



Video Transcript

Learn Breathwork For Positive Mindset Shifts

Hi, I'm Eliza Kane with Gaia Goddess, and in today's video, we're going to talk about interrupting brain patterning, what that even is, and how breathwork meditation can be supportive in this process. So to start, it's important for me to touch on a few points around breathwork meditation And these key elements that will kind of dive a little bit further than into the interrupting of the brain patterning. So breathwork meditation is an active meditation designed for the active minds of today. So if your mind is going a million miles an hour, this practice is going to be supportive and helping your mind flow down. That active breathing pattern that you use is that technique. It's satiates the part of your mind that feels like it always needs to be doing something. And from this place, your mind is able to relax and those rampant thoughts that you maybe sink without even realizing you're thinking them, they start to slow and you have breaks in them. The other key thing about breathwork meditation is that it works with soothing your nervous system. It takes that tension and frenetic, stressful energy that you may be holding onto and it clears it so that you're able to be in a much more receptive space. And when you want to interrupt your brain patterns, which are essentially keys to you changing the way you are, changing the way you show up and operate in this world. When you want to do that, it's important to work with both the mind and the nervous system, something that the breathwork is really supportive in doing. So when I talk about interrupting your patterning, why that's so important is that oftentimes people are living in a state of perpetual loops, where they're thinking thoughts over and over again, where the actions that they are taking are so ingrained and they might not even realize how they might be doing very repetitive things that are not

necessarily supportive to their well-being. You know, a lot of times we are on these thought loops that we're not even aware of them And they're negative. They're limiting. They're destructive even to our well-being. So we want to take time to become aware of them and then interrupt them so we can change them. And in order to become aware of them, though, we have to do some inner work. Because most of these thought patterns that are so habitual, they are deeply ingrained in our subconscious mind. so we're not even really aware of what they are until we take the time to do the inner work. When we do a practice such as breathwork, where we slow down and we start to kind of see our thoughts, we're able to begin to become aware of what are some of these maybe not so supportive thought patterns or beliefs that you're holding on to? And that awareness is one of the key spaces to start from, because with that awareness, you're then able to shift and change them. The other key is that your nervous system then is in this receptive place to that change, because your nervous system is going to be that default action that you take. And so as you start to retrain your nervous system, you're going to notice that your actions will shift a little bit. So with the breathwork, as you're kind of diving into this space, what's really important is that you're activating the heart center. So while you're kind of slowing the mind and you're getting it into an open receptive space and you're slowing the nervous system down to also be open and receptive, you're then activating the heart to have this experience of love, whether that's self-love or love for another, you become kind of overwhelmed with this sensation. And that's the energy that you then start to use to reprogram those thoughts, to rewire the nervous system so that you're not necessarily thinking the same habitual thoughts over and over again. You know, in early childhood, And a lot of this stems from early childhood. So the first seven years of your life, what happens is that your brain is in these different wavelengths, the theta and delta, where if, for some people, this is a state they'll go into for hypnosis. For other people, this is a deep meditative state. But essentially, it's brainwash mode. And so the first seven years of your lives are very formative in your core foundational belief system. And unfortunately, in today's world, it's just where we're at. It's all good. But a lot of people have had a rough for seven years of their life. And those core foundational beliefs aren't necessarily really supportive to their well-being. Yet those core beliefs are what all of your other beliefs afterwards are built upon. And so over time, over years, they can kind of compound in a really negative way where you don't even realize how destructive some of your thoughts and your behaviors can be. And in order to change them, though, because they are so deeply ingrained, you have to be able to access the subconscious mind and you also have to interrupt those thoughts that interrupt the patterning and that's what breathwork's going to really support you in doing when you just lay down to breathe and simply the act of laying down to breathe that's going to interrupt though the patterning that's going to interrupt those thoughts so the breathwork is going to be really supportive in this process the simple act of laying down to breathe is going to in and of itself interrupt

the habitualness that you may be caught in. A lot of times if you find yourself spinning or you find yourself in that place of discomfort where you know you're about to do something that might not be so supportive to you, that's a really great time to just lay down and breathe. But also even just a daily practice of breathing, each time you lay down to breathe, each time you focus on that breath, you are providing space to interrupt the habitual thoughts. And that interruption, even just that little bit of pink, is where the change really comes in. And also, each time you lay down to breathe, you're training your nervous system to start to have nourishing and supportive actions as its default. So it's really key that if you, so you can see that this practice is really key in supporting this whole process of supporting you and change. Now a key thing here, though, is that consistency is key. Because each time you lay down, each time you breathe, you're supporting these new neural pathways and being developed. When I first started doing this, I'm really kind of observing how the breathwork works with the nervous system. I bought this imagery, this visual given to me, of how those default patterning that we have, it's like this river, this strong river that's going downstream. And our energy is kind of following this trajectory. And so when things happen and we're living along, falling along this river is what's most natural to us. But when we're starting the process of change, the change is like the tributaries that kind of branch off of the river. And at first, they're not that deeply grooved. And only a little bit of our energy goes into them. But the more attention we give, the deeper the groove of these tributaries become. And suddenly what we'll find over time is that we'll be like, oh, just a little bit happening here and there. But then those tributaries become these strong rivers of their own. And they start to replace our original default patterns. So while like things like life or death experiences can be really profound in changing those habitual patterns, most people aren't going to have a life or death experience and the consistency is what's going to be most key in creating these new pathways, which then become your new way of being. You know, change really is possible for you. A lot of times we hear, like, can I change especially patterns that have been passed down through the lineage? It can feel like it's a really big task. But if you show up consistency, consistently, then the change will happen. And you'll notice, you'll start to notice that you're just showing up differently in the world. That's something I really love about this process is while I'm explaining this so that your intellect can understand it. The reality is, you just have to show from breathe. If you keep showing up, all of this is going to happen and your mind doesn't need to figure it out. Your nervous system is going to be retrained and those thoughts are just going to start to be replaced by the love that you feel in your practice. So stick with it and trust that it's really, you could really do it. You got to put in some work. But if you put in that work, incredible change is possible and there's a lot of freedom on the other side of that change. Thanks so much for listening.

