



Video Transcript

Learn Breathing Techniques To Set Boundaries

Hi, I'm Eliza Cain with Gaia Goddess, and in this video, I'm going to talk a little bit about boundaries. Now, boundaries, it's a hot topic right now. It's something that I think a lot of people are struggling with in the world right now, especially as we navigate, really changing the dynamic in relationships. You might notice that a lot of people and you yourself have struggled with a codependent type of relationship and that there's also a lot of elements of control. And all of this can really be healed and supported by healthy boundaries. And so boundaries, how do we create that? Well, It starts with a healthy sense of self. And it's something that I find that if you are confident in who you are and you know yourself really well, that starts to be one of the main elements of a boundary. So breathwork. How can breath work support you in that? Breath is the most intimate relationship you'll have. And the more that you work with your breath, the more you'll get to know who you are. And the more you'll start to understand your energy and the essence of who you are. As you become more comfortable with that, you then become clear of what's yours and what's not yours. So you're able to energetically say, nope, not mine. And you're also able to just be clear on who you are. And from that place, people really honor that. And so something else, though, is that not everyone does honor that. And so I love the delicate flowers in our inner world. Like the rose and the hawthorn, these are two really beautiful examples of how they have thorns that actually protect them. They protect the delicate, vulnerable parts of who they are. And the hawthorn plant, actually, in mythical lore, it's said that under the hawthorn tree, it's actually the portal into the fairy realm. And so those hawthorn thorns really serve an important element of boundaries where if you are not honoring the sacred,

then you know, you're going to get nipped. And so I, I like not honoring the delicate parts of yourself or they're not they're not honoring the boundaries that you have created. So these are two pieces that I know are talked about pretty commonly. But there's a third piece I would like to touch on today. And that involves taking up space. So are our solar plexus, which is at the base of your sternum, right where the xiphoid process is, that's kind of where your solar plexus is. connected. This is where if you are in unhealthy relationships, people can actually hook into you. And you'll notice it's where people collapse. And so what happens in their physical nature is you can even see this. They'll roll their shoulders forward and they'll kind of be a little hunched. And that's showing that their energy in the solar plexus is collapsed. And this is where people then have access to them where it can be a little bit draining. So I became really aware of this and started to look into this element of boundary setting a little bit further when I actually worked with horses. So horses are these very incredible, sensitive beings that really pick up on your energy. And I'm not exactly familiar with horses. So to be honest, when I started working with them, I was really nervous. I was really uncomfortable. And I was a little intimidated by their size. So to start, the woman who I was working with, she kept it really, really simple. She's like, before you even try riding the horse, let's just have you lead the the paddock. And, you know, I just had to take the rope and I had to lead the horse around. Yet this became very stressful for me because the horse kept walking into my space and I was really afraid that the horse was going to step on my foot. And even though I was wearing cowboy boots, you know, the horse is big. It could crush your foot. So I was a little bit nervous and she kept saying to me, in your energy, you're collapsing your energy. And I was like, what? And she's like, every time you collapse your energy, the horse is moving into your space. She's like, you need to expand your energy, take up space. And I was like, what? Like, it was hard for me to process because for so long, I had always just collapsed my energy. So the idea of making myself bigger didn't really feel comfortable. And it's something I kind of mold over for a little bit. And then one day I realized it wasn't about forcefully making my energy bigger. It was about relaxing into who I am and giving myself permission to take up space. And when I was able to do this, the horse just naturally walked right beside me and it never kind of crossed into my path. So it made me realize there's also a very gentle and subtle way that we can create boundaries in our lives. And that's really about, you know, giving yourself permission to take up space and embrace all of who we are. So thank you for checking this out. Definitely check out the other videos I have here on Gaia Goddess. And I hope this all encourages you to give breathwork a try.

