



## Video Transcript

### **Persephone Movement Practice To Embrace Transformation & Overcome Fear**

Welcome to today's video where we're going to be going through a visualization to transform fear. We're going to be utilizing the goddess Persephone, who is the goddess of the underworld and transformation. So I invite you now to sit down, close your eyes, place one hand on your stomach, one hand on your chest, and just begin to come into the breath, breathing in through the nose, exhaling through the mouth, And again, in through the nose and exhaling through the mouth, allowing yourself to drop into this moment, into your body, continuing to release any tension of the day ahead or the day just gone by. And as you continue to breathe deeply, drop in deeper into the wisdom of your body, I encourage you to imagine a beautiful... sense, this feeling of airy mystery, something that's calling you that you feel unsure. And as you continue to look down this stairway, suddenly you see this figure starting to come up from the stairway. But before you see this figure starting to come up from the stairway but before you see this figure you can feel her there's a sense of awe mystery almost fear arising within you but not in a scary way in a way of majesty and as you continue

Procephany,  
the goddess of the underworld.  
And she looks at you, just for a moment,  
take in that energy, that awe. She is not afraid of fear of the darkness.  
No, she stands before it, it,  
overcoming it.  
Suddenly she looks at you and she says to you,  
with the gentlest but firmest smile,  
you are not broken. You are becoming.  
Every shadow is a seed.  
You are not here to  
your essence and  
slowly she ushers you to come down into the darkness  
again take a breath  
and follow her down  
with each step moving further and further into the darkness you start to  
You might find you get a picture or a word or a sensation.  
Trust what you're being shown.  
There is no right and wrong.  
And all of a sudden, as you do this,  
you see Persephone light up this fire. You're at the bottom of the stairway.  
yourself, the lies that have kept you bound.  
You see Persephone so much clearer and  
she comes in front of you and invites you as a choice of your own free will to  
allow her to come in  
and embody you as she helps you begin to overcome this prison and the lies that  
are before you.  
Take this moment now as she places her hands out in this visualization to take her  
hands and allow her to come within and guide you to transform your fears into your  
power.  
And once you have done this,  
I invite you to stay within this visualization. And I encourage you to stand up now  
as we begin to move through your feet.  
As you're standing, I want you to again close your eyes for a moment.  
Roll your shoulders back, feet hip width apart,  
hands beside you.  
Feel this empowered stance as you look around at your prison.  
What is your barriers here?  
What are the bars of your prison showing you?  
What are your self -deprecating thoughts?  
Allow Precipani to guide you into what is holding you back.  
What fear is stopping you, moving forward.  
Imagine that fear coming forth, standing in front of you in this prison cell.

See it, whether it's a person, a memory, a lie, a belief.  
See it standing so clearly in front of you.  
See your fear clearly.  
Look at it, square in the face.  
There is nothing to fear within this fear. And as you do,  
I encourage you to take one foot back. You can open your eyes now as we begin to  
move in to some fighting moves. Bring your hands up.  
Begin...  
upperc up a cup hook hook keep doing the moves feel the fear feel the burning  
inside as you do this move every punch moving away all the lies that are keeping  
you bound take a breath  
Now as you do it, I want you to start saying these words as if Prostephania is  
speaking through you. I do not chase, I do not fear, I stand and I rise as a  
woman of strength and fire whose presence commands respect,  
whose energy brings healing and whose throne is carved from everything she survived.  
Close your eyes. See your fear.  
Now this time, do the moves slowly,  
intentionally,  
as if you are transforming the fear from within.  
Jab, I do not chase.  
Cross. I do not fear. Apaka. I stand.  
after  
and the illusion in front of you.  
And suddenly, as the fire comes forth, you see the prison,  
turn in to a meadow, the other side of Persephone,  
the goddess of Spring.  
Close your eyes, place your hands on your heart  
take a breath  
feel what you've just done feel the heat in your body transforming your fear the  
physiological sensation of fear  
as you come into a new space spring has come  
she ushers you to come down to the ground in the meadow and  
plant this seed  
in the soil of your soul.  
Take this moment to imagine intentionally planting the seed.  
The alchemy of a new day,  
you look up and you see Persephone smiling at you. As you have just gone through  
this journey of transforming fear into new life,  
if there is anything else, you feel you want to ask Persephone about this.  
as if the sense of bonding and comfort she says to you everything you need to  
conquer fear comes from within but if you ever need support call on me I am always  
here to help you transform  
and suddenly She disappears into a beautiful golden light.

And take these last few moments here in this meadow to  
see and acknowledge what you've just done right now.  
How brave this endeavour of going into the shadows and the darkness is.  
And slowly, when you're ready,  
begin to become aware of your breath again.  
Become aware of your body.  
If you need, get your journal and write out everything you saw.  
Trusting where this journey is taking you. My name is Amy Sargent and this is the  
wonderful Gaia goddess. Thank you so much for joining me on this journey today.