



Video Transcript

Conscious Breathwork to Awaken Your Higher Self

Hi, I'm Maria Marshall here with Gaia Goddess, and thank you for joining me for this breath work to connect to your higher self. If you haven't done the three-part breath with me before, I'm going to demonstrate it right now. You're going to be doing breath in and out through your mouth, into your belly, into your heart, and out through your mouth. Don't worry, I'll be guiding you. all the way through this meditation. I recommend you lay down, grab a blanket, a pillow, and whatever you need to be comfortable. Once you're nice and comfortable, we can begin the three-part breath. Into the belly, into the heart, out of the mouth. Your only task right now is to continue the breath. to accomplish. Just breathe. With each breath, feel yourself dropping deeper, away from thoughts, away from planning, away from doing. The breath helps us turn the focus away from the mind and drop into the knowing of the body, the innate wisdom of your body and your higher consciousness, your higher self. As you continue to breathe, you might begin to notice a subtle tingling in your hands, in your face, in different parts of your body. If you feel these sensations, that's just your energy. Simply observe. If you don't feel tingling, That's perfectly fine. You're doing this just right. Stay with your breath. If you encounter any resistance or intensity, such as emotions coming up, breathe into them. No need to change anything. Just keep breathing.

Letting your breath be your anchor.
Notice. If you do begin to feel any emotions, any tears,
or any anxiety coming up to release, that you may be lost in that and stop breathing.
If you do so, try not to get lost in the emotion. Continue to breathe.
You can notice the emotion, even have releases such as tears.
or vocalization, and continue to breathe. This
breath is creating space within your body,
releasing programs, pain, tension,
trauma,
inviting in more light, more love,
more prana and life force energy.
This breath creates more space within your mind. As
you focus on the breath, you drop away from the mind,
away from any fear,
away from any anxiety.
The breath connects you to calm,
the calmness and peace of your higher self.
You may see the mind try to wander. The breath may want to stop,
and when it does, gently return to the sensation of breathing.
Stay with the rhythm.
Feel the rhythm,
the rising. of your belly and heart.
And then the release.
As we begin to attune to the body's awareness and the energy we hold,
we continue to breathe. And as you continue to breathe,
begin to notice any energy in your lower body, around your pelvis,
and the base of your spine.
Focus on this energy with each breath.
I now feel this energy slowly rising with the breath,
like a gentle wave moving upward through the center of your body.
If while you move this energy up, you encounter any areas of tension or discomfort,
Allow your breath to flow there.
Direct your breath to any areas of tension and discomfort.
Your breath carries healing energy,
naturally releasing what needs to be released.
The more you breathe, the more you may find emotions coming to the surface.
like water flowing through you.
Let the breath like water move freely in and around anything that no longer serves.
You may see them like tiny pebbles. These emotions could be large boulders in a river.
Allow your breath like water. to flow around and over them.
Keep moving that energy upwards. And
if you feel emotions, there's no need to understand or analyze them,
although you may have an awareness or vision of what they may be connected to.

It's not necessary in order to release them, to understand them.
Keep breathing.
We may want to give the breath 5% more.
The more breath,
the more prana,
the more life force energy that will be directed for your healing.
The tingling in your body may become stronger now.
You may even be feeling it in your energetic centers. Maybe your heart.
Maybe your womb, your sacral chakra.
It may be getting caught in your throat. That's okay. Keep breathing and
send the breath to the restriction, to the contraction, to the emotion.
The breath knows exactly what you require.
And once again, if emotions come up, Simply observe them without trying to change them.
Your body knows how to release what it is storing.
Your higher self knows how to heal you and what healing you are ready for in this moment.
Trust this wisdom as you continue breathing.
And if you feel any density of emotion, any painful recollections,
know they're coming up to be released. They will not be staying with you.
So keep breathing and know you are safe.
Your higher self is with you in this moment.
She will not allow you to witness or to feel anything.
that you are not ready for.
Any density will be transmuted.
So keep breathing.
Feel yourself becoming lighter.
See this breath as light creating more space, lifting density.
Your physical body is gently expanding beyond as your auric field is.
Stay with this expansion.
Embrace this opening as
we prepare to connect. with something deeper now
with the guidance of our loved ones our masters teachers our angels and our guardian angels
we
invite in a connection to our higher self as
your body continues to open become aware of a warm gentle presence your higher self
The wisest, most loving part of you.
This presence is your true self and has always been with you since you took your first breath
and
even before.
This all-knowing part of you knows every moment of your journey.
compassion, and acceptance.
Feel her loving presence surrounding you. She is wrapping you in a loving blanket of pure light.
No need to reach or search for it. It's already there.
Allow yourself to receive this unconditional love,

this deep, understanding, and this total acceptance of all that you are,
no matter what you've been through, no matter what your life has been like,
no matter what pain you've endured.
Your higher self speaks in gentle whispers through your intuition,
through your heart.
Listen without straining.
Receive without effort.
If any doubts or fears arise,
let them be held in this loving presence.
Everything is welcome here.
Feel the warmth spreading through your chest.
Your heart is expanding with this love.
As you merge more deeply with this wise, loving aspect of yourself.
Rest here in
this connection,
in this knowing that you are deeply loved, deeply supported,
and never alone. No matter what you feel,
no matter what emotions arise,
no matter what fear may linger,
as you rest, In this connection, feel how your physical body and spiritual essence begin to
merge,
like water flowing into water.
Let your higher self's love pour into every cell,
every space that has felt empty or disconnected,
filling you. completely.
You might notice insights or messages arising,
gentle knowings, quiet revelations.
There's no need to grasp them.
What's meant for you will remain.
Your higher self wants you to feel the strength of this connection.
As you breathe, notice how
it supports you,
how it guides you,
how it reminds you of your true nature.
In this space, you are whole. You are complete.
You are exactly as you're meant to be.
Connect to the warmth in your heart as you feel this loving presence,
as you sense this deep connection with the aspect of yourself,
your higher self, that is your true self,
perfect, worthy, and... love.
Let yourself be held in the sacred space where your human experience meets your divine
essence.
Where limitation dissolves into possibility.

Rest here.

Breathe here.

Receive here.

Now. Very gently begin to draw your awareness back to your physical form while maintaining this beautiful connection with your higher self.

You may slow the breath down and
you may begin breathing in and out through your nose.

Try to maintain this beautiful connection
can, the sense of oneness with all that is.

Take five deep conscious breaths. And with each inhale,
feel yourself gathering this loving energy.

And with each exhale, feel it anchoring into your body.

And now, slowly begin to notice your feet.
your legs, your hips.

Feel the weight of your body supported by the surface beneath you,
yet still holding that light, that love within.

And let your awareness flow up through your torso, your arms,
your shoulders, each part awakening while staying connected.
this deeper aspect of yourself.

And when you're ready, begin by gently moving your fingers,
your toes, perhaps giving yourself a hug, maybe rocking from side to side.

Take one more full breath,
feeling the unity of your physical and spiritual self.

And whenever it feels right, allow your eyes to softly open,
carrying this connection, this love, this wisdom with you,
knowing you can return to this space and to this connection with your higher self whenever you
choose.

Take a moment to thank yourself for this time, a deep connection,
for creating. This space of healing and wholeness.

You are deeply loved. You are divinely guided.

You are never alone.

Thank you for joining me for this breathwork to connect to your higher self. Remember,
you can return to this at any time. And each time you do, your connection gets stronger and
stronger. I hope you have a beautiful day.