



Video Transcript

Sisterhood Breathwork: Connect To The Divine Feminine

Hello everyone. My name is Amanda. I'll be guiding you today through a sisterhood breathing practice. This is an active breath work session that taps into the collective of the sisterhood and the divine feminine. This is an active guided meditation that incorporates a breathing practice. That can manifest a transcendental experience and allow for healing on a physical and emotional level.

It can also provide opening and unity for your intuition to flow more freely and enhance insight, removing energetic or emotional blockages, and bring about a deep sense of healing. Before we begin, I'll explain the breathing technique in order for you to get the most out of this experience. I will also be guiding you on how to prepare and set up for the practice so that you'll be able to be at ease once we begin and let the breath fully oxygenate the body.

Most importantly, for this practice, it is important to get your space ready. You'll prepare to place your body to lay down flat, preferably in a supine position on your back without your head being too elevated, such as on a lot of pillows. This allows for the throat and your throat chakra to open, letting the air flow fluidly.

You can use a small towel folded for the back of the head if you need to. It's best to lay flat without props. This allows the energy to move more freely throughout the body. You

can lay on your mat or a blanket on the floor in Shavasana, or you can also lay on your bed.

You want to have some warm layers close by, perhaps for the feet, as it is common for the body's temperature to fluctuate throughout the practice. Potentially you may have something for grounding like your favorite crystals a candle, or have prepared your space by clearing with Palo Santo. Incense or a diffuser incorporating your favorite sense.

The idea is to create the space with a sacred intention for healing. Make sure that you won't be disrupted. Set your devices on silent or set a timer for around 15 minutes, allowing for a little extra time so that you can ease out of the practice once we are finished and completed. Allowing for your mind to let go.

This intention will really let you get the most out of this process. Once you set up your space, we'll begin with you lying on your back and your arms by your side.

I will now describe the breathing technique. It is a breathing pattern in three parts.

Continue with the pattern, although the depth or the intensity of the rhythm can change depending on how deep or soft you would like to go within this practice, for the entire time, you will be breathing in and out through the mouth. So each breath you'll be taking through the mouth, two inhales and one exhale out through the mouth.

The first inhale is directed towards the belly. The second is into the chest. Then one easy exhale through the mouth. I'm going to demonstrate this breath. It sounds like this.

I invite you to join in and we'll practice this together before we start the actual session.

Begin by inhaling through the mouth. Out through the mouth.

You can hear two separate parts for the inhale and one part to let the exhale go. The first part of the inhale is into the belly. The second part of the inhale is into the chest. The exhale is all out in one. I'll be guiding you once we begin. So if you need to pause this recording before we start to prepare your space, go ahead and do that now to make your final preparations.

Once you're ready, you'll begin by laying down and settling in. Let's start with the breath.

Continue to keep with the pattern. Begin to get familiar and comfortable with the pattern of the breath.

We will do this together and continue. And once you're more familiar with this on your own, I'll incorporate some guidance through the meditation belly chest than exhale.

Continue, and as you continue, remember your staying with the pattern of the breathing practice, but you can choose how deep you want to go. The deeper the breath, the deeper the experience. Start gently and give yourself permission. Give yourself permission to navigate this according to your needs or abilities.

This is completely up to you. Your only commitment is to stay with the pattern, belly, chest, exhale.

Stay with the pattern.

In the beginning, it might build in waves or it might feel uncomfortable. This will pass and will begin to arrive where it starts to feel easy and effortless. Breathe into the belly chest and it exhale through the mouth the entire time.

Right now what may be arising is the mind's ego and unconscious, which are being stirred about. It might appear to be a resistance, a part of you that wants to hold on. So just keep up with the breath pattern, let it anchor you so you can observe these fluctuations, and they'll gently transform

belly, chest, and exhale through the mouth.

Soon the brain and the body begin to surrender.

It's common to get lightheaded in the beginning. This tube will pass. The breathing does get easier, I promise. Just stay with a breathing pattern.

If you haven't already set an intention for your practice. Something you would like to receive or something you would like to step into. If there's something you'd like to release. There can be so much healing. From the simplicity of surrender,

you might be starting to experience a lightness or a tingly sensation. This is the energy moving through your cells. This is change beginning to activate as we activate and continue to release. We are opening pathways for expansion and healing.

Just keep up with the breathing. Stay with the pattern.

Let the mind and the control dissolve. Notice anything that might be coming up. It may be emotions bubbling up to the surface without labeling or identifying any of the energies being surfaced. Just simply let the sensations come to pass.

As you breathe, you're loosening any energy that might have been lodged or stuck. Allow your awareness to notice if there is any particular place in the body that the energy may be feeling stuck. Stay with the breath, stay with the pattern. Breathe into the belly, breathe into the chest, and exhale.

Breathe through the mouth the entire time.

Just remain aware while breathing, perhaps taking the breath a little deeper now, and enter those spaces where they feel a little stuck. Stay with the breathing and let it take you deeper.

Any discomfort that is coming up is just being released. This allows for the body to clear it and for it to be transformed.

It is very normal. If it feels like an emotion that needs to be sensed or experienced, you may feel like you need to cry, and I'm here to remind you that it's important to let the body release. You can imagine the energy being released through the breath.

Allow for an intentional release, perhaps with a sound. As you breathe out,

keep the breath moving in and out and allow for a release to happen.

This is a healing and transformational process. Let the breath assist in letting go of unwanted sensations. Allow your body to relax and release,

and if you think that you can go a little deeper. We're almost there. Stay with the breath, stay with the pattern. Breathe into the belly, into the chest, and exhale through the mouth.

As we continue, the body is now in sync and doing the work on its own. And perhaps through the release, you're noticing more space for your soul to drop in, for your essence to activate and for your energy to expand.

Let it move in from your crown. Let the breath continue to guide the energy to move in through your crown chakra and into your heart. Let your soul's energy move throughout your energy field, giving and receiving from the collective unity.

Vibrationally releasing, renewing and resetting.

Allow yourself to feel connection. And expansive. Notice this renewed version of your soul without the energetic blocks. Stay with the breath and the energetic clearing.

Now let go of the blockages that built the idea that you are separate or alone.

Notice what is possible when you let go?

How are you free to show up in the world? Visualize yourself free of your own judgment moving through the world.

Feel how big and powerful you can be, how your presence is a gift in the world. Feel the potency of your light. And your authentic self. Know how important you are to the collective.

Stay with the breath. Let's just take about five more rounds.

Nice. Now beginning to shift back into normal breathing. Just some easy inhales and exhales.

Feeling that relaxation and ease. This is your true natural state and out with ease, in and out with ease. Inhale and exhale.

You are capable of healing. You are capable of manifestation. You are connected to all things and all things are divine. Allow the energy to flow all on its own. Let it integrate into the body's energy field. And now take some grounding breaths.

Slowly let the body prepare for movement.

Allow the breath to move freely on its own as you begin to move through your fingers and your toes. Allow for the mind to be at ease and allow for yourself to come to the surface preparing to move throughout the world. You can stay here as long as needed to ground and center. When you feel called to do so, breathe gently and easily as you open your eyes, letting in the world around you.

Take your time to adjust. You can make your way to a seated position, reaching overhead, allowing for space around you and for your body to ease into a seated position. And in this new position, allow yourself to ground and center. You can stay here and breathe easily again. Grounding. And allowing yourself to open into the space.

Allow yourself to take the time that's needed before you exit this practice. I will now leave you and the practice of this breathing is complete.