



Video Transcript

Learn The Difference Between Breathwork And Meditation

Hi, I'm Eliza Kane with Gaya Goddess, and in this video, I'm going to share with you about breathwork meditation and what differentiates it from other types of meditation.

Now, before I get into that, though, I'm going to talk a little bit about the style of breathwork we are going to be doing and focusing on, because there are many, many forms of breathwork out there. And I definitely encourage you to try them all. They're really wonderful tools for you to build in your practice of being able to self-regulate. And they all serve incredible different functions. The style, however, that I am going to be speaking on is done all through the open mouth. It's a two-part inhale, one part exhale, where the first inhale goes into the lower abdomen, the second inhale goes into the upper chest, and it looks and sounds like this. Inhale, inhale, exhale. Inhale, inhale, exhale. Nice and easy, nice and steady. Now, breathwork is I find the most different than other forms of meditation because it's an active meditation and it is loud, they get fidgety, and they're really uncomfortable. That's because they need to actually ease themselves into the process. And that's something that breathwork meditation is going to support you in doing. Because that breathing pattern, that's going to help the active mind have something to focus on. And it's going to satiate the part of the mind that feels like it always needs to be doing something. And in turn, it is going to ease the mind into relaxation. And that's something that I promise you will, you'll find really, really supportive. Breathwork is going to ease

the mind into relaxation. It's also going to ease the nervous system into relaxation. Most people's nervous systems are really wired. We live in a very frenetic and chaotic society. We are bombarded with information, a lot of it, very fear-based, and this causes the nervous system to be contracted and stressed. From that space, it's really hard for the nervous system to feel safe in just relaxing and letting go and dropping into a deep space. From that place, it's going to be really hard for the nervous system to just relax and let go and drop into a place of relaxation and rejuvenation. So what the breath will do is it's going to help clear and cleanse away that frenetic energy. It's going to take that tension and that worry and it's just going to soothe it off of the nervous system. So that the nervous system actually feels safe in slowing down and it feels safe in being receptive to drop into those deeper states. The nervous system is also one of the epicenters of well-being. It's a place that I find is really important for all functions of the body. You can even realize in epigenetics, they talk a lot about how the expression of our genes is often, is something that we might even be in control of, and it's stress, it's our levels of stress that will express to the... these animals, like if there's a little bunny that is running away and it's, you know, afraid that the coyote is going to come and eat it. And then it escapes. It was just in this intense life or death situation. And what it will do when it finds that sense of safety again is it will actually shake and it will shake that experience out of its nerves and it will clear it from its nervous system. Human beings, we tend to hold on to our past experiences and contract and shut down a little bit. And that actually puts people, it keeps them from being able to just slow down and relax. And they're in this constant fight or flight mode. And that's something that we really want to work on relaxing people out of and helping them just feel safe that they can slow down and that their body doesn't have to be in this constant frenetic state. But the nervous system needs to be eased into that space. And that is what the breathwork meditation is going to do. It's going to gently get you into that space of relaxation. And it's going to also help you nurture the nervous system so that you can nurture the other functions within your body. Your parasympathetic nervous system, which regulates your rest, your digestion, and all those automatic functions within the body that we think we might not have control over, while by working with the breath, you actually are able to regulate out these systems, which is something that's really important and is going to be really beneficial to your overall well-being. So that open mouth technique that I was talking about in the beginning, it can be a little uncomfortable and awkward, but there are key reasons that we use the open mouth technique. So one of them is that with the open mouth, you are actually pulling in a higher level of oxygen. You're by no means hyperventilating, but you are oxygenating the body. And this is really incredible because it's going to help alkalize the body but more so it's going to help regulate out your endocrine system your endocrine system is what regulates your hormone secretions your hormones are what regulate all these physiological functions within the body so when they're out of

whack your body starts to feel out of whack and you you might feel really uncomfortable or tired or lethargic they're essentially you're just going to feel off. But when you regulate out your endocrine system, you start to feel more relaxed and comfortable in your own skin, you're clear, all that fogginess kind of goes away, and you just feel more like yourself. So what the breathwork will do with that extra flow of oxygen is that it's going to stimulate your hypothalamus. And when the hypothalamus is stimulated, endorphins are released and they move throughout your body and they bump up against your other ductless glands, which is what your endocrine system is comprised of. Your duckless glands are also referred to an eastern terminology as your chakras. Now your chakras are these energy systems within the body. We have seven main ones. And as you activate these out, as the breath goes into your body and you start to activate these chakras, what ends up happening is not only do you regulate out your endocrine system, but you also start to raise your vibration. You start to notice yourself pulsating and vibrating and you begin to raise the frequency of who you are. And this is really special because from this place, this gives you the point where you can then get the experience of connecting to the essence of who you are, which some people like to call your soul. And so from this place where your endocrine system and your vibrate raises your vibration and your nervous system is relaxed, you begin to experience this electrical currency, this sense of just connecting to something so much bigger than you, that bigger part of yourself, that higher self. And when this happens, it's truly an incredible experience. So even though there are all these incredible physiological elements that happen, those rebalancing actually put you into this place for deep spiritual connection and that opening to something so much more. You know, I feel like society, part of why people are going so fast and they want more and more, they're not realizing, they don't want more stuff. They want more connection and they're craving that connection to the truth of who they are. And that's something that the breathing practice is really profound in providing you with. Super to the pelvis, allowing those shoulders to roll down your back, allowing that heart to open a little, and letting your body know that, you know, all this information that's coming in, it doesn't have to just be in the mind. Let the body receive it as well. Because something that's so incredible about the breath is its ability to pull you all the way into your body. And to be fully present in your body, that's something really special and it's really important. When someone's present in their body, they're clear, they're alert, they're decisive. They have this confidence about them and they most importantly, they have this sense of safety and they feel safe because they know that they are capable be able to handle whatever life comes up, whatever life brings them, whatever life throws their way. And this is really important in today's world because life, it's throwing a lot at us. And so the more present you can be in the body, the more relaxed and trusting you can be to the way life is flowing before you. And so this open mouth technique, it's really powerful of pulling you all the way into the body. And before I dive into more

reasons around, like, what the breath will do is it pulls you into the body, I want to just touch upon, you know, some of the things that are pulling people out of the body, because what I'm sure a lot of you notice is that the relationship with the body right now, a lot of humans are really struggling with it. We have a lot of disease, there's a lot of disconnect, and people just don't feel comfortable in their own skin. And it's a really challenging time where some people are at war with their bodies. And I know that was where I was at one point, very disconnected and not trusting and understanding that my body is actually my greatest ally. I just, I wasn't aware there was a lot I hadn't dealt with. And that's what is happening for a lot of people. There's a lot that they're avoiding. If people are sitting on past trauma or abuse, there's a good chance that they're not going to want to be present in their body. It's uncomfortable because your body holds those memories. It holds those emotions. It's designed to feel. So if you're not processing your emotions, then you're going to be pushed out of your body. Technology and the lack of connection to the Earth are also two things that are creating even more disconnect and challenge with people being in their bodies. You know, when you're on the computer all day, it's hard to find time to be out in nature. And yet nature is our root to being connected to our bodies. Our bodies are this extension of the Earth. You know, there's such a beautiful, synergistic relationship that happens. you can feel that disconnect where not only do people feel disconnected from their souls, they also feel disconnected from the earth. So you can see that it's really important, you know, that we find ways to come back into our body because when we do that, we're also going to find, you know, that we have a deeper appreciation and connection to the earth. So one of the other things that pushes people out of their body and causes them to not, you know, want to be present is emotions, like avoided emotions in particular, shame. Shame is a really big one that we are dealing with right now. And you think about it, like humanity doesn't have the best past. There's a lot of nitty, gritty, uncomfortable things around being human. And so for a lot of people, there's just this shame. They don't want to dive into their body. They don't want to dive into their humanity because they're, they just, they don't like what they see. They don't like the more uncomfortable elements that are held within our humanity. Couple that with AI and artificial intelligence and this sense of perfectionism that is brought through with this technology. And you can see that this only amplifies the challenge that people are having with the relationship to their body. So as I had mentioned earlier, that open mouth technique, it's gonna pull you into your body. And what it's gonna then support you in doing is it's gonna help you move those unprocessed emotions or experiences that you might be holding onto. And as you move this from your body, you'll notice that you start to experience a sense of freedom, freedom from the past, freedom from the limitations that you might be holding onto, and a lot more vitality. Emotions are their energy and they want to move, and when we hold them, they actually can get caught in our body and create heaviness. And so if you're finding to feel some things, but I promise you on the flip side, you are going to feel a

lot more vital and just a lot more like yourself. So it's something that is really important. And this technique in particular is going to be very supportive of. So that first inhale, it goes down into your lower abdomen or your second chakra. This energy center, it's a really potent energy center. It's where we store a lot of things. It's where emotions that get caught often get caught. It's where if you have any challenges or issues with drugs, sex, food, money, all that stuff, those issues tend to sit in your second chakra, along with toxic relationships. That's our relationship center. So if you're struggling with those, it can be a lot of times that there's an imbalance in this area. This is also, though, the seat of your creativity, your life force, your vitality, a healthy sense of sexuality. It's this potent place where a lot of passion and life force sits. But in order to get to that freedom, you have to clear any of the denser energies that might be sitting there. And so when you inhale into that lower abdomen, you start to stir that up. You start to move it and bring a little bit of freedom. And then what's really beautiful is that second inhale, it goes into your upper chest, that heart space. And that's where you are then given the opportunity to find love and compassion and acceptance for maybe those parts of your humanity that are a little bit more uncomfortable to accept. Well, when you find that love and acceptance, you again, have a whole lot more freedom, but you also have a lot more connection. That's when you find that you're more open and receptive to the beauty and love in this world. It's where your relationships become more intimate and deeper. You have a deeper connection because you've developed that deep connection within. Breath is the most intimate relationship that you will ever have. And so the more that you work with your breath, the more you're going to get to discover how brilliant and fascinating and complex your whole existence is. And those nitty, gritty, uncomfortable parts, you're going to find a lot more just acceptance and understanding that that's part of the complexity and beauty of humanity. So I really encourage you to give this breathwork a try, to dive in and let yourself go on this journey of understanding yourself at a whole new level. I hope this video encourages you to give breathwork a try and definitely check out the other videos I have here on the Gaia goddess platform. They're all here to help you understand more about the breathwork and how it can support you on your journey.