



Video Transcript

Unlock Your Sensual Energy Mugwort Massage & Yoga Ball Self-Care Techniques

Hi, I'm Meg White with Gaia Goddess, and today you are in for a special treat. We are going to be doing a massage with something that's called a mugwort stick, which is a traditional Chinese medicine tool, and we're also gonna be using, obviously, I'm sitting on a ball, we're gonna be using a ball to help.

Uh, support our practice. Um, so let's just start with how this is going to work. So. If you have your mugwort stick at home, great. And if you don't, you can also just use your hand, uh, the fist of your hand. But I highly recommend getting your own mugwort stick. They're under \$7 and it's really gonna enhance this practice.

Uh, so mugwort is used, um, to actually release traditionally it's, uh, used to release dampness and tension in the body. If you smell it. It also has a very, very nice relaxing scent, and so we're gonna be using it to specifically unlock. Tension points within the body, um, that oftentimes where tension gets collected.

Uh, and additionally the stick is also gonna help us to, to feel our bodies. Once we notice where that tension is, we can lift out of it. So it's also gonna be an amazing awareness tool. Now, as you practice, if this is your first time practicing, I want you to not get too aggressive with it. Just start off nice and slow and really feel into your own body.

If something doesn't feel comfortable, then you know, ease off or try going a little bit softer. This is not about being aggressive, it's really about supporting your body to ease away the tension

and. The more comfortable you get, sometimes the more vigorous you can work with, um, uh, the stick or with your hand.

Um, so to begin, we're gonna start not with using the stick. So just gonna set that over to the side. And we're gonna just start sitting nice and tall in the ball. Now the ball, um, is also gonna help us in freeing, uh, freeing our core. More specifically our pelvic floor, we really wanna lift always out of that pelvic floor, and that's gonna help to, uh, really augment the practice and help us to lengthen our spine, which is gonna be the focus of every single exercise.

So just starting with your hands, just on your thighs, we're gonna start with a very simple movement. So you're gonna just take a nice, deep inhale, fill that spine growing long, and then exhaling

just drawing your tail under so you're inhaling back. And you're exhaling under. And as you're doing this to start to really bring your awareness into that core that the ball requires balance and stability,

and also a nice centered focus. Okay. So now that we have that movement, we're gonna start to work a little bit with the stimulation of our mugwort massage stick. So we're gonna continue with that same movement, that extension of the back, and that flexion of the spine. And we're gonna just stimulate the side of our leg.

We're just obviously working one side. This is also giving us a chance to really feel into that one side, even though we're stimulating our leg. This should also give you a little bit more of an awareness on what's happening all the way up the chain. So as you're moving, just start to feel into your lower back, even feel into your ribs, and as you're moving, trying to lift.

Getting more space, you can start to move that massage a little bit up the thigh just a little bit. We're not gonna go all the way up really staying in that side. Come back to center like moment and just even feel you might feel, I feel it already. A little bit more lifted through my right side. So now we're gonna do it on our left side.

You can switch hands or you could keep it with the same hand. And again, you can also use your fist. So again, working with flexion and extension. And if it helps you. So oftentimes it really helps me to close my eyes that allow your focus to go inward and just see if you can sense again where those tension points are.

And we're not, again, just releasing tension where we're hitting with the massage stick. We're releasing tension all the way up into our lower back. Into our middle, back into our upper spine, all the way through the crown of your head. And just moving that massage as you wish. As you're doing is try not to make tension in your arm.

If you need to switch arms, that's also totally fine and come back to center. Okay? And just feel that. So if you've hopefully evened out on both sides. And now we're gonna take our legs nice and wide. So just taking a moment to find this position. And once you have that, we're gonna be moving in a circular pattern.

So let's just start with the movement first. We're just going in one direction. We're gonna move towards the right in a clockwise direction, and then we're gonna use that massage stick. And we're gonna just gently stimulate. The inner thigh. So the inner line of our body is really, really important for, uh, connecting to our core.

It's very, very tied to that. Sometimes if this area is tight, you might even experience lower vac tension. So as you're moving again, you can close your eyes. And just feel not only into where you're hitting with the massage stick, but also into that lower spine. Really trying to get that stretch that length through the lower spine.

You can move a little bit up the leg, but we're staying mostly in that outer quadrant. Come back to center and just pause for a moment and we're gonna do that same thing to the other side, so you can either hold it with the same hand. Or you can switch and we're gonna move in a counterclockwise direction this time.

So we're just stimulating that point. And your breathing, hopefully you're breathing at home. Our breathing is also gonna help to release tension. So you never wanna hold your breath. If anything, a great thing to do is to focus on exhaling a little bit longer than you inhale. That'll really help your body to relax.

Okay, come back to center. Okay. Awesome. So now we are going to internally rotate our right leg. So we're just like this. Just finding that movement. You can see I have the ball of my foot kind of hooked into the floor that's gonna gimme that stability. The movement that we're gonna do here is we're just gonna kind of go a little forward and back.

So just find that first. Take a moment to find that movement. And now we are going to stimulate the very top of our leg bone. So this is a ball and socket joint, so we just want to stimulate just at the very top. This is definitely an area which can build up a lot of tension. This is a really good move.

If you experience any type of sciatic pain, this can be very, very helpful. Um, another thing I wanna mention is we're doing this, is that we're not just releasing the muscle. We are also helping to release the bone. Bone is alive. And as we stimulate the bone, we are actually helping to bring oxygen blood supply.

And when the bone is free, the muscles are also gonna be free. So it's a really nice thing to think about as you're doing this, is to just think about bringing energy into the bone. Okay. And pause. Now we're gonna just stimulate a little bit of that gluteal area, so just you can bring your

body forward just slightly and just gently giving yourself a nice little pat massaging that area, just kind of that soft tissue,

using your breath to relax. And come back up. Let's just bring ourselves again, back to center and just take a moment to scan yourself. Notice it's always fun to notice as we release one area, if anything else in the body is also releasing. So for instance, right now, what I notice after doing that, I can feel my shoulder.

Much more relaxed, more open. So taking a moment to pause and just to feel where you might notice a little more relaxation on that side. Okay, let's do that on the other side. So again, we're internally rotating. We've got our, the ball of the foot here tucked under. We're gonna move just a little forward and back.

We're rocking action, and then we're gonna stimulate to find the top of that leg bone.

So we've got our deep lateral rotators here. He can get very tight. And so we're speaking to the bone. We're telling the bone that it can separate, that it can release out of the hip socket, bringing life energy. And now we're gonna work a little bit more on the glute. So just lean a little forward, giving yourself a nice little pat.

Just stimulating that gluteal area. When we do this, we're bringing blood circulation. We're opening up all that arterial flow, which is so healthy for the muscles, nerves, and the bones. And then we're gonna come up to sitting and again, take that moment just to scan your body, just noticing what you notice, feeling, what you feel.

Okay. Go ahead and open your eyes now. So now we're going to free the rib cage. This area can get super tight. Sometimes when we're sitting in our computers, we're rounded forward, or even just stress tension can really contract our rib cage. That can also lock in our lymphatic system. So this is a really important area to.

Free. So you're gonna take your arm up. We're just gonna do a nice little side stretch. So as you're doing this, what I want you to do with this in terms of moving on the ball, you see I'm bouncing. That should feel really nice. And what's nice about the bounce is that now we're helping the body to move a little bit more in both directions.

We're getting using that buoyancy to help free our ribs. Now we're gonna add just a little bit of. Stimulation to the ribs. This does not need to be hard. This can be very soft and just let your head just relax to that opposite side and just again, closing your eyes and feeling. If you can visualize, imagine if you can visualize where is that tension in your rib cage.

Is it more in your upper or your lower? Just moving through. I'm just slowly moving upward. Towards my armpit. Again, being very delicate, as I get more towards the armpit and soft movements, little tap, I'm just reaching, reaching further and further as we go up and just, we're

going right up to the very top of our humerus and letting that arm come down, and again, taking that moment.

To feel that side, noticing what you notice, and let's do that on the opposite side. So again, we're gonna take the arm up. My palm is facing up towards the ceiling. That's gonna also help to open up the armpit and we're bouncing. Nice soft little bounce. And then we're just tapping. So this is also really nice.

This movement is also great if we have. You are having a lot of stress or even emotional, um, energy that's kind of stuck in your body. This is very, very commonplace for it to be stuck. So this is a very great move just on its own. If you feel very stressed, just taking a little time out of your day to stimulate this area and just gently tapping, moving up in your own time.

And remember again, that head is just falling, no tension in the neck. You need to turn your head a little to remind yourself. You can do that. Moving all the way up to the armpit, getting a little bit of the back of the armpit and a little bit to the front to center. Can you feel the top of that arm bone?

And then just bringing the arm down and relaxing and finding your center. Okay. So now I want you to just let your head gently fall over to one side and you're gonna bring your opposite arm straight down. We wanna first open up that shoulder, so pulling the shoulder back, but I'm gonna little do a little roll there.

And then you're just gonna tap tap the top of the deltoid. So I have my palm pressing down, and we're just gonna focus there at the top of the arms. This is an area a lot of tension builds up. And again, remember that concept of speaking to the bone, so we're telling that humerus bone, that arm bone, that it can separate out of that shoulder socket, just getting all sides, taking one last moment there to release and the neck is getting a beautiful stretch here as well.

Come back to center and again, take that moment to pause, feel, notice the difference between the two sides, and let's do that on the other side. So again, pressing that palm down, letting your head fall to the other side. We're getting this beautiful neck stretch and just gently stimulating that arm. I'm using a gentle bounce here also on the ball.

To also help to accentuate that release and really feeling that separation of the bone. This is so good. For all of you that are sitting at the computer all day long, keep your mug board, stick with you at your desk and you can do this movement. Really, really nice to release all that shoulder and neck tension.

And come back to center. And beautiful. So now what I want you to do is we're going to take the arm and we're gonna reach it back. So I'm internally rotating here, the arm bone, and we're gonna focus on this area through the front of the chest, just into the shoulder joint. So this is where your PEC minor and your PEC major is.

And we can add a little bounce, very tiny little bounce. If that's too much, you can just be still here as well. Whatever feels comfortable and being very, very light. And now you're gonna open the arm. So you're gonna just rotate so that your fingers are, your pinky finger is pointing back. And just a light little tap and a little bounce on the ball coming back to center, feeling that side, that nice separation.

Let's do that on the other side. So an internal rotation head is relaxed. Little tap.

And so we're freeing up. We also have our upper ribs here as well. This is also helping to open up space for our breathing. Wherever there's tension, especially in this upper thoracic area, we're inhibiting our breath. Let's go ahead and switch. Turn the pinky finger towards the back wall, and again, a little tap.

Nice easy tap. This should help to also open up. Her neck a little bit more, come back to center. Ah, feel that. Okay. So now we are going to move into what's called the warrior position. So some of you may know this from yoga. It's nice here as we have the ball here to really hold ourselves up. And that's great because we can now really lift our spine.

So I've got the back foot, nice and grounded here. And I'm especially trying to get that outside of the foot grounded. And in terms of movement, we can just add a nice gentle little bounce. Also, wanna make sure that your ankle is pretty much underneath your knee. And the place we're gonna, uh, stimulate here is the outside of the leg in just a very, very gentle bounce.

And just as you're doing this, I want you to really try to rotate your spine towards that side, right? So when you're in a yoga class, sometimes it can be hard to orient to all these different areas of your body. But here. You have this opportunity to really tune in, not just to the leg, but to the whole spine.

Okay? So hopefully you've got that nice rotation. And now we're gonna just turn our body. We're gonna just stimulate a little bit of the outside of the leg. Can just bring your other hand here. This is just gonna help to accentuate that freedom of the leg or stimulating that bone. Nice and easy. I'm easy on my shoulder here.

Come back to center and take a moment to just feel that. Ah, and then rotating. Over to the other side, bringing that leg back. I wanna straighten the leg all the way as much as you can. If, if it's difficult to straighten the leg, it is okay to have a little bend. But try your best to really straighten that leg up.

Okay, looking at your foot, make sure it's below the knee. And now we're gonna rotate the upper torso. So this side's a little tighter for me. It takes a little bit more to rotate, but we're gonna hold onto the leg. With one hand to just to kind of secure it. And then we're stimulating the outside of that leg and you're really trying to bring that knee in line with that hip.

And so as you're doing that, try to rotate through your spine. And so the way we wanna think about rotating our spine, we always wanna go from the bottom up. So rotating your lower spine, your middle spine, and then finally your upper spine. Just like a nice deep breath there. Inhale and exhale. Now we're gonna just stimulate the outer leg bone, really energizing that bone.

We don't usually get this type of stimulation. And again, it's really, really healthy for the bone. As we get older, we wanna do more weight bearing exercises, but this is also a way we can strengthen our bones, is just through stimulation. Just like that. Okay. Come back to center. And now go ahead and just set your mugwort stick down and just bring your hands.

Just to the inside of your leg, and we're gonna take a nice deep stretch. We're gonna come forward, take an inhale, and then exhale as you rotate over and look over that right shoulder and just pause there. We are really getting that length through the spine and come back to center and over to the other side

all the way over

and back to center. And you can interlock your fingers here. This is a. Mudra for strength. And so if you wanna bring that right to your solar plexus. And we're gonna close our eyes for a moment. We're gonna just take nice deep breaths, and as we exhale, I want you to think about grounding the energy right there in that solar plexus.

This is a really nice practice to invigorate our bodies to bring our energy into our core. And out of those extremities, using your breath in your mind's eye just to center ground yourself.

Taking one last breath,

exhaling slowly and completely,

and opening your eyes, and I hope you enjoyed that as much as I did. And just a reminder, you can do this practice whenever you're feeling tension, you can do this. To start your day or even to end your day before you go to sleep at night. Uh, but whatever you do, as you do it again, just listening to your body and allowing yourself to tune in and hope you enjoy, and I'll see you in our next practice.

Thank you.