



Video Transcript

Heart Chakra Breath: Radiate Love & Compassion

Welcome, beautiful beings, and thank you for joining me for this heart -opening meditation. We will be using a few tools here.

Number one, we're going to be using the three -heart breath. So during this meditation, You will be lying down and you will be breathing into your diaphragm, into your heart, and exhaling through the mouth.

I want you to concentrate, especially on the second part up to the heart.

Since we are sending sound vibration through the bowl, which you'll be hearing in the background, and Reiki, and affirmations to the center.

I want you to imagine filling this area with a lot of breath. Using that breath to loosen and allow things to release that maybe you don't need to hold anymore.

So I invite you to lay down, get comfortable,

put a pillow under your head if you need. You can have your knees bent or just flat on the floor and start breathing with me.

While you're breathing, allow your...

of the earth. We are grounding. We are grounding so that we don't go too far out while we do this practice. This practice will connect you to the breath and will invite in spirit. So, it's important to ground.

Imagine your roots going down to the center of the earth. While you're breathing, keep up the breathing,

wrapping around the center of the earth and anchoring. Draw up the energy from the center of the earth into your body and see your connection, feel your connection, your anchor to the earth.

Keep breathing, drawing the breath up into your heart. And I want you to imagine this beautiful color lean. See it like a strobe light.

As you're breathing,
imagine it shining on your heart, this beautiful green color.
Breathe into your heart. Continue with the breath.
The heart center holds so much.
Today, we are working and allowing what no longer serves you to be released.
So just keep breathing into that center.
The note that you hear playing on the sound bowl is the F. You can tune into that vibration while you breathe.
I'd like you to focus while you're breathing on the affirmation. I am love.
I am love.
I am love.
Notice,
is there some resistance to saying these words or hearing these words,
keep the breath up.
What's arising for you in this moment?
Perhaps a thought, a feeling, an image even.
If you feel any resistance to
receiving the words, I am love. Breathe into that even more.
If you're feeling any tightness in your hands described as tetany,
you can open and close your hands as you breathe.
I am love.
You can still see the green and you can focus on your breath.
And if you can't see the color green anymore because the breath is taking you
somewhere deep, that's okay.
How much love can you feel for yourself?
What experiences,
thoughts,
belief systems, stand in the way?
Don't need to know the answer. just let that question be with that question that's
right keep breathing and bring a little bit more breath to the heart
If an emotion comes up during this practice, don't get lost in it.
If you need to release in the form of tears, let the tears flow. Don't hold back
your release. If you're not feeling anything, that's okay too. You're still getting
the benefit of the breath as long as you keep Breathing.
What energy of forgiveness would you like to embody in your heart?
Is there someone you've been working on forgiving? Is that someone you?
While you breathe,
just let that question be. Be with that question.
The act of forgiveness is an act of self -love.
When you forgive another, you let yourself off the hook and it's a process and
it's a journey but definitely one worth going on when you're ready keep breathing
imagine more breath in your heart He said.
That's right.

Hmm.

Things are starting to move.

You may feel a tingling sensation. In your hands, your arms.

And again, if you feel a cramping up in your hands, just extend and release and

you may even say I give myself permission to release this I

choose not to be in resistance to this energy I am willing to feel my love keep
breathing

You're doing so well. I am

imagining

green at your hearts.

and this just works. So trust,

be open, and just go with the breath.

Let the breath guide you.

Your higher self is always choosing what you're ready to release.

You're not intellectually doing it. I'm not willing it to happen. It's your higher
self. What is your higher self ready for you to let go of?

Keep breathing.

Each

one

of us is so loved.

Each one of us is love we have an infinite capacity to love to express love and
to receive love when

we heal pain heartbreak and trauma we can open ourselves up to being and receiving
even more love

If you would like to breathe out in,

I am open to receiving all the love I am.

When doing this practice,

Sometimes you may need to cry out loud. You may want to even scream into a pillow,
just releasing any pain that's in our heart that wants to be vocalized.

So know that it's okay. Know that it's perfectly fine. We express through tears,
we release through tears, it's okay, it's okay to cry. And when you have a good
cry, you can feel so much lighter and better.

But eventually, come back to the breath.

the more you open up to the love that you are the more you step in to the
ability to manifest the ability to align with what you want to create in the world.

And with the gift that you are,

the more purposeful your life becomes, the happier you become.

You are now willing to be joy.

Breathe that in.

Keep breathing.

You're doing great.

You are so capable of healing yourself
the

breath facilitates this we're
going to breathe for one more minute
I'm still sending Reiki to your heart centers.
Visualizing beautiful emerald green color.
And the F bowl in the background is working in your field to assist you even more.
When you're ready,
you can start breathing through the nose.
You can put your hands on your heart and send it some love through your hands,
breathing through the nose,
allowing our emotional body to settle,
to ground
breathing through the nose and imagining our roots again that still connect us to
the earth.
You are supported by the planet.
In your healing,
Gaya is always there to turn to.
Fill yourself back. Your body,
if you want to, you can start tapping. Your heart, arms.
Patting yourself down.
your legs, even,
your thighs,
to come fully back in the present moment,
a few more gentle breaths.
And I'm going to leave you to lay here for as long as you need.
Thank you for showing up today for yourself,
receiving,
healing for your beautiful hearts and
for being all.