



Video Transcript

Breathwork: Freedom From Within

Hello, welcome. Here we are, uh, breathwork for freedom from within. Oh, so why don't you settle yourself in as I talk a little bit about freedom and what does that even mean? you know, freedom is such a poignant word right now. I feel like it's very top of mind for a lot of people. And it's very layered. There's so much beauty and freedom. And, you know, it can mean so many different things. Freedom in the way we express ourselves, freedom from the past. And I think most importantly, it's just this freedom to really feel safe being yourself and sharing yourself with the world. And that really starts from within. So with this breathwork journey, we're going to travel within. We're going to dive into your body. We're going to dive into your mind. We're going to open and move and shift things so that you are able to experience a beautiful sense of freedom, a beautiful sense of peace and acceptance and just joy in all that you are and in the life that you live. So we'll start that journey by taking some nice full breaths and really anchoring you into your body and into this time and space so you can use this breathing practice to, to go within. So take a nice, nice deep inhale. And then, oh, maybe you want to side out. Let a nice exhale out. You might even want to use an extra long exhale to just begin that letting go process to begin that release and as you continue to pull that breath in to your body settling you further and further into this moment you can create this safe little container around you, this awareness, this knowing that you're safe in this time and space and you're safe to dive in and surface and clear and move whatever you need to move. And to support that sense of safety, I invite you to really feel all the earths below you, Let your body get heavy, feeling the support, feeling the love. And knowing that as you go in on this journey, you're not alone, you're supported. And then,

yeah, you can eventually start to ease yourself into that breathing pattern. Inhale, inhale, exhale, all through that open mouth. Inhale, inhale, exhale. Inhale, inhale, exhale. All the way down into the lower abdomen and pelvis area and then all the way up into the upper chest and then exhale it out inviting that breath to come in and support you in finding and creating that true sense of freedom So as you start this work with the breath,

you can remember that in that beginning phase here, it can feel a little bit like work, but that's all good. The way I'd like to look at it for this meditation in particular is that you're stoking that fire and so that first inhale into the lower abdomen let yourself create a little heat there let things start to get activated a little bit don't be afraid to kind of stir things up you know because a lot of times

when we are craving freedom it's really that we're craving freedom from things we're holding within ourselves and so what we'll do with that first inhale in particular is really invite the warmth and the fire to be stoked so that we can use the clarity that fire brings the clarity that that heat can create in our system so we can really activate our energy you become clear of what are we holding on to that we're

ready to let go of what are we holding on to that isn't ours that we don't need to process and then not forgetting to really bring that second inhale up into the heart to that beautiful heart space where let's be real when that heart is open when that love is flowing that's That's true freedom.

So we're going to encourage that along. And all you have to do to encourage it is just keep breathing. Inhale, inhale, exhale. Inhale,

inhale, exhale. building at a nice steady pace,

building that energy, stoking that fire, building it up. Really appreciating yourself for showing up to this practice,

for being willing to change and maybe interrupt some of the... move embrace them give them over to the breath while keeping the breath moving letting that breath all let that breath love you and nourish you as you pull in maybe three to five percent more air right now see if you can fill Each inhale with just a little bit more breath.

Sometimes for us to really find a sense of freedom, for us to move past those limitations, sometimes we've got to get a little uncomfortable. And so it's okay if you're feeling a little bit uncomfortable right now.

It's okay if maybe your mind's like, Do I really want to change? I'm kind of really comfortable and familiar with what I know. Change, change seems like a lot.

Maybe if I stop breathing right now, then I can just kind of coast a little bit. But really, do you really want to coast? Or do you want to be free and alive with that freedom?

I think you want to be alive. And if you want that sense of aliveness, then keep breathing, keep stoking that fire, keep activating that passion from within,

not being afraid if a little bit more heat keeps building. I mean, maybe there's some anger you're sitting on right now. Maybe going deep within is activating that anger because that anger is telling you,

hey, It's getting your attention. Hey, like, you know, things aren't working. There's boundaries that are being crossed and there's limitations that I am done with.

Maybe there's some beliefs you're holding on to that your anger is saying no more. So embrace your anger. If you have a pillow by you, maybe you want to cover your mouth right now and just let out a yell.

Don't be afraid to go for it. This is the time when you really want to go for it it's safe for you to get angry you don't have to suppress that emotion you don't have to push it down it costs you a lot to push your anger aside not just in your vitality and life force but also in your expression in your throat maybe some of you are feeling some things in your throat right now.

You know, there's this incredible connection between the pelvis area, the second chakra, and your throat. Because a lot of times we hold back our anger and that causes us to then hold back our passion and our excitement and our voice that does stand for our freedom, our voice that has no problem saying, no, that doesn't work for me. No I won't be held back no maybe you need to say no maybe an experience is coming up an experience from your past that has caused you a party you even to just be shut down to feel trapped well you know what now is your time to say know you can say that express that through the voice through that throat knowing you're safe you're safe and just

keep breathing through this all keep breathing trusting your body trusting your spirit that what wants to come through with what experience your body needs to have to find more freedom just trust that as you keep breathing,

it's all going to reveal itself. It's all going to unfold in the most beautiful way. That breath, oh, that breath just loves you, loves all of you, the parts of you that maybe you are hiding away that you don't feel safe to share with the world. That breath,

it sees you. It sees you and it embraces you and it invites you to set it all free. The suppressed emotions,

the hidden talents, the unique and beautiful way that you see the world. Let the breath help you open it all up And again,

no, you're safe. You're safe to be all of you. And if some of those heavier emotions are sitting deep within,

just ease the breath around them. Caress them with the breath. Love them and know that It's not always easy on this journey of life.

Lots going on, lots of emotions, lots of things that cause us to shut down, to close off, that have fed us with limitations and disconnection from our truth.

It's a lot to process. It's a lot to handle but you've got this and you're not alone there's a lot of love and support right now right here with you on this journey and the more you open and allow yourself to feel a sense of reprieve a sense of relief that clearing and and cleansing,

what's happening as you move it through, you get to that relief space. That's when you can really feel, feel all that tender love and support that's right there along with you on this journey.

That's encouraging you to keep stretching and growing and really setting yourself free. So a little bit longer here with the active breathing you're doing so wonderfully.

You know, and again, if you need to make more noise, if you're stirring a lot of things up, awesome, go for it, move it, groove it, shake it out, whatever you need,

shake out those hands, wiggle those hips, shimmy those shoulders. And also, if you're not feeling anything, if you're feeling a little shut down,

you're feeling a little guarded, you know, you're having trouble with the breath right now. You can have a lot of love and compassion for yourself. Because there's a reason a lot of us are shut down.

There's a reason. You know, a lot of us are afraid to break free. You know, it's because there's a lot going on in the world right now. It can be harsh.

It can be intense. So just be really kind with yourself, wherever you're at. And we all have had different experiences. And some people have had some really intense stuff going on and so no there's no comparison wherever you're at even if you're just sipping in tiny fractions of the breath the breath is still there loving you without judgment and you just laying down here right now is so beautiful and healing So just

continuing to notice and be aware of where you're at. Just observe and just keep breathing. And maybe right now you're just lost.

You're just lost in that breath. You're just soaking it in. Your body's expanding and pulsating and vibrating. And if that's the case, just go for it. I have just a little bit longer.

And when you're in like that, that's the time to embrace it, to ride it. Set that heart free, set that mind free. Set your soul free.

You can even visualize chains just cracking, like breaking. You're breaking free. or maybe you can even see yourself coming out from underwater like this beautiful splash of fresh air whatever brings you this sense of expansion you can play with maybe it's the blossoming of a flower when it really just opens up visualizing yourself opening up, taking up space. You have a right to be here. You deserve to be here. You can say that. I matter. I deserve to take up space because I matter.

I matter a lot. And I honor myself. And I let myself be seen and I let myself be heard and I let myself be felt because I'm safe and I can trust life and I call on the forces of love to protect and guide me and to help me gain freedom, freedom from the past, freedom from any limiting thoughts or beliefs, freedom. Because I am sovereign. I am sovereign.

I am sovereign. And so as we start to wind down with the active breathing, you can even do a little visual of a wave, washing through your body and catching any residual energies that aren't yours, really clearing and cleansing it away, letting your body become this sanctuary of peace, this sanctuary that houses you, your soul, and all, that's all. And so with this visual of your soul coming home into your body, of it filling up each and every crevice so that it's just you in this vessel. Without imagery, you can relax the active breathing, dropping into natural breath, just letting yourself relax into the space of How good does it feel to just be you?

Just you, all of you, no one else but you. And allow yourself to just soak that in, to become intimate and familiar with the essence of your truth, and to feel that expansion and freedom within as you relax further and further into a deep space of rejuvenation and healing. All right. It's time to come back. It's time to embrace this new version of yourself.

A version that maybe cares a little bit less what other people think. Maybe feels a little bit more confident and excited to share who they really are with the world to express themselves to show up to be seen to be felt to have presence and that presence really happens in the body so as

you come back you can really love and acknowledge and appreciate your body wiggling those beautiful toes wiggling those beautiful

fingers, shimmying, shaking, stretching, nice and gentle, come on back, taking your time, really taking your time. You know, and this practice can open up a lot. So if you do have some space,

I encourage you to journal, you know, what came up for you as, you know, we dive into this idea of freedom from within. You know, where, where have you been holding back?

And just let yourself journal and write and explore and get to know yourself more. So much about being free and who you are is also knowing who you are. So really take that time to do that,

be gentle and loving with yourself and yeah thank you thank you for joining have a beautiful rest of your day or evening