



Video Transcript

Breathwork For Energy Release And Healing

Hi, I'm Maria Marshall guiding you through a breath and energy release. There are many ways to work with the breath, but today's technique is a simple chakra based meditation. Don't worry. If you don't know anything about the seven basic chakras, I will be leading you today by their corresponding body parts.

A few things to keep in mind. You will be inhaling as much air as you can. In through your mouth and then letting the air go with a relaxed sigh. You don't want any part of this to feel forced, especially the exhale. It'll sound something like this. Ah, ah.

Ah, you may experience some uncomfortable emotions such as sadness, anger, or grief. If emotions come up, don't get lost in them. Continue to breathe through them and allow the breath like water to release them. You may also experience pleasure or laughter or nothing at all. Whatever you experience is perfect for you.

If something uncomfortable arises, it is coming up to be released. Always a good thing. Some people experience technique an uncomfortable cramp. In hands that is thought to be a byproduct of increased oxygen in the system combined with some restriction. If you experience this, you can open and close your hands, or if that doesn't work, slow down the breath and try to relax.

The more you practice this breath work, the less likely you are to experience technique. We will begin by breathing into the root chakra. The exact location is the perineum between the anus and genital. Next into the belly below the navel, then the rib cage area below the heart, then the

heart, the throat, the third eye, which is in between the eyebrows and then to the top of the head.

Known as the crown chakra. You can really engage your imagination and intention and visualize colors and the breath flowing like water in and around any tension or restriction that you have in your body. As we bring the breath all the way up to the crown chakra, we will practice a retention. This is where we hold the oxygen.

In while clenching all of your muscles, especially your buttocks, pelvic floor, and abdominal muscles. After the retention comes the best part, let go, relax and enjoy the sensations of energy moving in your body. Everyone has a unique experience, so be open to whatever yours might be today. Just before we begin, you can use this meditation any time, but might find it particularly helpful when you are triggered in fear or just plain stressed out.

The breath always helps us ground and center, and you may want to use it often. Let's begin by lying down. With your knees bent and feet flat on the floor, get comfortable and adjust any clothing that feels tight or restrictive. You might wanna grab a blanket or a pillow, whatever you need. And before we begin, do remember to empty your bladder

once you're back. Let's begin by opening up the back of our throat with a sound of a yawn. Oh, you can do a fake yawn, which might trigger our meal. Yawn. Oh. The idea is to open up the back of the throat and allow more oxygen in. Ah, again, remember the exhale is a sigh, not a forced exhale. Like, ah, something more like, ah.

Ah,

ah. That is the way we'll be breathing through most of this meditation. Let's start. By breathing together, ah,

send the breath to your root chakra. Put your hands on your pubic bone. They're all part of the root. You can even do a kegel. Keep using the breath, but to initiate more sensation. In this chakra, you can imagine the color red. Put your hands on your pubic bone and again, try doing a Kegel, contracting your pelvic floor muscles.

Keep breathing. Focus on the breath and focus on the area. You're breathing the breath into, we gonna wanna ground our bodies to the center of the earth. This is done from the root chakra. So imagine your feet growing strong roots like those of an oak tree and send them down through the floor into the earth all the way to the center of the earth.

You might imagine the center of the earth as a big, large red crystal. Or a molten red lava center. Either way, imagine your roots wrapping around the center and tying a knot, tethering you, connecting you, and anchoring you to the center of the planet. Now you can draw this red hot energy as you breathe up through your roots all the way up through the earth.

Back into your feet and your pelvic floor. Breathe in all that red hot energy and keep going. You are doing just great. Keep breathing it in. Filling that center with a color red.

With each breath, the RU chakra gets more and more filled with this beautiful energy from the earth. This beautiful oxygen and piranha life force. Energy. Keep breathing.

Now your root chakra is getting. So full of energy. See it expanding and filling with more and more of the breath. Just two more breaths. See it so full it has nowhere to go but over. Like a wave into your sacral chakra, which is just below your navel, your belly. You can move your hands up. To increase the sensation, now you're bringing that energy all the way from the earth, the through your root, now into your sacral chakra.

The color of this center is orange. You can imagine your hands sending orange as you breathe. Keep filling this center.

Ah.

That's right. Keep it up. You're doing great.

Can imagine that orange color swirling around your old belly area as you breathe into your navel, into your belly.

And you can still do pelvic or contractions to increase the sensation.

Imagine the oxygen swirling in and around and he stuck energy. Imagine the color orange swirling in and around. Any stuck energy, keep breathing, fill it all the way up. You might be feeling some tingling in your body just now, and if not, that's okay too. The energy is going there as long as you are breathing.

All you need to do is breathe.

Okay, now this energy center is getting so full of oxygen. Again, we're bringing it like a wave over and into the rib cage area. The solar plexes. This chakra is yellow. If you choose to move your hands there or imagine. Yellow light, like a strobe light beating down as you breathe all the way from your root into your sacral chakra.

And now filling the solar plexus with energy e breathing. Ah.

Energy is building. Oxygen is building. Energetic centers are clearing. As we breathe, we send energy to any stuck emotions.

And if you are feeling any emotions, don't get lost in them. Just keep breathing. You don't have to engage with them. You don't have to leave the meditation for them. Just continue breathing and allow them to come up and out.

Keep breath

and keep imagining this yellow light shining down on your ribcage just below your heart center. Keep filling that chakra with oxygen again, from the center of the earth all the way up. Your roots into your sacral chakra and now into your solar plexes.

Keep breathing

and imagine. Just expanding more and more with each breath, yellow light shining down, becoming more and more energized. This piranha and as it expands and fills imaginative. Once again, just flowing up and over and into your beautiful heart, your heart chakra. The energy of this center is green. Again, you might wanna place your hands and your heart.

Imagine. The color green and breathe deeply into your heart.

You are doing it just right.

Now again, if you're feeling emotion coming up, you're on your heart chakra. We can hold sadness here. We can hold grief. It's perfectly natural to feel emotions and you don't have to engage with them. You can. Simply release through the heart. It may be tears. There are all kinds of ways of releasing, and if you don't feel anything, that's fine too.

Again, the breath is working and whatever way is for your highest good, so trust the process. And just surrender to the breath and to the energy.

Now we have a few more chakras to go, so if you're not feeling a lot of energy in your body, don't worry. Keep filling that heart, that beautiful heart. Green and oxygen. See it expanding, filling, and imagine the breath like water flowing in around any blockages. You can imagine it like pebbles or rocks and it moves around.

It loosens.

That's what the oxygen is doing in your body. It is loosening anything that is being held onto, and that is creating restriction stress or contraction. So keep breathing in that magical oxygen, that magical piranha life force energy. See your heart so full. So large that we are now bringing the energy up again into your throat, your place of expression, and you may wanna hum here.

Humming helps the throat.

You could even go any kind of sounds you make as you're breathing from your throat. Can help assist any release. Keep breathing and imagine this beautiful turquoise blue light shining on your throat, clearing any restriction to your expression, to your communication, to your artistic expression. All of that is house.

Tear in the throat, so keep breathing. Breathe in the oxygen, and seeing it opening, loosening, any contraction.

Keep breathing. You're doing great. Ah, you just have a couple of more chakras to go after this, so give it a good, good try here. Fill as much as you can into your throat. Send as much oxygen again, up from the center of the earth through your feet, into your root chakra, your sacral chakra, your solar plexes, heart and throat coming, all the.

Way up from the earth, this amazing energy.

And next, again, send it up like a wave to the third eye, which is located right between your eyebrows, the color here. Is Indigo. Breathe into this center, this intuitive center. Send the breath all the way up from the center of the earth into the third eye, and imagine the color indigo.

Keep breathing. Ah,

ah.

Fill it up even more. Breathe right in between your eyebrows. Send it all the way up and see that color indigo.

This is your psychic awareness, your intuition. The breath can clear confusion so you can see clearly

a couple more breaths into your. Third eye, and again, see it bill. See it ball, and send the breath up to the top of the head. Your crown chakra. Your crown chakra is half white and half purple, like a black and white cookie. So now imagine the breath coming all the way up through you, all the way to the top of your head and out your head.

All of that beautiful light and prana coming all the way up again through your root, all the way passing through your heart and all the way up to the top of your head and out the top of your head. Keep breathing our crown chakra, our connection to spirit. This is where we pray from. This is where we meditate from connection to the spirit realm.

Keep breathing and sending energy there. See it, feel more and more. See the light coming out brighter and brighter.

Remember in a little bit we're going to do what is referred to as retention, where we hold air in for a period of time. Keep breathing. This is based on an ancient Daoist technique and can be very effective in directing the oxygen to areas of restriction and holding. Okay. Are you ready to start?

Speeding up the breath. Let's do it. Faster.

Keep breathing, speed it up, and take an even more oxygen.

That's right. We're gonna build this energy. We're gonna. Build this oxygen.

Keep going. You got this. Fully commit to this.

Okay, now we're going to take 30 rapid breaths in and out. Through your mouth out. Count for you. Doesn't have to be exact. 30. Here we go.

Deep. Rapid breath.

Couple more

exhale. And now take a deep inhale and hold.

Hold it.

Okay. Exhale and take another deep breath in and hold.

Exhale, and now the biggest breath ever. For the retention, take the biggest inhale so far. As much as you can take in and hold, hold it. Squeeze your muscles. Hold your pelvic floor in, squeeze in your abdominals. Squeeze your, push everything into the floor. Your fists, your arms. You can scrunch up your face and put the tip of your tongue on the roof of your mouth.

Hold it. Hold. Hold it, hold it, hold it. Let go.

Um.

Now there is nothing to do. Just be in this energy with these sensations. As long as you wish.

Enjoy the afterglow of all the breath and prana. And enjoy the sensations in your body.

You may still be feeling emotion.

You may have had a big release or you may have experienced nothing. Of huge significance. It doesn't matter. You've done this just right and whatever experience you have had was the experience that was meant for you today.

Relax here. As long as you wish.

While the energy is still moving through your body, you may want to stay laying down.

When you are ready, a good way to come out is to roll over and slowly move to a sitting position. But for now. Lay where you are for however long you wish the sound of the root Chakra Sound Bowl will help assist you come back into your body fully.

Thank you for joining me, or this breath and energy release meditation.