



Video Transcript

Breathwork For Empowering Your Inner Magic

Hi, I'm Dr. Sarah Rothman, and today we're going to be doing breathwork to empower your inner magic. I love this modality so much because it really embraces the medicine within. So it's one of my favorite tools in healing, and I'm excited to share it with you. All right, so we're going to be doing a three-part breath today, 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'll exhale it all out. Inhale, expand the belly. Inhale, expand the chest. Exhale it all out. Just like that. You can go ahead and get comfy.

Lay down on your back. Cover the eyes. Can shake out the hips a little bit. Shake out the shoulders. Close your eyes and land in your body.

Ground. Can send some roots down from your hips from the back of your shoulders into the earth just landing in your body in this moment in the breath you can welcome in your team any healthy and well ancestors guides and guardians can welcome in the elements acknowledging acknowledging earth,

Gaia, water, air, the ethers, and fire. And when you're ready, you can begin the active breath with me. Inhale into the belly, chest, exhale. Belly, chest exhale just like that start to find your own pace your own rhythm you've done this breathwork a lot before speed it up a little bit take you out of your mind into your heart space.

Some of you may already be feeling a little tingling in the body already. Every inhale, inhale, aliveness, inhale,

light, as if every breath is lighting up, every cell. Every exhale, exhale, something that isn't serving you in the moment,

set something down, trusting the breath to take you on a journey,

trusting the breath to level the magic within to reveal all that is already inside you all that you already know feeling the vibration of your life force the vibration of your chi your life force energy with the ha the breath Good.

Stay with it. Get lost in the breath. Letting the breath be your meditation, like a dance. Finding your rhythm.

Staying with it. So we're going to take a scan of the body. The body holds so much information, so many messages beneath our skin in every cell.

So we're really going to use this time together to drop in and listen deeply to what our body wants to say, what spirit wants to tell us as it runs through our blood, through our cells, our bones. So we'll start with the skull. Just give the head a scan. See if there's any messages for you in the head and the skull.

Then we'll move down to the neck. We hold so much in the back of our neck it's an ancestral gate lot here from our past from our lines notice what wants to show up for you and moving down to the back of the heart what does your heart have to say today back down the back alongside the bones of the spine To your kidneys, the adrenals, listening as you breathe, down to the sacrum and the hips.

We hold so much in the hips and be given the hips a little wiggle as you Breathe to open the hips, down into the buttocks, the hamstrings, back of the knees, the calves all the way down and around to the soles of the feet.

Take an extra couple breaths at the feet, these feet that have walked through so much what do they have to say and around the tops of the feet up the calves to the knees again take a few extra breaths at the knees wrapping at the knees wrapping the kneecaps in light in breath what do the knees have to say another place we hold so much medicine so much magic breathing up into the thighs wrapping the breath around

the thigh bones up into the hips the belly below the belly button take some extra time in the womb listening to any messages from her what does womb have to say what medicine is womb holding for you today moving up to the heart space washing the heart with the breath In through the ribs,

sides of the heart, back of the heart, softening the heart as you breathe into her. What does the heart have to say? So much medicine we hold in these bodies,

in these hearts. Really, this breath is about listening and learning from the medicine within. What does your body want to tell you today?

Breathe into the magic. Let your heart open like the petals of a rose of a flower.

Making sure that second breath comes all the way up into your heart to the high throat what magic does your heart hold for you today so often I'm working with people and they're asking me for medicines herbs supplements vitamins acupuncture needles And the power of the medicine within,

the magic within, what's already within you, is beyond any other medicine that you can take from the outside. So really take this time to listen.

I've seen all kinds of physical concerns and balances dissolve, recalibrate, go away with this form of breathwork,

headaches, migraines, sleep concerns. So if there's anything that feels imbalanced in your body,
if there's anything that is concerning to you around your health, breathe into that, listen to your body and see what your body knows see what your heart knows by now feeling the tingling the vibration in your whole body feeling,
spirit, running through your veins, wrapping around your bones, opening up your heart. Let's move it up to the throat chakra,
your true expression, your voice. Listen to her. What does she have to say? What magic does she have to reveal to you in this moment?

Good. Staying with it.

Let the breath take you deeper. Let the breath open your heart wider. Inviting in the magic. Inviting in the inviting in the unfolding of the mystery. Moving the breath up to the front of the face.

And take a moment bringing your awareness in between the eyebrows. Keeping the eyes closed. You can bring the gaze there. This is your third eye.

You're knowing your wisdom where so much of the magic unfolds. So keep breathing into that third eye.

How open is she? Breathe to open up that space between the eyebrows what wants to come through this is your penial gland this is DMT the spirit molecule who gives us access to all the layers of consciousness All the layers of being.

This is where a lot of the magic sits, where a lot of the magic resides in the luminal space, in the dream world, in our intuition. Breathing into your intuition, your knowing, your wisdom, wisdom, your peace, your magic. Keep breathing with curiosity with awe, with wonder, wondering what magic wants to come through today. What does your body want to show you today?

And breathing all the way up to the crown, opening up, the crown, the top of the head, to the stars, to the skies,

to this collective consciousness, Inviting spirit to keep flowing through you, smoothly, gently, softly, into every cell. I like to imagine every cell twinkling or sparkling with every breath. And every exhale, you can set something down, can release anything that is creating obstacles in your body,

in your mind, in your spirit, every exhale chance to release it out. This is where it can be transformed,

alchemized. This is the magic. This is the alchemy. The beginning again with every single breath.

With every inhale, every Exhale, Akamase. You can even say out loud or whisper in your mind's eye.

I am magic. The answers are within me. I am magic.

The answers are within me. Good. Let that flow into all the spaces and places in your body.

Let it fill up every nook and cranny in between the ribs around every organ. drawing energy up from the earth into your body and down from the sky into your body breathing in soil breathing in stars marinate in the magic good Good.

Couple more minutes of active breath. It's seeing what else wants to flow through you.

Curious, asking and listening. What medicine wants to come up and through? What magic wants to be shown today.

You're doing great. Keep going. Maybe giving the hips a little wiggle to help guide Spirit to keep flowing through you.

Good, breathing into your full aliveness, your true frequency, your true vibration. This is your light.

This is who you are. This is your magic. Feel it vibrating beneath your skin, in your womb, in your heart, beyond the lines of your body. When you're ready, can start to let go of the active breath and transition into a resting breath so maybe in through the nose and out through the mouth maybe in and out through the nose anything that feels easy restful and natural for you and just rest and receive now bathing in this Good.

Let your bones be heavy. Let the muscles be soft. Heart open and wide.

Receive now. Rest and receive. This is your true frequency.

This is heart. This is who you are. The magic, the medicine, The wisdom, lightness, your body rest for a few more minutes marinating in the light.

Listening, Wandering, Receiving,

Rest and Receive. What other messages are there for you?

allowing, surrendering, trusting what wants to come through as you receive. Can give the body Another skin listening in to all the spaces and places.

Feel the light, the magic, the mystery swirling. swirling.

And when you're ready, you can bring one hand to your heart and the other hand anywhere else on the body that's calling for some touch,

for a little love. And just take a few moments to offer the medicine in your hands back to your body.

Feel the power, the wisdom, the magic in the palms of your hands and in every beat of your heart. And when you're ready,

you can start to bring a little bit of movement into the body. Maybe a wiggle of the fingers, a wiggle of the hips, of the toe.

In your own time, slowly, gently bringing the feet flat to the floor, feeling the ground, the earth, Gaia, beneath your feet. Come back, taking your time. If you've got some more time,

you can stay resting with the eyes closed, receiving. Otherwise, can slowly make your way up to a seat,

keeping the eyes closed, and we'll take three breaths together to seal the practice in through the nose and out through the mouth. Inhale,

exhale with a two more just like that inhale Beautiful.

You can gently flutter the eyes open. Feeling the vibrations still beneath your skin. Have a beautiful day.

