



Video Transcript

Meditation To Feel Safe

Hello, I'm Eliza Kane with Gaia Goddess and this meditation is going to focus on helping you feel safe in your body. Feels good to feel safe in your body and if you are having some challenges in doing so, you are not alone. We are in a challenging time in the world where a lot of people are struggling, struggling not only feeling safe in their bodies, but feeling safe in this world because really it's one and the same. And so with this meditation, we're going to take you on a trip into your body and help you feel safe, return to a sense of safety so you can also experience that sense of safety out in the world.

Because when you feel safe, you're able to really be present to your life, to enjoy it and savor all the good that is around you, to take in the beauty of the world, to create and just have that freedom to take up space and really be yourself. Feeling safe is so key for all of that.

And yet it's also our biggest challenge right now for many. So you can have compassion and love for yourself if this is a challenge for you. And know that in this breathing practice, the breath is going to come and support you in finding that sense of safety. And that the earth, beautiful Mother Earth that's below you, she's present here to hold you on this journey.

And so as we begin the breathing practice, you can first start by really saddling into this space. Really let yourself get comfortable. Let that body get heavy. Maybe you even visualize your mind dropping down into the earth below you, just knowing it can take a break.

Body gets heavier and you start to take in some really nice full breaths all the way down into the body. You can sigh it out, groan it out. Whatever feels good, trust yourself. Trust what your body needs to or wants to do and allow it. Allow yourself to settle. Allow yourself to be.

You can feel maybe the earth's gravitational pull anchoring you nice and securely into her loving presence below. Feel that embrace. Let your energy reach down to hers to dance and mingle, really allowing yourself to feel held in that cocoon of safety.

that a mother brings. And then you can ease on into the breathing pattern. Nice and steady, nice and rhythmic. Inhale, lower abdomen. Inhale, upper chest. Exhale it out. Inhale, inhale, exhale. Inhale, inhale, exhale. Oh, let it go.

Let that breath pull you inwards. And let it help you. Let it go. The tension, the stress, the worry. Anything you might be holding on to. As the breath starts to move into your body. And you feel it surfacing. Let it go. Let it go. And just know that right here, right now.

All you have to do is breathe. And if your mind wants to distract you or you feel resistance to the breath, it's all good. Just lovingly keep coming back. This is the time where you're going to be doing a little work. Here in the beginning, it can take a little bit more effort to stick with the breathing pattern.

As it takes your mind a little time to slow down. As it takes your body a little time to settle. That's all good. Just keep pulling in the breath and that extra oxygen. It's going to start working its magic. It's going to start moving through your body. Activating the different energy centers found there. Waking up.

each cell and helping you surface and clear, soothe and rejuvenate up and down that spinal column. Feel that breath moving. Feel how loving and tender and safe your breath is. Feel its caress through your body.

And let that loving caress start to soften your senses. Start to ease the body into some openness. And know that you can take your time here. There's no rush. Gently keep easing that breath in. Your body will naturally start to relax.

And as you keep easing the breath in, your body will begin to receive it more fully. But know that, again, there's no rush here. If your body's feeling a little shut down, a little contracted, you can gently soothe to your body. It's okay. Everything is okay. You are exactly where you need to be. We don't need to rush this process. You can take your time. There's nothing to push or force. You are loved exactly as you are and you are safe. I've got you and the earth below has got you. So when you feel ready, body, you can relax a little bit more.

Soften a little bit further. In this moment, in the here or now, you are so safe. And maybe that wasn't always the case. And maybe sometimes it doesn't feel like that. In a world that's fast and chaotic and full of so much fear, of course you're going to shut down. Of course you're going to contract. But right here, right now,

You get to soften. You get to let that go. And as you say this to your body, maybe you want to accompany it with a sound, like a sigh or a groan. Or if you're feeling really tense or contracted, then let out a little yell. Cover your mouth with your arm or if you have a pillow and just make some noise.

Because let's be real, it is not fun to move through life shut down and contracted because you don't feel safe. You deserve to feel safe. And right here, right now, that's what we're going to do. We're going to keep working on helping your nervous system and your mind feel safe. So keep breathing. Keep trusting the process. Know that...

Not only is the earth below you holding you with her love, but there are forces of love all around you, surrounding you, here, protecting you, keeping you safe. When that body is able to open and really drop into its natural receptivity, that's when you feel those forces. So notice, notice. It's so subtle.

But it's there. The guidance. The connection. It's there for you. Always. Receive it. Allow it. You're doing so beautifully. Keep breathing. Keep moving that breath. A little bit longer. A little bit more fully. Soak it in. Breath is vitality. Life force. It's your everything.

That first inhale into the lower abdomen. That might be stirring up some things, some big emotions. You might be uncomfortable. If that's going on, trust it. Trust that it's all coming to the surface to move, to be released. You don't have to hold this anymore. You got to let it go. Yeah, if you need to wiggle and move.

Make some more noise. You need to cry. Whatever emotions are there, give them permission. Give them freedom. Give them space. Oh, it's so exhausting to hold it all in. You don't have to hold it in. This is your time to let it go. Move it out of the nervous system. Move it out of the body. That anxiety that might be keeping you up at night. Move it out.

Let that mind know it's safe. Come back into your body with your breath. Any of the frazzled, frenetic, chaotic energy that might be clinging to your nervous system. Whoosh. Sweep it away with that breath. Wash it away with that breath. Calming, soothing, loving, gentle. Oh, it feels... Good to open. Open even further. Relax even more fully. Yes. Yes. Yes. Say yes to life, to your life. Say yes to your safety, to your sovereignty. Call that beautiful, bright light of your soul. Call it all the way in.

Visualize it moving down through your crown and basking each and every cell with its vibrant light, taking up all the space in your body, filling in the deepest recesses and crevices, all those nooks and crannies. Fill it in with that light. This is your home. Your body is your home. home and anything that's not yours let it go calling that bright light further and further in taking up the space within your body all of it claiming it this is my body I am safe. Seeing if you can move that breath just a little bit longer, a little bit further. Noticing how that breath is such an activator for connecting you to your truth. Such an activator for calling truth into each of your cells. The truth that you are safe. It is your right, it is your destiny to be safe and at home in your body and in this world. And you are more powerful than anything else that tells you anything differently. With your tension on your soul moving even more fully into your body, knowing that your body is this vessel

That's designed to house your soul. But your soul is so much bigger. Your spirit is so much bigger. And so you might even feel your body expanding. Because it can't contain all the brilliance that is you. Let yourself feel that brilliance. The brilliance.

of this beautiful connection between your soul and your body, your spirit and your body. Let that vibrant light, that loving force that is the root of you, let that caress each of those cells, rejuvenate each of those cells, fill up your cells, knowing that your body, it responds. to that love. It responds to this truth. It craves the truth of you inhabiting it. And this connection, it activates your body in the most magnificent way. It heals your body in the most magnificent way. Your body is brilliant. Your body is incredible. And as you relax, into natural breath, letting go of the active breathing. Really let yourself just soak in all of this brilliance and the beautiful connection between it all. Let yourself have this experience knowing that this is what it's all about. A soul coming home to the body, feeling safe to live safe. to express, to create, absorb all that beautiful energy. Soak it in and just rest, rest, rest. It's time to come back. And as you come back, notice all the sensations. Notice the calmness, the peacefulness.

Let that anchor in as your truth. I'm safe. No matter the chaos going on around me, I'm safe. My soul is present here and powerful. I'm connected to the earth. I'm connected to the forces of love, the cosmos. My body is this incredible vessel for creation, this incredible gift. And I'm safe in my body. I'm safe in this world. Thank you, Mother Earth. Thank you, body. Thank you, life. Wiggle fingers, wiggle toes. Oh yeah, let it feel good. Beautiful fingers, beautiful toes. Beautiful body. Stretch, move. And be oh so gentle, taking your time. And after you sit up, I recommend giving you space. Space to soak in that sense of safety so that this becomes your default. This becomes the way that you operate and move through life. Let that sink in to each cell, to each nerve. to each brain, synopsis, thought pattern, everything. Thank you, thank you, thank you for going on this journey. Until next time.