



Video Transcript

Tantric Grounding Practice

Welcome goddess to this tantric grounding. Practice and exercise in self nurturance and healing.

To begin, find a quiet and comfortable space where you feel safe and at ease. And lying on your back. Allow yourself to settle and rest as you set an intention to clear away all distractions and become one with this moment and one with your beautiful body. Brimming with life and love.

Take a deep breath in through your nose, and as you exhale, let out a soft sigh through your mouth. Ah.

Feel how as you sigh, your jaw relaxes and your face becomes a little lighter, letting your shoulders melt away from your ears. And feeling the breath dropping deep into the belly.

And when you are ready, taking a small amount of coconut oil into your hand and guiding it down to your sexual center, finding a position that feels comfortable. And grounding as your other hand, gently guides its way to your heart. And taking another deep inhale and a nice long exhale and perhaps again, letting out a nice, big, beautiful sigh.

Ah.

Feel the warmth of your hands spreading like sunlight, bringing a sense of connection and tenderness to these two sacred areas of your being

connected through touch. And connected through the physiology of your breath.

Let us use this touch combined with breath to help you release any tension between these two intimate centers of your being.

As you inhale, allow your breath to deepen and expand into the touch of your hand at at your sexual center. Bottoming out as it stretches and widens your pelvic floor. And exhale, emptying the breath as you blow gently through a soft open mouth, relaxing your lips as your pelvic floor lifts just a little bit.

This elongated exhale activates. Your parasympathetic nervous system, your rest system, inviting your body into a state of deep relaxation

with each exhale, consciously relaxing your face, letting your lips. Part gently and releasing tension in the jaw and face, allowing your tongue to melt with each breath as your body eases deeper and deeper. Into rest and safety,

you are held. You are safe within this continuum of breath, inside like a soft bellow, stretching in two directions.

As above, so below,

notice how your breath can be a gentle guide, inviting, healing as you consciously release the delegate constellations. Of tensions in your face, feel the subtle holding around your eyes and cheeks softening your forehead, becoming smooth, like still water.

Your jaw and lips unclenching like a flower. Slowly opening each exhale is an opportunity to melt a little deeper into trust, into loving yourself. Holy and completely, and as you breathe, you may wish to send this intention into your heart.

I am safe to be soft. I am safe to feel. I am whole and I am love.

Let this intention reverberate through your being as you continued to breathe,

feeling a harmonious loop. Between your face, your heart, and your sexual center, grounding your power with each exhale, rooting as you let go of what no longer serves you. Now. Allowing emotions to flow and release with ease and grace as you remember the intention that it is safe to be soft. It is safe to feel you are whole and you are love.

Continuing to breathe as you ground this energy, releasing even more tension throughout your face by softening your palate with each exhale on a who breath letting go of tension.

Throughout your face, all the way into your teeth and lips,

and on a ha breath, freeing your cheeks and eyes,

allowing yourself to be guided. With each breath bringing your awareness back to your sexual center. Feel the gentle pressure of your hand with each breath. Allow yourself to support the subtle sensations arising there.

And as you do know that you are becoming even more present in this gift of body, in this gift of life.

Feel as the sacred life force energy. From your sexual center begins to stir even deeper awakening like a nectar rising through a flower stem.

Feel this essence of life as it flows upward. Bringing aliveness and pleasure, creating a circuit of power and vibrant healing energy, allowing this alchemy to ripple throughout your entire being as you continue to release. What no longer serves you, bringing warmth and vitality to every cell, every tissue, and every part of you that yearns to be embraced, begin to whisper softly to yourself.

Or simply think these affirmations. I am safe to be soft. I am safe to feel I am whole. I am love. Feel the resonance of these words. In your body. Let them settle into your cells, into your heart,

and when you're ready, begin to bring your awareness back to the space around you,

slowly releasing your hands. Wiggling your fingers and toes and taking a final deep breath in. Sighing out gently through the mouth.

Know that you can return to this grounded nurturing space whenever you need to.

Thank you for taking this time to nurture yourself. You are whole, you are love, and you are free.