



Video Transcript

Breathwork For Boundaries The Rose & The Breath

Hi, this is Dr. Sarah Rothman with Gaya Goddess and I'm going to be taking you through breathwork for boundaries, the rose and the breath. I love weaving in plant medicine with the breathwork because the plants have so much to offer in both the physical plane and on the spiritual plane and the rose is such a beautiful representation of a heart of the goddess and a beautiful plant when we're working with boundaries.

So we're going to be breathing in a three -part breath all in and out through the mouth. The first breath we're going to take into the belly on an inhale, second breath into the chest on an inhale, and then we're going to exhale it all out. expanding the chest on the second inhale and then exhaling it all out so I will have you lay down on your back get comfy keeping your throat chakra open so make sure if you've got anything under the neck it's just a thin blanket and just start to land in your body welcoming all of you here right now on this journey.

Welcoming every thought, every sensation, every emotion can close your eyes and send some roots from your body through the floorboards into the earth, grounding, connecting, rooting, into your space, into your body, into the meditation. You can welcome in your team here, any healthy and well guides and guardians, healthy and well ancestors. We'll welcome in the energy of the beautiful rose and all that she offers into our journey, asking her for inspiration, for messages, for the medicine for you today. And so when you're ready,

let's begin the breath, inhale into the belly, Rest. Exhale. Belly, chest, exhale. Beautiful. And as you find your rhythm with the breath, as you find your cadence with the breath, let's start to call in the energy of rose can imagine a beautiful red rose in your heart space imagine her soft scarlet petals opening blossoming unfurling in your heart And as you breathe, breathe in her medicine, Rose is all about opening the heart, soothing the heart, nourishing the heart,

mending the heart, mending the heart, clearing the heart. She's all heart. She's also All
 goddess, beautiful plant ally for the goddess,
 for the woman, for the womb. So breathe her in, just focusing, visualizing the rose petals,
 opening over and over, blooming over and over in your heart again we're really going to be
 focusing our awareness on the heart space in this meditation so making sure that second breath
 Bring it all the way up to your high heart,
 even to your throat, so that the heart can expand in every direction so that it can soften, widen,
 all around the heart, focusing on that second breath. And right away, if there's any energy is
 tugging at you from your day.
 Any extra charge in the body can gently just exhale it out and every exhale. Opening up to the
 mysteries.
 Rose, many different traditions, is a symbol for the magic, for the mysteries, for the sacred.
 Really opening up to the sacred,
 opening up to spirit and as you breathe listening to your heart how is she today how is she
 feeling does she feel strong does she feel open does she feel sad Does she feel hurt,
 broken? Does she feel clear? Does she feel a little foggy?
 Just notice and listen without judgment as you breathe. Good.
 Feeling some of the tingling in your body already, feeling that energy starting to move. Sending
 all the energy from your head space into your heart space.
 All the energy from your fingers, your toes, into the heart space. Allowing whatever wants to
 come up and through to come up and through.
 Be letting out a little sound, the heart sound, and Qigong is ha. So letting out a couple haas as
 you breathe on your exhales ha ha using the vibration to encourage the heart to open to
 continue opening to unfurl to release anything that no longer is serving her The rose is part of
 this meditation because she is a great plant,
 a great flower of duality. She's soft and she also has sharp thorns that protect her.
 So some say rose is a beautiful medicine for those with too many thorns, or too many
 boundaries,
 too many walls built up around the heart. And rose is also a beautiful medicine for those with not
 enough thorns, with not enough boundaries.
 So as you breathe, as you continue to drop into the breath. See which resonates with you.
 Maybe both. When can you soften your thorns and when can you put up some more thorns?
 Where in your life do you struggle with boundaries? Do you overprotect?
 Or could you use some more protection? As you breathe, call on rose for what your heart, for
 what your spirit, your body is asking for in this moment,
 in this journey. And that may be different today, then tomorrow, maybe different during this
 breathwork journey than one next week.
 Just listen. What is the medicine of the rose today? What is the medicine of the breath today?
 Staying with that breath,
 maybe taking it a little deeper. Maybe a little faster if you're used to breathing slow.
 Can try breathing a little softer or slower if you're used to breathing fast. The medicine of the
 breath is ever changing As you continue to breathe,
 bring your awareness back to the rose in her thorns. Where can you establish more boundaries,

more loving and compassionate boundaries. The thorns are protectors, guards, not walls, guards, guardians. Where can you offer more loving boundaries? Thorns dripping with love, with compassion. be breathing into places and spaces where you've let those boundaries down or have been unprotected, could have been more guarded. Breathe into that and see what wants to come through. Good, stay with it. Your bones, strong, solid, like the stem of a rose, the thorns of a rose, and your heart soft and open.

soft and open, listening to your heart as you continue to breathe.

Is there anything she is longing for? What is she tending to these hearts these big beautiful hearts inside all of us they hold so much allow your heart to feel all of it whatever wants to come up and through honor all the feelings honor honor,

any cracks, breaks, aches in the heart space that our calling to be tended to, that are ready to be mended, Mend them with the breath. Let the breath be the thread. Mend your heart. inhaling love, inhaling compassion, every breath and it wrap around all sides of the heart, threads of love, of light, of tending. That is what we're doing. We're tending to the parts that are calling us. Beautiful,

we're gonna stay with the active breath for another minute or so. So give it all you got, let the breath recharge you, let the breath re-energize you.

And see if the heart wants to open A little wider, a little more. Good.

And start to soften the breath, start to transition into a natural breath resting breath in through the nose and out through the nose or in through the nose and out through the mouth the back of your heart melt your shoulders melt Heart wide open, soft, curious. Just receive now, receive from the medicine of the rose.

Is there anything else she has to say, anything else she has to offer? You can bring one hand back to the heart now,

just feeling your heartbeat in your palm feeling the beauty the infinite strength and spirit of this chakra of this frequency I'll invite you to visualize the rose once again, blossoming in your heart space, and imagine it transforming into a soft pink light.

With every inhale, the light gets brighter, with every exhale, the light gets wider and imagine the pink light expanding beyond your heart and flowing through the rest of your body your abdomen into your womb down your legs down your arms the way to your fingertips your toes up into your skull let your brain your mind bathe in the color pink every inhale it gets brighter every exhale it gets wider Then your next

inhale, imagine that pink light extending beyond the lines of your body. Filling the room you're laying in.

Flooding the room with pink, soft, loving light. Filling the room with the energy of the rose. And then expand that light beyond the room you're in.

Let it fill the entire building. You're laying in and beyond your neighborhood, your country out to the edges where the land meets the sea. And then sand that pink.

And gently start to draw the pink light back to where the ocean meets the sea. Back to your country,

your community, your house, the room you're in and back just a few inches outside your body and take a few moments buoyant in this pink light of the rose back in your body draw your energy back to your heart space to Again,

awareness and attention to the heartbeat in your palm. And if you've got the time and space, please take time to rest here for a little longer.

Otherwise, you can start to bring a little movement into the body. Maybe bending the knees so your feet are flat on the floor. Feeling the ground in the soles of your feet and we'll take three breaths together to close in through the nose and out through the mouth.

Inhale. beautiful fluttering the eyes open thinking the energy of the rose the rose as your ally and i will see you soon thank you so much