



Video Transcript

Breathwork: Self-Sound Techniques For Serene Sleep

Hello goddesses, I'm so happy to be with you today. My name is Raquel and we will be moving into a beautiful ritual and practice to incorporate into your nighttime routine. It is self-sound healing using the breath and this is for a restful night of sleep. I'm not sure if you struggle with or have struggled with sleep and sometimes when it's hard to sleep at night we get caught up in our head.

And when we ruminate on thoughts, maybe you have overwhelming thoughts, maybe sometimes you feel a little bit more anxious or overwhelmed from day-to-day stressors. This often disconnects us from having that beautiful night's sleep. A lot of you may be familiar with sound healing and may love receiving sound healing from others. But in this practice, you're actually going to use your own breath, use your own voice to begin to feel the effects of what you sometimes experience during a sound healing. So the breath that we're going to be using today is very simple and how it actually works a little bit scientifically, we won't get too much into it, but we have this beautiful mechanism that we call our vagus nerve. And this nerve runs from your brain all the way down to your gut, to your large intestine.

Something that many of you may not know is that this actually runs through your vocal cords. So when you actually invite in the breath using the humming breath that we're going to be doing, you actually start to invite in the calming grounded effects because in real time, it's working at the vagus nerve. It's working to tone the vagus nerve. So we'll begin our practice today.

with a very simple practice which is going to be using sighing breath and then from there we're going to move into what we call bumblebee breath and using our hand movements in certain areas to feel the energy moving through your body so we'll begin here today just making sure you're seated comfortably if you would like to lie down during this practice at any point you can lie down and you might feel a little bit extra sleepy if you choose to do that as well

Beautiful. From here, just making sure if you're seated to allow that spine to be nice and long. If you choose to lie down, make sure you have the props needed to make yourself extra comfy in

this moment. And from here, you could start to bring your eyes off of the screen or start to close the eye. We'll begin here with a full deep inhale through the nose, mouth closed. And on the exhale, the mouth is open and you're letting out a full deep sigh.

We'll do it together. Full deep inhale through the nose. Full exhale out. Two more times here. Full breath in, letting in new air, new life in this moment. Exhaling it out. Creating that beautiful HA sound. Inhale fully, breath in. Exhale it out. We'll do it one last time. Fullest, deepest breath yet. And exhale, sighing it out.

As you extend that sigh, you might have already begun to feel the effects at the lower half of the body. We'll continue to invite in this sound now with what we call bumblebee breath. How I like to describe this breath the easiest way is it's going to be an inhale through the nose. Your mouth is going to be closed on the exhale, and it's as if you're saying om with your mouth closed. So we'll try that one time together, and then we'll move into the practice.

full deep breath in through the nose and as you can see here you can extend that breath out for as long as feels good for you or as short as feels good we'll begin here once again closing the eyes if they aren't already we'll start to create some heat with your fingertips to start feeling the warmth in between both hands and as we start to use the warmth in specific areas of the body we also send the breath

there. We send the sound there and we send the energy there. It'll start to bring both hands to the top of the head, feeling the warmth. In this moment, you might even say to yourself, it's safe for me to relax. It's safe for me to let go of my thinking mind. I don't need it right now. Full deep breath in through the nose. Beautiful in this moment, just taking your time to notice where that energy landed for you.

Maybe you notice tingling sensation, warm heat in certain areas of the body, leaning into that, allowing that to continue to move to other areas of the body that might need it. We'll do that three more times in other areas of the body, starting to create that heat once again in between both hands. This time we're going to wrap both hands right around the throat.

As you place both hands there, you might feel into that warmth. We'll do a full deep breath in. And on the exhale, it is that humming breath. Full breath in here. Beautiful. This time, you may once again pause. Notice where that breath landed for you. Notice where that energy landed. Noticing if the shoulders felt a little relief. If you felt a little bit more de-stress.

in the back of the shoulder blades, the back of the heart, wherever it was for you. In this moment, knowing that where that energy landed is where your body needed it the most and continuing to lean into those spaces. We'll do this two more times. This time we're going to play with our own vocal tone a little bit. And we're actually going to this time create the highest pitch that you can with that hum. And then the one after that will make it the lowest pitch that you possibly can.

Beautiful. With this heat, we're going to start to bring both hands right on top of the heart this time, right on top of the chest. Full deep breath in through the nose. Beautiful. Noticing with that nice high-pitched voice where that breath landed for you, where that energy landed. Noticing any differences now that we shifted the tone of the voice and seeing how that landed, how that resonated for you.

We'll take one moment here before we move into our last breath to move through one final sighing breath together. Big deep inhale through the nose in through that heart center. Full deep breath out. Beautiful. Last and final round to your both hands to touch.

You'll start to create that heat once again in between both fingertips. And you might even feel some tingling, buzzing sensations in the body at this point, all completely normal as your body starts to de-stress, detox. Bringing both hands to that belly center this time, right at the point where the rib cage and the belly, the diaphragm meet. Full deep breath in through the nose. And a little reminder, this is your lowest pitch yet. Full breath in.

Beautiful. As you use that last and final breath, noticing how that breath landed, noticing the shift as you use more of the back of your throat, how it stimulates a different part of the body. And from here, with those eyes closed, we'll take this last and final moment to move through one final body scan, noticing any spaces in the body right now that you might feel extra sensation in.

Maybe you feel tingling. Maybe you feel buzzing. Maybe you feel coolness or warmth. Noticing that whole body from the toes all the way up through the hips and the belly as it continues up through the chest, the shoulders, the heart, the throat. If there's any final spaces before you get this beautiful night rest that you might want to ease a little bit more into, soften a little bit more into, taking this moment here.

setting your awareness there, breathing into that space. One final full deep breath in. One final exhale to let go. And as you continue to sit in this beautiful sensation, energy you created for yourself, I wish you a beautiful night's rest. I wish you a beautiful nighttime full of rejuvenating sleep. Thank you all so much for joining me today for our nighttime ritual. See you soon.