



Video Transcript

Breathwork For Creative Expression

Hi, my name's Dr. Sarah Rothman and I'm here with Gaia Goddess and I'm going to be leading you through breathwork for creative expression.

This is one of my favorite meditations to offer just because it's had such a powerful, profound impact on my own life.

I love to write. I love to write songs. And often when I get stuck or when I feel a little foggy, I'll do some breathwork and it'll just open up the creative channel in such a beautiful way.

So it's a great practice to get those creative juices going, whether you're a writer, a poet, a dancer, a singer, a songwriter, an actor,

great a painter great practice to help amplify your art and your muses all right so we're going to be breathing a three -part breath it's all in and out through the mouth the first breath we're going to breathe into the belly on an inhale inhale into the belly second breath into the chest Inhale into the chest and then we'll exhale it all out.

So inhale, belly, chest, exhale. Belly, chest, exhale. Goods will be expanding the belly on the first inhale,

expanding and opening up, the heart on the second inhale and then exhaling it all out. We'll be laying on our backs most of the time and we'll be actively breathing until I transition us into a resting breath.

And then you can transition into a breath in through the nose and out through the mouth or in and out through the nose, whatever feels most comfortable and easeable for you.

All right, so let's begin. I'll have you lay down on your back, get nice and comfy. I do you want that throat chakra open. So just something thin behind the head.

And just land in your body. In this moment, New day, new practice. Give the shoulders a little wiggle,

the hips a little wiggle. Let your bones be heavy. Your muscles, your tissues melt off the bones.

Feeling the ground beneath you. Sending roots from your sacrum, your pelvis, your entire back body through the floorboards into the earth.

Rooting, grounding, connecting right away with earth energy. He's sending a little blessing down to Gaia thanking her for holding you asking her for any messages any support you may need today and there's a good time to invite in your team any guides and guardians you healthy and well ancestors invite them in And when you're ready,

you can start to begin the active breath. So inhale, belly, chest, exhale. Belly, chest, exhale. Good, finding your own rhythm. If you've done this breathwork lots before, take it a little faster, a little wider. If you're new to the breath,

can take it a little slower. Let the breath be your guide. Let the breath be your rhythm. Let the breath take you deeper into your body. The breath open you to spirit,

to divine guidance, to all that is beyond these bodies and to all that is within these bodies right away inhaling light inhaling trust inhaling beautiful energy and exhaling letting go exhaling setting down exhaling offering out this breath such a beautiful exchange between us and all that's around us the trees the animals Really dropping into this breath,

feeling your chi, your vitality with every single inhale, every single exhale. And as you land in the breath,

drop into the breath, we're going to bring our awareness to the second chakra, to the space below your belly button,

your pelvic bowl all around your pelvis, your belly all the way down to your pubic bone, wrapping around In the back of your pelvis, you can start to inhale in the color orange. It's the color associated with the second chakra. The reason we're breathing in this color and focusing on this area is because this is Where our creativity flows.

Where our creative juices swirl. Where they surface from the womb, from the pelvis. So breathe in that beautiful, bright orange into the womb space, into the pelvic bowl. Every inhale, the orange gets brighter.

energy, this area houses, our sexuality, our sensuality,

our creative waters, says where we birth babies, where we birth projects, ideas, stories, songs, art. So really breathe in that orange, let it swirl,

activate the energy in your womb, in your pelvic bowl. Again.

And once you've got that going, once you're feeling the sacral energy flowing, swirling, can bring your awareness up to your heart on that second inhale,

your heart chakra, Make it big. Bring it all the way up to your throat. You can start to visualize the color green in your heart chakra.

Every inhale, the green gets brighter. Every exhale gets wider. Letting the breath open your heart fully,

softly, honoring making space for any emotions that want to surface maybe tears want to come today maybe joy just breathe into it welcoming every piece of you welcoming every sensation every emotion every thought then bringing your awareness up to the throat the throat chakra also plays a huge role in our creative expression in our creativity So as you bring your awareness into the throat,

you can start to visualize the color blue, like the ocean. Swirling in your throat chakra, washing away any blockages,

any obstacles. Breathe into the throat. This is Also, your creative expression, this is your truth, your authenticity, your voice. The thyroid is in the throat chakra and the thyroid is a portal, a gate into our true expression, our truest expression of self, of heart breathing into that throat beautiful blue color staying with that three-part breath can take it a little deeper maybe taking in five to 10 % more air.

Really focusing on those three chakras, the womb, the heart and the throat. The voice and the womb are so connected, so important in opening up our creative channels, opening up the flow, opening up true true creative magical expression and the heart is what is in between so when we allow the heart to open we make more space for the opening of the throat the opening of a womb and so you may notice as you breathe and as your pelvis your womb starts to soften starts to activate and energize you may notice an activation in your throat as well or vice versa as your throat is activating notice there's any sensations in your womb as well and as you breathe into these sacred spaces and places see if any messages visions ideas start to come up staying with that breath you're doing great if you've done this breath lots before take it a little faster take it to your edge this is a fun one We really want to get those creative juices flowing, moving. And we're going to welcome in the element of water here. The sacral chakra is associated with the water element with flow.

So we'll welcome in All of the water around us, the oceans, the vast, wide oceans, acknowledging every wave of life of being, every wave of this human experience, every peak, Every time we get thrown around, tumbled around in the waves of life, in the waves of creativity, feel it, welcome it, acknowledge it, in your body, and all around you. Acknowledging all of the salt water on this planet, the salt water in your body 80 % water we are that's a lot of water welcome it honor it and if there's any tears that are starting to form that want to come up and through let them flow making space for more creativity making space for more light Let them flow up and out and acknowledging all of the fresh water in the world.

Maybe taking a moment of gratitude as you breathe for the water you drink every day. For the ponds, the streams, the waterfalls, the lakes, invite the energy of fresh water into your breath, into your body. And as you breathe in water, feel the fluidity of your muscles, the fluidity of your blood. Maybe you can even drop in to the fluidity of the blood flowing through your vessels.

Can you feel it? Can you feel the fluidity of your bones? The blood flowing through your bones. As you breathe, feeling all of the water beneath your skin, keeping you alive. This water that keeps us fluid,

flexible, flowing, and as you breathe, offering thanks,

Offering wonder to the waters, what do the waters in your body, in your womb have to say.

Good, staying with that breath, take it a little deeper, a little wider now. Maybe you feel like you're in the ocean gently being rocked by the waves feel your body buoyant open fluid light and wide And as you're floating in the water,

as you're surrendering to the rhythm, the motion of the waves of the water beneath you and all around you,
if there's anything you would like to tend to in your creative process there's anything you'd like to ask for now is a good time to do that ask the waters offer to the waters wonder with the waters and staying with that breath see what wants to surface see what wants to move through once again bringing your attention your awareness down to your womb your pelvic floor whether you have a womb or not send the energy
there activating the space activating the energy in your pelvis opening the energy in your pelvis and spiral Using the breath as a muse,
what wants to come through. Good.
Keep breathing, especially into that second chakra, into those creative juices into the watery center.
You can imagine it's spiraling like a portal. Let your heart, your body, your spirit move through that portal.
Welcoming any gifts, messages, openings along the way any visions along the way beautiful maybe giving your hips a wiggle if anything feels stuck or heavy let it be fluid let it flow that spirit flow through you fully and completely feel spirit flowing through you like And then slowly start to bring your awareness and your attention back up to the throat.
Once again, asking if there are any messages in the throat for you now. Are there any words left unsaid?
Are there any words, songs you would like to say. You would like to sing. You can speak them out loud now.
Using your voice, honoring your voice. opening your voice fully deeply widely you are a creator a creatrix you are an artist Feel that as you continue the active breath for just another minute or so Maybe taking it a little deeper a little wider a little fuller See what wants to be stirred up what wants to come through And as you breathe for these last few moments,
the connecting that throat and womb, voice and womb, open channel through the heart, through the solar plexus. Open it up with that breath. Fluid.
Beautiful. Good, and you can start to let go of the active breath now, transition into a resting breath.
So maybe in through the nose and out through the mouth. Ah, maybe you want to bring a little sound as you exhale,
Feeling the vibration of your sound, in your throat, in your heart, in your body.
Maybe feeling it all the way down to your womb. Good.
Then let go of the active breath, inhaling now through the nose and exhaling through the nose or inhaling through the nose,
exhaling through the mouth. Rest and receive now. Rest and receive.
Listening to your womb, listening to your throat, listening to your heart,
buoyant, light, floating like water be like water good let everything relax now just receive Feeling the energy in the palms of your hands.
Feeling the vibration in your heart. Feeling the warm, tingly, swirly waters of your womb, bathing in your own creativity, bathing in your own creative juices, marinating in the flow.

Once again, can start to visualize the color orange in your pelvis soften it now and know that it is always there that bright creative light where ideas where words where projects where the sacred is born is earth can take one hand and place it over your womb and just seal it in know that she is always there you can always come back to these waters to this bright your true self, you in your true essence, your true frequency of light of love, of constant creation. You can even speak your name into your hand, Sarah, feeling the vibration of your voice, of you, your heart in your fingertips. And then can slowly start to Bring a little movement into the body.

Wiggle those hips, lots moving in the hips today. So make sure you give them a good wiggle. And you can shake out the hands, maybe wiggle the toes. Bring the feet flat. And if you're still feeling The frequency in your body, the vibration in your body, please stay. If you have the time, give yourself some more time to rest and receive. Otherwise, we'll take three breaths together to close.

Lay just as you are and inhale through the nose. Exhale with a ha. Ha! Two more, just like that. Ha! Good one. Last one. Feeling the vibration of your ha, your voice, your instrument. Ha. Beautiful. Thank you for being with me today. Have a beautiful day.