



Video Transcript

Breath Of Fire To Energize & Empower

Hello, goddesses. My name is Rachel. And today we are going to practice breath of fire. What do you think of when you think of fire? I think of power, life force, warmth, and energy. So oftentimes for me, I don't know about you, around three o'clock, I'm like, what? We all hit those moments of our day where we kind of... we're calm and we're fine and we're healed. We just need some energy. So breath of fire is a technique I learned many years ago when I did my yoga training. And it goes something like this. So you're going to really activate your core. So it's a very active breath. And so we're immediately wanting to tap into our core muscles most specifically your transverse abdominals so it's not like you're just trying to suck your belly button back but actually activate your cores to empty the breath and immediately make more space for more okay so it looks something like this you're going to blow air like you're blowing through a big straw and we repeat it so we're going to do 10 together take a little break right because it can really get the blood flowing and make you feel a little lightheaded and then we'll come back to it again all right and here we go all right it's loud it's active some of us are immediately like into that Others of us might feel a little shy about making that noise, but please just like stay rooted through your sit bones and have fun with it. We're gonna do 20 now, okay? Here we go. Take a deep breath.

Are you starting to feel the energy, right? I feel like it travels right away to your brain. And what's really cool about it is because you have that focus, it also can empty the mental clutter of the mind. We're going to try 30 now on your marks. Get set.

Perhaps the next time someone is irritating you or your children are not listening and you need to shush them. You can try breath of fire. I probably wouldn't recommend it in a public space or an airplane because you may get escorted out. But it would be quite effective. It would grab people's attention. All right, we did 30. Let's travel to 40 and we'll cap it at 50 and just settle the mind with stillness before we come to close. So ground yourself, drop your shoulders, root through your sit bones. We have 40. Take a nice deep breath. Beautiful.

Take a breath, maybe wipe any saliva that you have. And then just get your mind right for 50. Let's go ahead and go within and see how that feels for you.

Free Free of judgment or expectation on your marks. Get set.

Keep your eyes closed.

Keep your mouth closed. Just take a deep inhale through the nose and exhale through the nose.

Two more breaths.

When you're ready, go ahead and just place your hands at your heart center.

Allow your eyes to open, come back into the space. The light in me acknowledges the light in you. I pray you feel energized to continue your fabulous day. Again, I'm Rachel, and I hope to see you soon. See you next time.