



Video Transcript

Belly Dance For Anxiety Relief

Hi, I'm Schlamme with Gaia Goddess. In this session, we're going to focus on releasing and relieving stress and anxiety, and instead switching it with grounding yourself and becoming present with self-compassion. So usually when we feel anxiety, if you're feeling anxious at the moment, you might feel your hands sweating, heart palpitations, worries, obsessive thoughts about the future or the past, or about the unknown.

In this session, I wanna invite you to become present in the moment. Forget about what was, it's not here anymore. Forget about what will be. We don't even know what will be. The only thing we know is right here at this moment. So let's focus right here, right now. We're going to start by setting an intention.

I invite you to inhale your arms up. Exhale, bring them to your heart center, close your eyes. Just tune in with yourself as you breathe. Pay attention to where in your body are you feeling tension right now? Is it in your shoulders, on your chest? Is it in your head, in your eyes? Is it in your womb space?

In your lower back, upper back, your feet? Just focus where you're feeling any tension, if at all, and breathe towards that area. And see if we can just soften, let it expand. Really, I'm going to invite you to breathe your arms up, move your hands towards your womb center, and set an intention for this practice today.

Wonderful. And then open your eyes. Take a deep breath in. Relax your hands, and we're gonna start by shrugging our shoulders up and exhale with a sigh. Again. Breathe in. Hi. Breathe in and a little faster

letting your hands shake. Soften your knees. Letting everything shake. All you gotta focus is just on the shake. Shake everything. Let go. It doesn't serve you. Let go. You're safe. Let go. Shake everything. Let go. That. Bring your heels up, up, up, up, up, up, up, up, up. Bringing my heels up. And just allow the whole body to shake from there.

Breathe with it. Maybe you can turn in a circle as you lift your heels up and down. Turn up and down as it 1, 2, 6, 7, 8, other side

and just shake it everything. Maybe you can jump. If you can't jump, you can just sway your knees, bounce your knees, can close your eyes if you want to, and give it back to the earth.

Excellent. Come back to stillness. Slowly, slowly. Check in with yourself. Breathe deeply. Inhale the arms up and exhale. We're going to shimmy your hips. My knees are soft and they're moving back and forth. My hips are coming up and down, chest elevated, and I'm gonna start moving my hips a little faster. One, two.

1, 2, 1, 2, 1, 2, 1, 2, 1, 2, 1, 2, 1. Really releasing everything, shaking, moving. Any stagnant energy you might have in your body. Just allow it to move and we're gonna pair it with releasing air, so we're gonna breathe in.

Breathing.

Breathing and, and wiggle your fingers down. Repeat

yes. Let your breath again. Inhale.

Ha.

If you wanna scream, go ahead and scream. Let any voice that needs to come out out, this is your time for yourself again. Ha ha ha.

Shake everything one more time. Breathing. Ha Hailey. Ha. Excellent. And take a breath, eh, and exhale stillness here for a moment. Feel your vibrations. Feel how you feel.

We are gonna move our hips. I'm going to invite you to stand in the Marlin Monroe stands and you understand why this stance is called like this. My left foot is grounded on the floor. My right ball of the foot is elevated. Okay? Relevant type of position. This is for, ooh, Mr. President, so always remember this is why this is called Marley.

Monroe stands. So we're gonna bring the hip down, down, down, down. You're gonna drop, drop, drop, and it goes up and down two, down two down. Two down down. Of course, we gotta

go up to go down, right? But our focus is on the down. So here I want you to imagine that you're giving those low vibrations that you're feeling back to the earth.

It goes all the way down your leg and drop, drop. Drop, drop, drop a little faster and drop, drop, drop, drop, drop. Very good. Now, make sure that your core is engaged. Okay? Belly button towards the spine. You're not, tuck your tailbone out. You're keeping it strong. Here. Drop, drop, drop and see if you can bring, use their fingers to pretend like you're washing off everything.

Down, down, down, down, down. Remember, we can tell our body and our brains how to feel. It all depends on ah, beautiful. Other way. Bring the other Marley, Monroe on the other side. My weight is on the right. The ball of my foot. El on the floor. Heel elevated. Here we go. Drop, drop, drop, drop, drop, drop, drop, drop.

Give all those slow vibrations down to the earth. Drop, drop, drop, drop, drop, drop a little faster, and drop, drop, drop, drop, drop, drop. Wiggle your fingers. Shower off those feelings, shower them off, give them down to the earth. You're present. You're right here. You're not back then or in the future. You're right here.

Excellent. Oh, let's see if you can find the joy of letting go.

Ha. And breathe. Excellent. Now we're going to elevate our vibrations. So before that we did drop. Drop. Now think about lift lip, but pay attention. I'm never straightening my knee. Knee straightening means no motion, no mobility. This is, uh, think about trigonometry, right? We have a triangle, so there can be different, uh, angles.

So we're gonna go up. Up. Up. And here I want you to imagine that you're uplifting your energy. Okay? So we're gonna bring in the arms, up, up, up, up, up, up, up, up, up, up, up, up, up. Yes, up up. Feel the joy rising. Up, up, up, up, up, up, up. One more time, up, up, up, up, up. And switch other side Marley, Monroe, hip up and up and both knees are always bent.

What's working here? Really hard. Is your tr your, um, transversus, abdo muscle right here and your oblique muscles. Here we go. Up, up. Elevate your vibrations. You got it. You're not alone. You're not alone. We're vibrating with you right here. Gaia got, its for you and up, up, up, up, up, up. Stand, up, up, up, up, up again.

Up, up, up, up, and up, up, up. Beautiful. Now, stand in place. We're going to drop, drop, drop, give it back to the earth and then switch. Lift, lift, lift. So one hip is gonna go down, down, down. The other hip is gonna go up, up, up. Okay, here we go. We go drop first. Slow, drop, drop, and lift, lift, lift, lift, lift. Drop, drop, drop, drop, drop.

Lift, lift, lift, lift, lift, drop, drop, drop, drop, drop. And we lift, lift, lift, lift, lift. One more time. Drop. Drop. Let it go. Give it back to the earth. Give it to Gaia and lift. Beautiful. And from the top she be, oh,

give it all you got. Release it. Cathartic body vibrations. We're gonna breathe in. Ah. And breathe in. Ah. And breathe in. Ha again. Breathe in. Ha. Breathe in. Ha. Breathe in.

Good. Drop the hip down. Drop, drop, drop, drop, drop. And lift. Lift. Yeah. Vibration. Feel. Got this. And drop, drop, drop, drop, drop. And lift. Lift, lift, lift. Lift and shake it.

You can let any sound that wants to come out of you,

go free, go crazy, let it all beautiful, and then slowly come into quiet and stillness. Bring the arms up.

Beautiful. Fight the quiet within you. And exercise. Wonderful. And now from this moment, take a second to see how you feel. And I'm gonna invite you to do a self-compassion and self-loving exercise to help you ground yourself one hand. Your left hand is gonna go to your right shoulder. Right hand is gonna go to your left hip.

Imagine this feels like a self hugging, right? You're hugging the end of the day. We have to love ourself and befriend ourself before we can love and befriend anyone else 'cause we are there for ourselves before anyone else. Thank you for being here for yourself today, and I wanna invite you to very softly start brushing.

Your hand down your arm. This regulates our nervous system and try again. Feels good, feels soft. Breathe one more time and tell your body everything is okay. I'm here. I trust myself no matter what. I trust myself. I got this. Um, give it back to the Earth and then we switch our hug. Now my, my right hand is gonna go on my left hip and my left arm is gonna go on my right shoulder.

And I'm gonna reverse it this way actually. Yes. This feels more warm to hug. Give yourselves a hug here. Self-compassion. Good. Talk to yourself. Everything is okay. And then see if you can slowly slide, almost barely touching. It's like almost like you're doing reiki on yourself. And just slowly feel your nervous system regulating.

Feel, warmth and self love and self care. Breathe with it. Ah, thank yourself. Compassion, gratitude.

And now see if you can hug yourself. With both arms, give yourself thank you for taking the time to take care of yourself. Time for self care. Bring your hands to your heart center

and repeat this affirmation. I am safe. I am grounded. I am powerful. I am safe. I am grounded. I am powerful. You are safe. You are grounded. You are powerful. Thank you and I'll see you in our next segment.