



## Video Transcript

### Heal With Sacred Self Care: Tapping, Breath & Movement

Welcome to a moment of seated, sacred self-care. This is a moment to tune into yourself, reconnect, reflect, breathe, and be present.

We'll start this practice with a breath exercise aligned with a little bit of movement tapping on the self. So we'll enjoy five rounds of the four, seven, eight breath.

can also help ourselves feel more connected with the body and can bring ourselves into that state of the unity, which is truly the practice of self. Let's just start with a regular deep breath in and out.

Here we go. Inhale, two, three, four. Hold two, three, four, five, six.

inhale two three four hold two three three four five five six seven exhale two six seven eight inhale two three four hold two two three three four hold two three three, four, five, six, seven. Exhale, two, three, four, five, six, seven, eight.

Return to regular breathing and allow the hands to rest gently in the left, either palms up or palms down.

To feel the resonance of the breath practice, notice if any thoughts or sensing.

Inhale and exhale.

Let's begin to connect with the body a little bit more with the palms down on the

tops of the legs and just begin to rug the tops of the legs.  
Eyes can be open or closed during all of these movements.  
Downward slightly on either side of the stomach.  
Encouraging that downward with the energy, that power of illumination,  
of cleansing to take place.  
Hands rise up now to the belly. Maybe move the fingers a little bit faster and  
just warm up your very center, the solar plexus.  
As you generate warmth in the hands, imagine sending that warm to all of your  
internal organs, every cell, every atom,  
reinvigorated.  
Now hands up here to the heart center. And just using the fingertips, reach that  
point right in your center, pulling apart the heart center.  
Run the fingers right along the collarbone.  
circular movements right on the temples.  
Open the mouth a little bit, relax the jaw.  
And then take the fingertips right above the eyebrows,  
right to the third eye. We'll apart the third eye. Pull apart the forehead.  
And take the fingertips right underneath the eye.  
Just the sensations, maybe you feel a tingling sensation across the belly,  
across the heart, across the face. Maybe there's something new to notice about your  
experience.  
Let's ground in a little bit more with some self -care movements and self -massage  
for the feet. We'll cross the right angle over the left knee and begin to extamin  
the right foot.  
the toes clench during time of stress. So honor that the feet might need a little  
bit of rest and love and touching.  
You know, hold the right foot with the left hand and take the right hand. Just do  
a little chopping motion right on the bottom of the right foot. Once again,  
on the arch and maybe leaving it on the heel.  
arms.  
Exhale, right in and drops to the right side. Maybe hold on to the edge of the  
chair. Exhale, left arm side bends.  
And then inhale both arms up. Exhale, left in drops, right arm reaches.  
Inhale, lift.  
Exhale, stretch.  
Inhale, lift. Exhale, stretch. Inhale, lift.  
Exhale, stretch. Inhale, lift. Exhale, stretch.  
hands together creaks and heat through yourself.  
Now if there's a part of the body that needs a little extra love and awareness and  
energy sent to it, once we get the hand is hot. If you're able,  
we'll press the hands against that part of the body and just close the eyes.  
Take a breath then.  
Choose your part of the body.

Keep the mind light, blizzard, as you observe.  
Feel yourself, receive messages, whether in the words, phrases,  
pictures,  
sound,  
melody.  
and be in that space of sacred self -care.  
Thank you so much for sharing this moment with me.  
Namaste.