



Video Transcript

Breath Meditation: Awaken Your Power Within

Welcome, everyone. My name is Amanda. And this is one of my favorite guided breath meditation. It's awaken the power within with three -part breathing.

We often refer to this as yogic breathing. Because we breathe into the belly.

We breathe into the diaphragm and we breathe into the heart. So I'll be guiding you through that process. Go ahead and take the time to make yourself comfortable.

If that's a seated position, then you can go ahead and grab a blanket, a bolster, a few props, anything that helps you to be able to feel grounded and supported. If

you feel that you'll be able to maintain some ease and relaxation in your practice by laying down, then go ahead and lay down. You can also do this just by sitting

in a chair with your feet grounded on the earth beneath you and the support of the seat behind you. So take a moment just to settle in and prepare yourself and start

to bring mindfulness to the task at hand. I'm going to be remaining seated,

so if you're going to be joining me like that, come into an easy seated position

and start to feel grounded through your roots. You can do this practice any time.

It can be before a yoga practice. It can be afterwards. It can be in the middle

of your day or how you might want to begin or end your day. It's a wonderful

practice for starting to expand from within and really draw your awareness as you settle in, ground, arrive, and then expand.

If anything feels uncomfortable as we're going through this practice, just return back to a normal breathing pattern and start by expanding slowly and extending the breath slowly over time. So let's begin. In a tall seated position,

you can go ahead and close your eyes. We'll start by breathing with a regular inhale and exhale. In fact, don't even try and change the breath at all.

Just notice the breath as it is as you arrive into this space and into this shape.

Just simply arriving.

Inhaling through the nose to help regulate the breath.
 And exhaling through the nose to help regulate the exhale.
 There's a gentle and very natural rise and fall of the breath, as well as the body. So the body is already expanding and contracting with this breath.
 Inhale through the nose.
 And exhale through the nose will eventually all be in this same rhythm, synchronizing with my count on the inhale and the exhale. So take one or two more breaths on your own, just tapping into your own natural rhythm. I'm inhaling through the nose and exhaling through the nose.
 Empty out the body with that exhalation and we'll start together. inhaling through the nose to the count of three, two, one. And we'll exhale together to the count of three, two, one. We're going to take two more rounds, just synchronizing. Inhale for three, two, one. And exhaling for three, two, One.
 Inhaling, we're going to lengthen that breath for four, three, two, one. And exhaling, four, three, two, one.
 Keep breathing to that count, just letting the body fill up with the breath and letting the body let go of the breath.
 So follow my instructions as I take you into the first part of this three -part breathing exercise. We direct the breath into the belly, really, really deep. Try and let go of any holding in the abdomen. Let's begin. Send the breath into the belly for the count of three, two, one. And releasing from the belly, Three, two, one. If it's helpful, you can place a hand over your lower abdomen and let the belly rise for three, two, one. And feel as the breath is released from the abdomen, three, two, one. We're going to take two more rounds, belly breathing. Inhale, for three, two, one, exhaling softly for three, two, one. And again, inhaling, watching the breath, letting the breath expand, fully into the abdomen, really brimming out to the surface of the belly, and then exhaling, letting the breath softly, softly leave, almost like you're deflating the belly moving through the first part and then adding the second part belly breathing then diaphragm so filling up the belly three two one let it expand let it expand it's a little a little intense into the diaphragm ribs and then releasing from ribs and then the belly just like we did before so again Directing the breath deep into the belly, three, two, one, let it overflow. You might feel that rise up just below the diaphragm, let expand front sides back, then releasing the ribs, they soften inward, and then releasing the rest of the breath from the lower abdomen. Keep the spine erect. Selling up the belly, three, Two. One, let it overflow. Notice if there's a little more space, let it expand, front side's back, part of the ribs, and then releasing ribs, releasing abdomen, releasing the breath completely. One more time like that, inhaling, filling up the belly, letting it rise, letting it expand and Lift upwards,

widening through the ribs and then allow the ribs to gently narrow, keeping the spine erect, letting the breath leave the body like a thin stream of incense smoke moving out of the spine, drawing the breath into the belly, letting it expand, filling up that pelvic bowl, letting it brim and overflow to the abdomen, into the ribs, front, sides, and back, and then exhaling all the breath out. Now adding on the third part, starting with the belly, sending the breath deep into the lower abdomen, letting it rise up and swell into the ribs, lifting through the rib cage, widening through the sides, and then reaching all the way up to the breastbone, collar bones, armpits, shoulder blades, softening the chest, letting it deflate and release, dropping inward, letting the ribs narrow, and the belly moving the breath all the way out, sending the breath deep into the lower abdomen, Ending it overflow like you're watching a cup overflow in the water spilling over the edges, letting it rise up behind the breastbone, lifting gently the collarbones, rolling over the shoulders, and then releasing down, down through the spine, narrowing the ribs, releasing out of the lower abdomen. Continue with that. The first part, the belly, start to arrive and watch the breath. Stay grounded as the breath overflows. And then allow for the breath to expand, continuously, expanding from the inside out, and then staying tall, noticing the space as the breath recedes, gently, gently leaving the body, Leaving completely from the lower abdomen, let's take three more rounds of full three-part breathing together. Inhaling the belly, letting the breath lift and expand, and letting it rise all the way up, filling up every part of the peripheral body. Exhaling. Letting the body recede, Using its steps, letting the lower abdomen gently draw in to move the breath all the way from your roots out of the crown. Inhaling, sending the breath deep, letting it overflow and lift, allow for the ribs to expand. Front, sides, back, letting the breath rise and rise and expand. Feeling all the sensations associated with expansion. And then letting the breath leave. It has a little bit of a natural flow, but we've created the space, letting the breath and the body just move continuously and effortlessly. One more full round, inhaling deep into the belly, letting it overflow, Letting it rise and expand. Notice the feeling of expansion throughout the whole body. Let it continuously expand beyond the peripheral body. And then letting the breath recede softly, softly, gently, remaining grounded. Continue to breathe fully and we will gently finish with the first part. Breathing in, filling up the body. Breathing out, letting the breath go. As you breathe in, we fill up the first part and then just the second part. So you'll breathe into the fullness of the ribs, into the back. Then allow for the ribs to soften, gently narrow, And finish with the breath leaving from the lower abdomen through the spine and out of the crown of the head. Drawing the breath into the first part. Fully, fully, really full through the lower abdomen and into the ribs, front sides, back of the ribs.

And then allowing for that fullness of the ribs to soften inward, letting that fullness of the lower abdomen, to just draw inward to complete the exhalation, moving all the breath out releasing. Then just belly breathing, taking the breath into the lower abdomen, letting the breath leave the lower abdomen. continue with this first part of the belly breath and then allowing for your awareness to really deepen and deepen in ground and yet feeling open lifted and light from within this is your inner power this is how we awaken the power from within Letting the breath drive you deeply into the sensations of arriving, of noticing, of grounding, and of expansion. Breathing into the belly and releasing from the belly, allowing for the navel to gently draw inwards and upwards. One more full belly breath with your awareness anchored on the breath, exhaling all the breath out. Allow your body to come into a deep state of relaxation, but allowing for your awareness to still be anchored with the breath, but as the breath moves effortlessly as the expansion continues to extend beyond your physical form. This is how we can let the power from within reach to anyone or any place beyond our physical limits or capacity, awakening the power within through the breath. Allow the body to just breathe naturally, allowing the breath to move into all the spaces that we've created. Soften your awareness now. Just allow the gentle rise and follow the breath to continue to move in and around the body. Inhaling, gently breathing in, noticing any subtle changes. and exhaling, really seeing the breath. Continue to breathe in this state of relaxation and ease for as long as what feels comfortable. When you're ready to start to prepare and come upwards into a seated position, Start to refocus on the breath, drawing the breath in, moving the breath out. You can bring gentle movement into your body. You can wiggle your fingers and your toes. You can move your spine side to side. Gently open your eyes very slowly, letting the light in from within you and without you, come together, noticing the power within you, more grounded, more expansive, and then easy breath in and out. Full body breathing, all three parts together as one. Thank you for joining me for this breathing exercise, awakening the power within.

