



Video Transcript

Breathwork: Bridging the Physical & Spiritual Realms

Here we are at a bridging the world's meditation. And when I speak about bridging the worlds, it really kind of comes down more to connecting to the more subtle energies that maybe aren't so physical, aren't so seen or in our face but are a lot more subtle.

You know, and I really believe actually that there's this whole world of subtle energy that sits right on top of our own world and that there's so much magic and connection happening all around us.

And the subtle energies really want to dance and mingle and play with us and they're actually these beautiful energies that cause this really playful and fun and dynamic engagement with life.

The challenge, however, is that in our busy and fast -paced lives or in our shutdown modes when we're feeling disconnected and numb,

it's really hard to notice these subtle energies. And oftentimes, though, I do find that when we are very disconnected from these energies,

we also feel very disconnected from life overall and a little bit disenchanting. But when we start to open back up and reawaken our heightened sensitivity and notice,

you know, these spirits, these nature spirits or these plant essences, the energy of plants, or maybe it's a deceased loved one or angels,

you know, that sometimes you can see is these beautiful colored orbs in the sky or you can feel them or hear them. You know, there's all this beautiful subtleness that when we start to wake back up,

really can bring a lot of excitement and play and wonder into our experience here. So this meditation is going to dive into that a little bit.

It's going to help us kind of slow our fast -paced minds and busy nervous systems. It's going to slow them down. And it's going to help us open and soften and become more receptive to, you know, the magic that's happening all around us in all different ways. So with that little intro being done and a little explanation on what I meant by bridging the worlds,

let's use the breath to do this because the breath, oh, it's this incredible bridge. And so if you haven't already settled into your space, now is the time to do so. Really just letting yourself have a little bit of reprieve and just relief as you drop into your space, letting the outside traditional world let it go right now. We're going to take you inward, we're going to give you space and we're going to see what energies are looking to dance and play with you today.

So as you can really present in your space and you feel relaxed, you can start to work with that breath as you inhale lower abdomen, inhale up her chest, letting that breath start to find a rhythm that works for you, letting your mind start to just focus on that breath to give a little bit of space around the thoughts that may be circling around you continually let that breath just give a little space there and let the rhythm that you sat you know let it build some energy you don't need to rush into the breathing you don't need to breathe intensely and you know breath is an activator it's going to wake up those what i like to call hypersenses is going to wake up and stimulate them and it's going to help you clear any density so also use it you know don't be afraid to use the breath this is a gentle and loving meditation so know that you're safe and that this is really a place that you can really go for it you can let yourself expand use that breath to awaken and to open your whole being to something new.

You know, and a huge part of bridging the world is making sure that we're really present in our body and connected to the earth.

You know, that's a really important part of the bridge. So, as you keep breathing and inviting in that expansion, remember to keep the connection to the body, to keep diving inward and to really honor and feel and appreciate the earth below you. Sometimes the earth can feel like such solid matter and she is.

And she's also this beautiful consciousness, this loving force. And as we access the subtle energy, as we allow ourselves to slow down and receive and be, oh, well then we get to feel, we get to feel that love from the earth. We get to feel that love and consciousness, to get to know her the different flavors and textures and personalities of all the plants and beings and creatures that exist here.

To just keep sticking with the breath right now, it's almost, you know we're warming it up or easing on in you've got this you know feel that extra oxygen feel it activating your energy centers feel it opening you feel it clearing and cleansing and if you notice a little density in the body Just send it love.

There's no judgment here for those times that we numb out, disconnect, for those heavier emotions we may hold onto. There's no judgment.

It's letting the breath come in and witness and see and move and clear. You know, so you can experience a lighter sense of yourself. You can open and activate the parts of you that are craving so much more, that are craving that wonderment of what's possible, what's really happening. You know, and a big part of doing that is tapping into the heart. So, you know, that second inhale goes right into the heart. You can bring that awareness and attention there.

And you can also maybe even put a hand on your heart. Let that heart know, hey, you're safe. Do you want to come out and play?

Do you want to use your imagination? Do you want to open up to new possibility? It's amazing how just a little attention at our hearts.

Just a little acknowledgement of wanting to interact and engage further. How that, wow, how our hearts can just light up and be like, hey yes here I am let's do this you know and if you need a little help with your heart right now that's okay as well and you can maybe bring in though it's something you really love something you really cherish maybe that's you know a beloved animal friend or spot in nature or all

that hummingbird energy, oh, I feel it. It's like, I want to play. Here I am. That joy, you can visualize a hummingbird and just that incredible joy it has of just being alive.

It's excitement and movement. You know, and let your senses know that, You know, it can let go of the guards, the protective shields. Right here, right now you are safe. You're rooted. The earth is holding you. The nature's spirits are all around guiding and encouraging you.

And those angels, those angels, or if you like to just call those energies, forces of love however you want to look at it there are forces of love that are greater than us and then are on our side watching and guiding and desiring to interact with us and so as the breath softens and opens you even further maybe you're starting to notice that you're not alone and i say this in the best possible way right here right now you're safe to just open up this portal to receive I receive that

subtleness that love that maybe for some it's not even subtle maybe you are feeling it full on but as you start to bridge this Bridge yourself into the worlds beyond what you may know.

You know, the worlds that extend out into the cosmos. I mean, what do we really know? But as you play and open and let your imagination take charge,

You invite in new and exciting possibilities and experiences. And it all gets to be rooted in this sense that you are not alone.

Love is always around you. Sometimes you just need to take the time to slow down, to do a little breathing,

and to allow yourself to really receive. So that's what you're doing right now. You're breathing.

You're slowing down. You're receiving.

You're opening and expanding. What's possible? What's possible when you let go of the limitations of the mind?

What is possible? What's possible when you just hold that space? That there's a lot you don't know.

But that that's okay and that you're safe in this not knowing. And it's exciting to not know. That's where the wonder comes in.

The wonder each day. What's possible? What's capable? Because maybe you're capable of a lot more than you ever imagined.

And maybe bridging this world, bridging this connection, that opens up a whole new doorway to continuing to let that breath serve as this bridge continuing to work with that breath and just sending maybe a lot of love and appreciation to your breath what a gift your breath is what a gift

this life is there are so many layers to explore so much to experience that you've yet to experience in some ways it's it's just beginning And you can know that your breath will always guide you. Just keep coming back to that breath. Your breath. So much love held in your breath. It's a little bit longer with the active breathing, letting the heart all let it expand even further. No, holding back. You don't need to hold back. Let yourself sore. Let yourself reach beyond what you've ever experienced before opening allowing receiving Oh, that expansion might cause you to need to just let out a little noise. Oh, stretch a little, release any little bit of tension that's left. And then let yourself expand even further. And in this expanded state, you can release the breath, release that active breathing and let it all go, all go. Full expansion, full connection, letting yourself experience and receive and play in that place where beautiful energies surround you in all forms. Energies that just want to support and connect and be in relationship with you. Let yourself open to these energies to receive the colors, the shapes, the textures, whatever it is, visuals, and enjoy. Letting that heart be filled with so much appreciation for just how cool this world is, how special and sacred and magical This world is, you're so lucky, so so lucky to live in such an incredible place. It's time to come back. I know that as this bridge is fortified and nourished, you're able to access it more easily. And that each time you lay down and breathe, each time you connect with nature, each time you soften into that heart, you're strengthening this bridge. You're opening it into these other worlds where you can feel, you can feel the loved ones that have passed, you can feel the beautiful energies that take care of our earth, that guide us and support us and love us. As access is always here. It's just a matter of you being open to it. Thank you so much for playing with me today, for trying something that maybe for some is very new. It's really a special thing to start to wake up to the many layers that exist here, the many experiences and treasures before us and before we sign off we can maybe just take some of that love and appreciation we're feeling and weave it weave it down into the contours of the earth just visualize this beautiful light streaming all across the planet healing loving appreciating all the sentient beings that exist here, all the forces of love and harmony and joy and peace, the desire to work together, just to infuse this all across the planet, knowing the sacred home is home to so much more. Thank you. And have a beautiful day, evening, wherever you're at. Lots of love.

