



Video Transcript

Throat Chakra Breathwork_ Harmonize Your Authentic Expression

Hello, beautiful beings, and thank you for joining me for this thorough balancing meditation. We will be combining the energies of your breath, along with Reiki color visualization. And sound. I invite you to lie down to get comfortable. Grab a pillow if you need it, a blanket. We're going to be starting with a three heart breath.

Put your hands on your diaphragm and on your heart if you wish. The three part breath is in through the mouth on the diaphragm. In through the mouth to the heart and out through the mouth. It looks like this

the first several minutes. You may find yourself thinking a little bit, but if you stay with a breath, the mind will melt away. All worldly concerns will go away. And you will go within, you will drop in. First, I'd like to all focus on grounding, so you can start breathing and I'll guide you through a brief visualization.

Please continue the breath.

Imagine yourself maybe from your hip bones if your feet are up on the floor and your knees, and from your feet growing roots all the way down to the center of the earth. Imagine these roots. Breaking through the soil bedrock and just going down miles and miles and miles to the center of the earth. Your roots now wrap around the center.

You can imagine as a big crystal or as a molten lava center, that's. The color red and just lock yourself in. Anchor yourself to the earth. Bring your energy back up through your boots into your body as you stay with the breath

as we're breathing to the diaphragm and heart. I want you to focus on your throat center. This is a center of communication and expression. Use the breath while you focus on this center. Keep breathing.

That's right. Let's use the breath. Little bit more before I give you the next cue.

Even though your breath is filling out your diaphragm and heart center, you can imagine it going to your throat center right now. Imagine this beautiful turquoise blue, a big strobe light shining on your throat. This is such a f. Powerful place of communication and creativity. Each one of us has so many gifts and so many ways of expressing in the world.

Let's open this center so our expression can flow through.

Keep breathing.

That's right. Stay with a breath.

You may feel the energy starting to move. You may feel a tingling sensation. That's the energy of your spirit,

which is always guiding you and also always assisting you in whatever it is you need to let go of. You are safe. You're safe in your. Body and you're safe with the breath and spirit is guiding you. Keep breathing.

I'm going to give you an affirmation.

I'm clear. Communicator and my words are powerful.

I am a clear communicator and my words are powerful. And while I say these words, I'm ascending Reiki to your throat and imagining this beautiful turquoise blue, and you are assisting by. Breathing, so keep it up.

Can you give me 5% more?

So it's okay if you feel some resistance. We can break through that together.

What stands in the way of you expressing your creativity in the world, which stands in the way of you communicating? Clearly from your heart

can ponder that question. Just keep breathing.

Is there an energy today at your higher self? No longer needs for your soul's evolution and energy to let go of

fear of speaking, the truth,

being seen for how powerfully expressive you are. Any a number of things. We all have resistance and blockages at certain times.

You can use this meditation to clear yours. Keep breathing.

It's very normal to release through tears. Tears are coming up. Great. Great job. You're allowing yourself to release.

If you start to feel something that's blocked in the throat and you need to let it out, take a pillow, take your arm, or just scream out loud, or laugh out loud, or you can even hum out loud. Free up that energy. At any time, this will assist you

and keep breathing.

You are here on the planet to express through art, through cooking. Through loving, through journaling,

how do you want to express? What is your soul calling you to do next?

Breathe that in.

You might feel or hear something that's standing in the way of your expression. Maybe you're being led to release that. This next couple of minutes of breath, if you choose to go there, I invite you to.

You can release with any number of sounds,

you can hum,

and once again can scream into a pillow or your arm. All of this is okay and supportive of your practice.

Keep breathing. You're doing great and you're safe.

We only have a couple more minutes to go, so you can take five more percent in if you can. I invite you to know.

Well done.

You are doing great.

You're moving your energy

again. If you feel any tightness in your hands, just open and close us. This is normal and this comes about as a result of resistance. Sometimes we just don't wanna let go, and that's normal. And don't be hard on yourselves. The more you practice, the more you will get to release.

Keep reading.

You are gonna start lying down. You can switch the breath now to your nose and imagine yourself coming back to your body, the awareness of your body. You can even put your hands on your throat, send energy through your hands. We are all healers and you don't need to be attuned to Reiki to send. Self Reiki or healing or intention or love, whatever you name it,

rat in the beautiful turquoise blue.

And tap into the vibration you hear in the background. That is the vibration of the throat chakra here to assist you as you work your energy,

breathing to the nose,

coming back.

Processing

all of this work that you've just done for yourself and for your expression.

You are unique and special and what you have to gift the world as your expression. The world wants and needs.

I invite you to relax here for as long. As you need. Again, imagine those roots that are down wrapped around the center of the earth. Feel yourself anchored. You can tap your arms. You can tap body. Anywhere that maybe you feel a little tension, you can tap energy into it and tell it it's okay. You can release.

Might even wanna gently massage your arms, your forearms open and close your hands

and fully come back before you start your day. Allow yourself to receive the gift of this practice. Thank you for joining me. Thank you for. Your beautiful expression, Namos Day.

