



Video Transcript

Meditation Aligning With Your Authentic Power

Welcome. My name is Grace, and this is Gaia Goddess's meditation for aligning with your authentic power.

To begin, invite yourself into a comfortable position and allow your body to settle into stillness. You could sit in a chair with the feet flat on the floor or lie down somewhere comfortable, potentially on your back, any position where the breath can flow through freely.

When you feel ready, close your eyes and take a slow, deep breath in.

Feel the gentle expansion of the breath.

With each breath out, feel the body gently decompress and relax even more into this position.

With each breath, invite yourself to arrive in the present moment just a little bit more.

Begin to notice the natural structure of your body.

Feel the way your bones hold you.

Notice the way your muscles wrap around the bones and offer both stability and the potential for movement.

Feel the way the spine naturally lengthens into this position.

Feel the way the ribcage naturally expands with the breath.

Feel the way your feet or seat make contact with the earth.

Bring your awareness to the feeling of being held up from the inside out.

Your bones, which are strong and steady, form the foundation of your body.

your muscles embrace the bones and offer both strength and fluidity

even your breath and unseen but ever-present force moves through you filling you and sustaining you as each inhale and exhale passes.

As you breathe in, feel your inhale traveling throughout the body, from the soles of

your feet up to the crown of the head.
As you exhale, feel that breath settle into the spaces between your bones to create a sense of lightness and ease.
Take a moment to notice and appreciate this intricate structure within you.
You are perfectly designed and inherently capable to receive and utilize life force energy
begin to shift your awareness now to the earth beneath you
any props that might be supporting you, such as a chair or a cushion,
can be considered extensions of the earth's support.
Feel this steady presence.
The ground beneath you is not just something you rest upon. It holds you.
the earth receives you and meets you exactly as you are
notice the earth's unwavering support
with each breath in feel your body's natural structure
With each exhale, allow yourself to lean into the earth's embrace,
knowing you are completely supported.
Begin to sense the way your bones are an extension of the earth itself,
formed from the same minerals and shaped by time.
The way your breath cycles through the body is just like the way wind moves across the land.
The way your heart beats is just like the steady rhythm of the tides.
Notice your internal landscape and know that the same materials,
the same structure, is present in the outside world around you.
Take a deep breath in.
Feel the structure of your body aligning with the structure of the earth itself.
No separation between the two. Only one unified power.
Your spine is like a mountain rising to the sky.
Your breath is the same air that connects all living beings on earth.
Your heart beats and pulses with the rhythm of life, just as the sun rises and falls in the sky day after day after day.
With each breath in, invite strength from this connection.
With each breath out, feel your body relax even more deeply into this alignment.
Rest here for a few breaths. Feel the support from within and from the earth beneath you.
Feel your own internal power, merge with the power of the earth.
Know you are held, you are steady, you are aligned.
Breathe in deeply and exhale slowly.
Take a moment to acknowledge your undeniable power, the power that inherently comes with being alive on this earth.
This power has always been here and it will always be here.
Thank yourself for showing up for this meditation and gifting yourself a moment to find alignment and strength.
When you feel ready, begin to bring some movement into the hands and feet and allow

these currents to travel to any areas of the body that you'd like to bring some movement and openness to.

Feel yourself, come back to yourself, and carry with you a sense of inner and outer alignment throughout the rest of the day.

You are strong.

You are supported.

You are one with the earth and therefore intrinsically aligned with the authentic power of life.

Thank you for joining me for this guided meditation. To find other meditations like this, feel free to explore Gaia Goddess's Video On Demand Content Library at Gaia Goddess Lifestyle .com. Thank you.