



Video Transcript

Tethys Movement Practice To Release Burnout & Embrace Flow

Welcome to today's video with myself, Amy Sturgeon and the wonderful Gaia goddess, as we take you on a journey to understand the difference between flow and resistance with the wonderful goddess Teffis. So right now, I just encourage you place both hands on your chest for a moment. Just standing and just begin to create some awareness of your breath. You can bring your feet, hip width apart, close your eyes and just begin to come into the awareness of your breath, dropping into this present moment and allowing yourself to let go of all of the tension of the day. Imagining the breath flowing in and out like a river. Easy and simple. And as you continue to breathe, I invite you to close your eyes and imagine standing on a riverbank, looking at the river before you. And as you look at this flowing river, you begin to see a figure forming from the river. And slowly the formation of this figure comes in front of you looking as if a beautiful water goddess and her name is tepheus the goddess of rivers nourishment and flow she has come today to help you understand the difference between resistance and flow She looks at you gently and compassionately.

And she says to you, as you stand at this riverbank,
My child,
you worry and you push, but There is no need.
Breathe.
Relax your muscles and allow yourself to let go.
And as she says this, she draws you to begin to step in to the water.
With your eyes closed, I encourage you now to take a physical step forward,
a gesture of you stepping in.
Then as you do,
feel the resistance,
the concern,
the things that stop you being in flow.
Take Another little step forward, imagining the water coming up to your knees,
lower fires now.
And Teffis asks you,
what stops you?
Being in the flow,
trust What's coming forth as Tephass asks you this question.
It could be a picture,
word,
a sensation.
Just trust what you're being shown and follow the guide, taking another step forward
now. The water coming to your hips,
ask Tephass, what is this showing me? What do I need to let go of to be in my
flow?
Notice of any emotion,
boundary, memory is coming forward and
then take another step forward imagining the water coming above your heart now you're
coming into a space of surrender
tephus in the water surrounding you you feel her same to you are you ready to
surrender and flow
take this moment ask yourself and if you're ready fully submers yourself step one
more time imagining yourself coming fully into the water
Taking some breaths,
releasing any tension.
And as you fully immerse yourself, just imagine the river flowing.
You can open your eyes for a moment as you begin to place One hand stacked above
the other, palms facing each other.
Focusing on your breath,
begin to feel the energy within your hands.
Feel the heat.
You can bring your feet hip width apart
and as you breathe begin to notice the energy in your hands moving your hands away

and then together again inhaling allowing the hands to move how they feel comfortable
you're not moving them the energy within is allowing them to move
there is no right and wrong here
breathe feel the energy in your hands and then close your eyes again
and allow your breath to begin to move your hands,
imagining in your mind's eye, flowing as the river.
In, how slowly,
Exhale slowly.
Trusting the flow of energy within your hands,
trusting the movement as it comes.
Feel the resistance.
Feel the concern to move in a specific way.
And allow yourself to be in this flow stay,
moving like the river.
Notice in anything that's arising as you're doing this,
you might find your legs begin to want to move. Don't move them.
Trust the movement they want to make.
This is intuitive,
not logical.
If fear, doubt or discomfort are coming, acknowledge them.
What are they showing you about your resistance?
Maybe fear the unknown.
Maybe you need control.
That's okay.
It's all information, helping you Find this holy river within.
Now bring your hands beside you for a moment, placing your feet just out of hip
width apart. And when you begin to sway gently from one side to the other,
acknowledging our internal part of our leg is the feminine part.
And the outer part is the masculine.
We want to move within the feminine aspect of our legs.
So as we sway, again, close your eyes. Feel yourself being balanced in the feminine
parts of your leg and then slowly lean over and feel the resistance and then come
back.
This is flow.
You're in your feminine. You're in the parameter.
This is imbalance. This is resistance. This is force.
Come back. Be in flow.
And you can even move your hands as a pendulum.
Twisting slightly at the side to create more room within your parameter.
And then again, come over into the imbalance, feel the difference in your body.
Your body knows when you're in flow and intuition.
And when you're in resistance, doing something that may not serve you well.
So once again, let's try this. Close your eyes.

Feel the flow.
Notice.
How does my body feel when I'm in flow?
Allow Teffis to guide you.
How does my mind feel when I'm in flow? Is there more peace or
is there more tension?
And now again, Go over into the resistance and feel the difference.
Feel the uncertainty when we're out of flow.
Maybe you feel that in your stomach, that sense of resistance.
Listen to your body and then come back. We're going to do this a few more times,
beginning to get you aware of the wisdom of flow. The difference of flow and
resistance.
Take some breaths.
Feel the sway. Feel the balance. The internal part of the leg.
How does your body feel?
How is your breath?
How is your mind?
And then go over into the resistance. Notice the same. How does my body feel?
Where is my mind.
Where is my breath?
And come back.
Allow Teffis to show you the flow within you.
As we one more time, go back into our resistance.
How does your body feel?
Notice the difference and
come back.
And now we stay in the flow just for the last few minutes.
Imagine in the river within.
I encourage you now to speak to Tephass.
Ask her to guide you into what is blocking your flow in this moment in your life.
That have been bring forth in your mind's eye. The person,
the lie, the belief, the situation that
needs to dissolve so you can be in flow state.
Let's take these last few moments to listen in.
And as you imagine being in the water,
with each breath,
imagine letting go of
what's stopping you flowing.
Imagine swimming through the river and with every stroke,
this thing just dissolves and washes away. And you come back to your natural state
of flow.
No pressure, no strain,
just breathe and allow flow.

And now slowly bringing your hands beside you your feet hip width apart close in
your eyes imagine yourself fully immersed there is no separation between you tethyst
and the water you are one fully in flow
Take a few breaths here.
Feel the clear pool within.
You are the river. The river is within and
slowly you begin to come into the physical form and imagine yourself walking back
onto the river back
and as you do you see teff is forming in the water again
Once more,
she smiles at you.
And she says,
my dear, flow was never weakness.
Flow is your power,
wisdom, strength.
And she invites you one last time to ask her anything else you may want to
understand in your life about how to be in flow rather than resistance.
Take this last moment to ask Anything you want to ask.
Trusting what comes forth.
And when you're ready,
you can Say your last goodbye to Tefis as she begins to become the water and flows
away,
allowing yourself now to come back to your breath,
come back to your body,
And when you're ready,
gently opening your eyes,
coming back to this moment.
Today you just went through an understanding and visualization of how to get into
your slow. I hope this was helpful and that you got all you needed.
My name is Amy Sturgeon and this is the wonderful Gaia goddess. Thank you so much
for joining today.