



Video Transcript

Learn Alternate-Nostril Breathing For Stress Regulation

Welcome, Gaia goddesses. I'm Rachel. And today we are going to learn alternate nostril breathing. We have a masculine and a feminine. And I believe as women in this world, we are busy. We are achieving. And the structure of this universe is not really conducive for us to stay in touch and in tune with our feminine.

So it's one of those things you have to be more conscious about. Some of us might be better than others, but with this breath, it really helps you balance out your masculine and your feminine. And just honestly, it really helps because we're balancing to balance, right? Even to settle anxiety or stress. So we're going to start by using whichever hand. It's funny. I actually use my right hand with this and I'm left-handed, but whatever hand you want, you're going to take one magic thumb and place it on one nostril, right? So if I'm mirroring, go ahead and place it on your left nostril. And then inhale up through your right and exhale out

of your left again same side inhale and

Good, continue. Three more. Try to really, when you feel like you've taken in all the air you can, take it a little more and then exhale and exhale a little more, right? We're going to do that to our times.

Last time.

Now we inhale.

And.

Continue. Try to visualize filling your tank and clearing.

Two more.

Go ahead and place your hands in your lap and just take a deep breath. Just ask yourself, how are you feeling now compared to what we began, right? And just acknowledge the power of the breath. Not that your life has changed and all of your problems are solved, but there is something very grounding, very cleansing and very calming about breath. You can shift your energy, your mood, and the focus of your mind. So give yourself that gift, even if it's only for two to three minutes. Thank you for taking the time and sharing it with me. And I hope that you continue to use the gift of alternate nostril breathing. Again, I'm Rachel, and I'll see you next time. Bye.