



Video Transcript

Breathwork To Cultivate Inner Wisdom & Reciprocity To Nature

Hi, this is Dr. Sarah Rothman with Gaia Goddess, and I'm going to guide you through breathwork to cultivate inner wisdom and reciprocity with nature.

So this is one of my favorite topics because I believe that this work ripples way beyond these bodies and has so much to offer to all of those that are alive beyond us.

So all the humans, all the plants, the animals, the elements, the elementals. And so we're going to be doing a three -part breath. It's all in and out through the mouth.

The first breath, we're going to inhale into the belly. Second breath into the chest. And we'll exhale it out. Inhale, expand the belly. Inhale, expand the chest. Exhale. So just like that.

I'm going to have you lie down, get comfy and ground your body you're going to be laying on your back ideally the throat chakra is open so maybe something thin behind your head and just shake out the shoulders shake out the hips you rock the neck side to side This land, feel Mama Earth holding you. You can start to send roots into the earth from the back of your shoulders,

back of your spine, your pelvis. Send big, beautiful roots into the earth. I'm going And dance through the soil to the earth's center,

connecting and landing. Before we begin the active breath, just take a moment and drop in to how you're doing The state of your heart in this moment,

the state of your mind, the state of your body. How are you doing? Without judgment, just with awareness, welcoming all of you here in this moment. And then when you're ready, we'll begin the active breath together to take a big inhale into the belly, chest, exhale. Belly, chest, exhale. Belly, chest, exhale.

Just finding your rhythm, finding your pace. We'll invite in any healthy and well, ancestors and Guides and guardians,

the animal world, the plant world, and beyond, welcome them in to your journey. See who wants to support you today.

Keep breathing, expanding the belly in the first inhale, chest on the and inhale exhale it all that right away just feeling all that is holding you here Feeling the energy of earth, the energy of air, listening to the sound of your own breath, the song, the rhythm of your own breath.

Healing into the energy of fire, The fire in your belly, the energy of transformation, of alchemy, the death and rebirth, the fire. Breathing in to the ethers, the wonder, the mystery, The infinite skies, all the planets, the cosmos, welcoming the ethers into your journey.

And breathing in the energy of water, welcoming in the energy of flow, allowing the breath to flow through you like water, acknowledging the waters within, the water is in your womb, the water is in your blood, in your tears, in your taste, welcoming in all that is alive,

and breathe in that energy of aliveness with every breath, alive in every breath, alive in every inhale,

alive in every cell, and see who wants to show up.

Maybe it's a vision of a plant, a whisper of a plant's name, curious and open. And if a plant doesn't show up for you right away,

no worries. Just stay with your breath. With wonder, with heart, and with aliveness, every breath.

I'm calling out to the animal world, see if any animals want to come in to your journey. If any animals have any messages for you in this meditation,

they may be guides that are there with you always. Maybe someone new wants to show up.

Keep breathing. A breath in its essence is all about relation,

relationship to ourselves, to spirit, to our bodies, to the spirit within,

to the spirits all around us. Every breath is a relationship. Every inhale, every tale is an exchange,

is an act of reciprocity, really feeling into that, the circular nature of breath,

the reciprocal nature of breath, offering and receiving, taking in, offering out calling in letting go Good.

Stay with it. Let your heart open. Just breathing into all that is alive within you and around you.

Often when we feel isolated or lonely or in contraction we forget that we are a part of so many pieces we are an essential part of this life of this experience and there is so much life all around us seeing it through cracks in the sidewalk,

as leaves, as dandelions, as flowers, life in the clouds, life in the soil beneath every footstep,

Using the breath to remember your aliveness. Good,

letting the breath take you deeper. Adding it stir up any energies that want to come up as you breathe breathing into right relation right relation with your heart with the plants with the animals the elements breathe into your part in all of it.

And as you breathe, if any, more plants, animals, spirits, guides show up, ask. Ask for any messages. Ask for any offerings.

Ask how you can offer. What can I do for you? Earth. What can I do for you? Water. How can I be in deeper relation,

deeper exchange with you, tree? And maybe it's just by breathing. Maybe it's just by tapping into this awareness.

Maybe it's something a little more tangible, an action you can take with you beyond this time on your mat. So stay in that active breath for just a couple more minutes.

See what wants to come up and through. Maybe taking in about 10 % more air for these last couple minutes.

Make it big. Make it count. opening your crown to all you're connected to opening your third eye the space between your eyebrows to all the wisdom within to all that you already know breathe in between the eyebrows Allow that wisdom to surface Keep breathing.

When we are in the breasts, when we are so finely tuned in to our energy, to our heart, to our frequency, we can be in deeper exchange, deeper relation with Everything, with everyone and everything. So just breathing into the tiny moments, the awareness, the aliveness. And you can start to transition into a resting breath, start to let go of the active breath and transition to breathing in and out through the nose or in through the nose and out through the mouth and just rest and receive now maybe turning your palms to the skies the opening your heart little whiter.

Receive the energy in your palms. Receive the vision between your eyebrows with the eyes closed. Often when we are in complete surrender, and when we rest after the action, It's when the miracles, the visions come in. So just rest into the magic.

Receive, Relax the shoulders, soften the hips, soften the heart, the sides of the heart, the back of the heart. Bathing in the wisdom of your heart,

in The wisdom, the natural order of things, the wisdom in nature, in nature all around you, in nature within you. You're turning one palm down so palm to the ground the earth and bring the other palm to your heart healing your heartbeat in one palm the heartbeat of mama earth of gaia in the other palm And as you rest,

can you be in the energy of both offering and receiving, offering blessings, gratitude, love to Gaia to Earth from your palm with your exhales and receiving guidance, nourishment, grounding from the earth, from Gaia, through your palm, into your heart. Rest into that spiral, that circle of offering and receiving.

And when you're ready, you can start to bring a little movement into the body, a little wiggle of the fingers, maybe a little wiggle of the hips.

You can bend the knees, bring the feet flat. So feeling the earth under the soles of your feet now. Again, rooting, landing,

bringing all your energy back into your body. And may this frequency, this energy, this vibration carry you throughout the rest of your day. May it ripple to all of those in your path.

The people, the plants, the animals,

the elements, and beyond. big breath in through the nose and exhale one more just like that beautiful you can flutter the eyes open and come back if you'd like to take some more time can do so be gentle be tender and just notice what plants catch your eye the rest of your day for the rest of your week notice with wonder and curiosity thank you so much for being here beautiful day

