



Video Transcript

August 2025 Monthly Meditation_Releasing Limitations

Hello, my name is Megwin White, and I invite you now to this Gaia Goddess meditation on releasing limitations. I invite you to find a comfortable position that could be sitting straight up tall on the floor or in a chair, or you can choose to simply recline and rest.

Easy on your back. Whatever position you choose to take, just taking a moment now to find that position and settle in. Let's begin by finding the breath, consciously inhaling deeply and holding for a moment at the top and then exhaling.

Emptying the breath through the mouth and feeling your body ground deeply. Perhaps feeling your body also releasing tension on this breath. Feeling each breath as a conscious clearing and an invitation to relax and feel deeply.

into the safety of your body, of the support beneath you, and for this time that you've carved to take this sacred experience for yourself, reaffirming that with each conscious breath you take.

And now, letting your breath just find a comfortable,

And steady peace. Just reflecting now for a moment on the idea of limitations that no longer serve you. Just allowing whatever wants to emerge almost float into your conscious awareness. Allowing the witness in you to simply observe.

Whatever these limitations, these perceived limitations are. And as you see them, allow yourself to witness them without any judgment at all. Just noticing, observing what your mind wants you to witness. And as you do,

Allow your consciousness to sink deeper into the part of you that is completely free of all limitations. The part of you where infinite possibilities and opportunities reside. Noticing if you can observe both of these states.

At the same time, knowing that this meditation, we will allow that deeper mind to surface, clear, whatever perceived limitations are still present for you. Just setting that intention now as you breathe into this stillness, this safety.

this present moment. And now, let us begin to tune into the spaces within our body that often hold these doubts, these perceived limitations, starting with our hearts. If you'd like, you may want to place your hands over your heart. That can help you to tune in.

And allow this center to open. Wherever you are, just begin to tune into this beautiful heart space. Feeling the gentle rise and fall of the breath. And as you do, all that the heart holds. Begin to also feel and visualize.

soft, warm light glowing within your heart. With each breath, see this light growing brighter and brighter, as though there is a sun inside, infusing this light with that solar nectar within your heart. And as you do, noticing this light,

has a magical power. This light can clear any and all doubts that may have settled into your heart.

heart. And as it does, it allows new potential to grow. Just like the light that shines on a flower and allows it to bloom, the same light that resides within you clears doubt. Just feeling your heart blossoming now inside of this

Beautiful golden light. And as this light grows, beginning to notice now how it can spread throughout your entire body, down your arm, through your hands, into the tenderness of your fingertips, into your abdomen, your legs, your feet.

the way through your neck, your jaw, soul, and your eyes settling back as they receive the beauty of this golden light, this limitless essence that you know you are. Just taking it in like a perfect summer day, receiving its warmth.

It's nourishment and relaxing even more deeply. And now, with openness and kindness, I want you to invite forward the part of you that feels limited. Allow it to take shape for you. It could be a shadow figure, or maybe it's a younger version of yourself.

Whatever it takes, simply allow it to just be there. Just observing this part of you and acknowledging its presence. Taking a few slow deep breaths to connect and softly ask, what are you trying to protect me from? And then pause and listen.

Allowing any words or images or sensations to arise. And as they do, just being open to whatever comes forward. Perhaps this part of you is telling you that it's protecting you from failure. Or keeping you from being hurt. Or perhaps it's trying to shield you from disappointment. Just acknowledging whatever this message is. And you might even take a moment now to nod your head and affirm that you've heard this message. And silently say to yourself, I see you. I understand. I know you have been trying to help me. Giving space.

for any emotions that may wish to arise in this moment. This is a moment for honesty. And in that honesty, and in that open space, healing naturally emerges. Taking another deep breath in, and as you exhale, feeling a sense of appreciation.

for this wonderful part of you that has brought you this message. You may want to whisper softly, I honor you for all your efforts to protect me and for the purpose you once served. You may want to visualize yourself placing a gentle hand on this part of you, perhaps on the shoulder,

It in a comfortable embrace, really letting it know that you recognize its effort to protect you. But now that it no longer serves you, it no longer needs to hold you back. Saying with compassion, I choose to move forward. I release you with love and gratitude.

And watch. Watch as this shadow figure, this shadow self, begins to soften and melt.

into the light that you are. And as it does, begin to notice the lightness that fills within you the wave of liberation washing over your entire body as this light grows and expands even further beyond your body.

into the limitless space that exists all around you. Feel your essence taking up all of that space, expanding its limitless potential. And now that this limitation has been released, affirm your new sense of freedom with this affirmation. I am limitless.

and open to new possibilities. Breathe deeply into this new space within you, feeling that warmth, that light, that glow flooding your entire being, savoring this sensation. And when you're ready, begin to gently bring your awareness back to your surroundings.

You may want to wiggle your fingers and your toes, roll your shoulders softly, and take a deep, refreshing breath. And slowly, when you feel ready, opening your eyes, taking a moment to feel this lightness within you. And thank you for exploring this journey.

into yourself. Be sure to tune back in and check out the rest of our wonderful wellness content on the Gaia Goddess Library.