hands on your heart or some other part of your body that might need a little extra tender love and care whatever feels right to you and you can also just put them back at your side wherever you feel that you can just drop now into a space of receptivity where you can really just receive let that body get heavy let your mind get heavy almost as though it's dropping down into the earth below you can feel that expansion of your energy maybe you've kind of lost the bearings of where your body edges end and where the expansive spaces around you and as you sink into the earth below you and in that body continue to get heavy with relaxation. You can also kind of feel that energy all around you, feel the love, the forces of love, this open, receptive space. You can feel the subtleness of everything that's always present, but oftentimes we're not always kept in two. So receive that, feel that, let your mind drift and dream and allow yourself to really just be right here right now.

And so you can stay in this space or as long as you would like. When you are ready to come back, you can do so with just that gentle movement just like brooks doing here you can take nice full inhales and then to start to wiggle those fingers and toes just taking time to really come back nice and easy and gently stretch i'm just going to ground her legs a little bit to support coming back into this face to this

time, body

Hey

and how's your body feeling, bro? It's really good I feel energy yeah

I feel like I feel like that move the energy

Yeah.

Yeah. It's such a beautiful experience where we hear intellectually all the time that we're energy, everything's energy. But when you have that kinesthetic experience, you know, that was for me, I was like, wait, that's second. It just kind of adds this next level as engagement to life. It's like, wow, what happens when I do connect to my energy and I dive in and play with it and see what you're capable of.

So after your breathing practice, I encourage you to always transition nice and gently back into your day to day, give yourself a little space, drink water, eat some really nourishing food to just help you ground back in, and then just be aware you're open and receptive. So don't necessarily run back into a chaotic environment.

It's really supportive if you can either go off to sleep if you're doing this in the evening or if it's during the day, if you can maybe spend a little time outdoors or whatever you can do to support the transition to be gentle and kind.

Thank you so much for checking out the backwork.