



Video Transcript

Seated Postures & Breathwork To Boost Confidence

I'm sure we've all been an experience where we wished we had a little bit more confidence and a little bit more power. Maybe you're about to head into a job interview or some other stressful situation. Maybe you're about to hang out with family and friends for the holidays, and you're feeling a little bit ungrounded about it.

Well, this practice is nice and easy in a seated position. And it's designed to boost your confidence, get you into your body, and cultivate a sense of power so that it can shine from the inside out. I invite you to find a seated position in a chair with your feet flat on the floor. You could also do this practice seated on the ground or on a yoga mat.

We're going to start with Tika mud. This is the mudra or hand symbol for determination. So create a fist with a thumbs up and oftentimes mudras that have a thumbs up already within themselves are an affirmation, a confirmation that, yes, this is what I wanna do. Yes, this is where I wanna be. So both hands, palms up and bring the fist together.

Allow the thumbs to touch. Elbows are tucked in towards the body. Feet, plants firmly in the floor. Hands press firmly together. Shoulders drop away from the ears. Create space in the back of the neck. Close your eyes for a moment and breathe deeply. Whatever situation you're about to enter, affirm to yourself that you have the power to succeed.

You have the power to persevere. You are determined for this to be a positive understanding and connected experience.

Inhale, bring your fists a little bit closer in towards the body. Lift your gaze up at the sky. Open the throat and the neck. As you exhale, keep your musika mudra. Push the palms. Push the fist forward, tuck the chin to the chest, and round the back. Inhale, bring the power in. Exhale, push it out into the world.

Inhale, bring it in. Exhale, push it out into the world. Inhale, bring it in. Exhale, release. Inhale, determination. Exhale, success. Inhale into your center. Exhale. Your confidence will be received by others. Inhale, one more time. And exhale,

bring the fists back to the heart center. Sit up tall. And now we'll take the arms up overhead. This position in Kundalini yoga. Is called the ego eradicated. Allow your hands to open a little bit so the fingers are curled just slightly in towards the palm, and the palms are open wide. Visualize a line of energy going from one thumb to the other as if you are tuning into your own powerful force field.

Drop the shoulders away from the ears. Here we'll enjoy a few rounds of cabal, AYA, or the skull polishing breath. This breath is a forceful exhale out the nose, and when you breathe strongly out the nose, the inhale automatically happens. So it'll sound like this.

This is different from breath of Fire, which is forceful Inhale and forceful Exhale. This is just a strong, powerful exhale out the nose. Pushing out of the body and out of the mind, anything that's no longer needed.

As you practice this breath, you'll notice that the navel pumps a little bit, and as the navel pumps, we also churn up our internal fire and allow it to burn bright and to transform into alchemize anything that we don't need into everything that gives us power and strength. Together. We'll practice two rounds of Kapa Bate pram, 20 breaths each.

And if you need to breathe slower than what I'm breathing, that's okay. Just take it at your own pace. We'll start with a deep breath in and then we'll begin for 20 rounds. Breathe in.

Breathe in, spread your fingers wide. And exhale, take your hands down by the sides just for a moment to give your arms and shoulders a little bit of a break. Let's do that one more time. Inhale, arms up. Find your ego eradicator. Fingers curled in slightly. Thumbs out. And we will start once again, 20 more rounds of Kabbalah Bat Deran.

Take a deep breath in,

breathe in, spread the fingers wide, and exhale, trace a big circle down.

Hopefully that began to get the blood flowing and allowing you to access your power. Inhale, reach the arms up. Spread your fingers wide. Exhale, bend your elbows and stop at 90 degrees.

Inhale, lean back. Rest the backs of the hands behind you. Squeeze the shoulder blades together. Look up. Exhale, close the fist, draw the elbows in towards the belly.

Inhale, open it up. Rise up. Receive all the power of the sun. Exhale, close the fist. Bring that power in towards your center. Inhale, open it up. Come alive. Receive. Exhale, pull the power in towards your center. It's from the center that all the power be distributed in the body. Inhale, open and exhale. Inhale and exhale.

Let's speed this up a little bit.

Two more times.

Drop the hands into the lap, palms down, and roll the spine up. Find your posture, roll the shoulders down and back. Tuck the chin into the chest length along the back of the neck. Sit up tall and be of presence with yourself. From here, we'll take the arms out to the sides as if you were flexing. This is called a power pose, and there's certain positions that actually cultivate a sense of strength within the body, and they lower the body's cortisol or stress hormone.

So sit tall, be in your power here.

What situation do you want to send and infuse power, confidence, and determination into Feel it right here.

Now, reach your arms up to the sky, spread your fingers wide

reach, actively reach each.

Deep breath in. Lean back, look up

and exhale. Neutral spine, hands sweep down by the sides.

We will close our practice with a final tapping moment. To instill within us some affirmations that we can carry through for the rest of the day. So we're going to focus our fingertips right in on our solar plexus, right in our very center.

If there's a particular affirmation that already comes to mind that helps you cultivate this sense of strength within that, I invite you to repeat that affirmation to yourself a few times. This affirmation can be as simple as I am strong. I am confident, I am rooted in power, I am determined.

My will is unshakeable.

Bring in and breathe out. Hands release to the left.

I hope as you move through the rest of your day, you feel this sense of power shine from the inside out. You got it. You can do anything you set your mind to. Thanks for joining me. Have a powerful day.