



Video Transcript

Sacred Breathwork For Goddess Energy Activation

Hello everyone. This is Amanda. Today we will use our breath as a tool to open to the boundless potential of our feminine creative power. This is a breath work for goddess energy activation. This sacred practice will awaken your essence and deepen the connection within. Join me as we unlock the divine feminine to guide us through transformation.

I will be guiding you through this session with gentle breath cues. Before we begin, prepare the space around you to allow for the time to rest and settle without any distractions, silence your devices. You can prepare this space by burning, palis, santo, or incense, or a candle to help clear or ground your senses and energy.

You can also do this session in a seated meditation position today in a chair, or you can lie in Shavasana on your back, on your yoga mat. Try to lie flat on your back so that your S spine can remain long and unobstructed.

Find the position that you're choosing to practice in today and start to settle in.

Find yourself in a position where you can extend your torso upwards or lengthen the spine as a way to create space for the chest and diaphragm for easy, unobstructed breathing. Make any final preparations and we'll begin lengthen the breath by inhaling deeply through the nose and exhaling fully through the mouth.

Do this a few times. Breathe in through the nose and exhale through the mouth. Let the capacity and length of the inhales and exhales increase over time.

Do this over time. And notice how deep, deep breathing draws your attention. Notice the shifts beginning to take place and stay with the breath

in through the nose, and release through the mouth. Continue a few more times.

You can slowly increase the depth and cadence of this practice. This is completely up to you. You can take the breath in more and more, increasing the intensity, but do this slowly over time and regulate this as needed.

Continue a few more times in your own, just noticing the sensations that are beginning to shift.

Now slowly begin to let go of the deep breathing, return to a more natural cadence of breathing. Breathing a little more easily and a little more naturally Slowly bring the breath down, still through the nose and the mouth, but slowly, slowly, gradually bring it down so that we can return to a natural. An easy breath.

Begin to let go of the deep effort of breathing.

Notice if the breath feels different in any way Now. Once you've returned to the natural breathing, let the breath return as easily as possible through the nose as you inhale and releasing the exhales through the mouth, eventually return to inhaling through the nose, and exhale through the nose as well.

Take a moment to let the breath balance on the inhale and exhale. Can you notice the transformation after releasing the deep breathing?

Find a balance of the capacity and fullness and volume of the breath on the inhale and balance that on the exhale. Now we will continue with a guided visualization to enhance the feeling of expansiveness with the breath. Imagine there is a little bubble in the body, deep within the physical body where your soul and deepest self reside.

As you inhale, the bubble gently expands. And as you exhale, the bubble gently contracts inhaling. The bubble expands. And as you exhaling the bubble shrinks. Do this a few times on your own.

As you do this. Let the breath and the visualization go deeply internally. So that as you breathe and the bubble moves with the breath, you're also beginning to sense a de pulsating rhythm within the body, with the visualization and with the breath in and out. Now let's begin to deepen the breath and expand the breath.

With the visualization, still breathe in through the nose and exhale through the nose, gently and softly lengthen the inhale and the exhale.

You can visualize the bubble growing bigger and bigger. As the breaths become more and more expansive. Imagine the bubble could fill the space of your entire torso as it continues with the breath. Let the breath expand and let the bubble expand. Expanding even further. Let this bubble within you fill your entire body.

Let the breath expand and move throughout the body. Visualize this bubble expanding from this small little space that it started from, and move and grow bigger and bigger with the breath.

Expanding even further. Let this bubble within you fill your entire body. Imagine this bubble stretching into the space around you as you inhale and drawing back within you as you exhale.

Continue with expansive, inhales and equal exhales, visualizing the bubble, stretching, and moving with the breathing pattern.

Notice the body as you inhale and the expansiveness from within you as you exhale. And notice the release of the tensions or constricting thoughts as you release on the exhale.

Expansiveness on the inhale, releasing on the exhale. Inhaling and expanding. Releasing on the exhale, releasing tensions or constricting thoughts as you exhale, as you allow for the body to expand contract.

Through breathing, you're unlocking your inner potential for healing. Unleashing your creative divine feminine energy, unbinding and untying. Any limiting ideas you have connecting to your infinite boundless potential. Expanding on the inhale, releasing on the exhale, opening and opening more into expansiveness, infinitely as you inhale and releasing tensions or constricting thought.

Unbinding and releasing as you exhale, allowing yourself to connect to the infinite boundless potential.

Continue breathing fully and expansively with ease. Let your intention be to receive life and connect to your inner source. Continue breathing fully with ease. And let your intention be to receive, receive life, and connect to your inner source.

Notice any areas within the body or the thoughts that resist. Gently send the breath to that area and visualize the tensions releasing or dissolving.

Continue with smooth, effortless breathing. A few minutes longer. Notice how the mind and the body are more receptive to your creative nature. Inhale and breathe fully and expansively with ease. Exhale, let your intention be to receive and connect to your creative nature. Inhaling and exhaling.

Allow yourself permission to explore with openness and curiosity, explore into your potential. And explore with curiosity so that you are open to receive its boundless creative energy. As you

inhale, breathe with ease, and as you exhale, remain just as open, receiving the infinite, boundless, creative feminine energy.

Stay with a breath a little longer.

Allow for the breath to open these pathways and doorways for you. Letting go of what no longer serves you on your purpose in life,

your creative potential is boundless. Your creative potential is infinite.

Your creative potential is boundless. Your creative potential is infinite. This is your true nature. Follow this true, creative, boundless potential. Allow yourself to receive it. Allow yourself. To follow this as you journey forward with a creative spirit, curiosity and openness, a willingness to receive and to renew.

Breathe in and breathe out.

Now draw your attention to the breath.

Allow the breaths to move easily and let the breath breathe on its own. Now, let the breath anchor you into your body.

Allow the breath to move easily as it slowly, slowly regulates itself. The breath and the body doing its work on its own. And this work will continue to happen even after this practice. So allow for that to happen. Trust that that will happen. Know that that is happening for you at all times. Follow the breath and let it deepen you into a state of being a state of collective awareness.

Even as the breath slows and starts to fade, know that all of this work is happening for you.

Allow for the mind and the body to come into a place of ease and set an intention to be able to move forward with ease and into the possibilities that are before you.

Before you move about or begin to sit up and embrace the environment around you, allow yourself to begin to move lightly, anchor a little more. With each breath, the eyes can flutter open, and you can slowly acclimate to the space. Continue to breathe easily and know that the breath is still working, it's still moving throughout the body, and may still be releasing energy so that you can continue to move forward throughout the day with ease and openness.

The breathing practice is now complete. Take your time as you move about and emerge from this session. Thank you so much for joining me.

