



Video Transcript

Guided Healing To Transform Pain Into Love

Hello, I'm Maria Marshall here with Gaia Goddess, and thank you for joining me for this alchemizing pain into love. In this practice, we will be using breath work to help stir up emotions, belief systems, whatever is in our system that holds us out of flow with universal life force energy. In addition, we will be using some props. We're working with the breath work, but we're also going to be using props such as balls and this foam roller. Because oftentimes as we're breathing, you may notice that your jaw becomes very tight. Or oftentimes for me, especially my thighs, my IT band, my hamstrings become very tight. And when you are breathing and feeling that tightness, it's really a sign that you're holding a lot of energy there. We hold energy. We hold past traumas, past emotions, even things we're unaware of in our bodies, in our muscle, in our fascia, in our bone, in our cellular memory. So I like to use props. while I breathe so that I can assist the process of release. I consider this a more advanced breathwork practice. I consider it more advanced because you really are tapping into where there is restriction in your body. And rather than just using the breath, you then use props and you send love to the pain that you're holding. So making something love is also something that most of us haven't done before. I was exposed to this with two different healers. And so I'm going to coach you today to do the same. And the way I can best do that is to do it alongside of you. I don't know what to expect with today's practice. I know that I may start to feel some emotion. I know that I may start to release.

I'm going to go into the parts of my body that are calling me to it.
And you can follow me if you have these same props, or you can go to your own parts of your body.
I may be on my legs. You may need something behind your neck. You may need something in your forearm. I invite you to follow me or to do your... own practice of release.
But we're going to start first with the breath. We're going to get into a cadence with the breath. We're going to start moving prana through our bodies and we're going to drop out of our minds so we can feel what is going on in our bodies so that we can tap in and assist the release.
I'll be guiding you the whole way. I'll be coaching you on the breath and I'll be telling you exactly what is going on with me. So we're going to take a moment just to take a deep breath in. Invite our higher selves in to this practice. Invite our guides in to this practice and set the intention that what no longer serves you may come up, may be alchemized. and changed into love, alchemizing everything with love.
So find a comfortable place. You may want a blanket, definitely some head support. I have a box of Kleenex handy just in case. I don't think I've ever had a breathwork session where I haven't cried. We'll see what happens today.
And before we start breathing, I am going to be prompting you. to make the pain love. And sometimes it's hard to do that until you bring the feeling of love into your body, into your heart. So I'd like you to think right now of someone or something you love so much. Feel that in your heart. And when I ask you to make a spot in your body that's painful, love, I want you to send that same feeling to that place. Conjure the feeling that you have for that person or thing. Conjure that feeling and send it to your body and then send it out to that person that you love. This way it's easier to let go. our body has an easier time releasing something that we might have some restriction around. So settling into our position, getting comfortable.
You might get thirsty throughout this practice. If you need a glass of water, if you need a little lip balm, now would be a good time. Put me on pause. Go get what you need. Your mouth can become dry. Your lips can become dry.
Okay. Starting the breath into the diaphragm.
Starting to connect to your body. Keep breathing. Perhaps you're feeling a stirring of emotion. Even at this early stage, I'm feeling something coming up in my heart.
Allow whatever is rising to rise. Allow yourself to feel what is coming up for you.
Maybe nothing right now. Stay with the breath.
Keep breathing. I'm noticing a sense of vulnerability.
As I breathe, I'm noticing some tears come to my eyes.
You don't have to know what the emotion is connected to. Just know that it's there underneath the breath.
The breath is bringing it to the surface.

I'm going to breathe a little more fully into my chest, into this feeling that is arising.
I'm feeling some emotion coming up, which is perfectly fine, which is exactly what you want through this breath.
Maybe it is hard for me to be vulnerable with the camera. Maybe it is hard to be seen in my own pain.
But I'm opening my heart to this practice. To you, feeling some tears coming down. It's all good. It's safe.
It's safe to be vulnerable. It's safe to be seen. It's safe to feel my pain.
And you're safe with me guiding you as well.
Keep the breath up. The more you breathe, the more that comes up. You may need to cough.
And when you're finished, keep breathing.
I'm going to pick up one of my balls now, the softer balls, and I'm going to work into this part of my face. I feel some restriction in my ability to express connection of my heart to my voice.
I actually am going to switch to this more firm ball, and I'm going to go into this pain, and
as I press into it, Because it is very uncomfortable. I breathe.
And I feel something coming up.
Something painful that's being held in this spot.
And at this moment, I'm going to make it love.
I'm going to bring up love for myself. Love for my children.
This is something that is easy for me to connect to.
And I'm making it love.
I'm breathing that feeling of love as I press into this very painful spot.
In this instance, it's very easy to feel the love and to send it out to my children, to women around the world that I love, that Gaia, that I love Gaia and she loves me. I am making this love and I'm sending out to Gaia, to my business.
To all the women that Gaia Goddess is helping and to you. I'm sending it to you right now.
And you send your love out to whomever, whatever you want to send love to.
As you press into this place of discomfort and pain.
And maybe you're going to move the ball around a little. And maybe you're going to feel it come up somewhere in your body. I'm actually feeling it move. Right here to my legs.
So I'm going to go next to that place because my body is talking to me. It's telling me where I need to go next. Keep breathing. I'm going to use the foam roller. I'm going to grab the foam roller and I'm going to keep breathing.
But this pain is telling me where I need to go next. Where I need to release next.
And so I found the place.
And it is very painful.
So I'm making it love.
I'm breathing that love that I have for you. That love that I have for me.
That love that I have in my heart for my children. And I'm sending it to the spot with a breath.

It's okay to feel it. This is what we do. The practice is to find those places in our body. Those places in our heart. those places in our chakra, and to release them. And sometimes we need a tool. Sometimes the breath is not enough. So I'm breathing love. As the tears flow, as I connect to my heart, it's okay. It's okay. You're safe. You're safe to feel it. Whatever it's connected to, whatever painful memory, whatever it's connected to, you're safe. You're love and you're loved. Send love, send love to that spot. You might need to, oh God, I just found another one. You may need to travel and move a little bit because after you release that spot, surely there'll be another. So feel freedom to explore as you breathe. We can hold a lot from our wombs and our legs, a lot of sexual trauma, a lot of shame. A lot of our ancestors' trauma is held in the legs for me. It's beneficial to roll every day. I hold a lot in my legs. I found another spot, and I'm going to breathe into this. I'm going to send love to it because it hurts a lot right now. It's almost unbearable. I'm breathing love into it. I'm breathing love into it, and I'm sending it out to this beautiful planet. I'm sending it out to all the women and all of humanity that needs love. It's releasing. Yes, it's already gone, and I'm traveling. I'm looking for other spots. That was a big one. Keep breathing as you roll, gentle rolling, looking for those spots that we hold. Maybe I'm facing down, and I'm going up into my hip flexors. We hold a lot of grief. Okay, we hold a lot of grief on our hips. Right now, I'm right into my hip flexors. And it's painful, and I found a spot. And I'm going to keep breathing. Something's coming up. Something deeper. Some grief. And I'm sending love. And I'm releasing. And I'm feeling it go to my heart. There's grief in my heart. And I'm holding it in my hips. And I'm releasing. I'm feeling love. And I'm replacing this grief with love. And imagining all the love I have in my heart. Sending it to this spot. And even with that, everything's lightening up. The pain is going. And the heart, the grief in my heart, I'm not even feeling it right now. I have just transmuted that into love. I'm going to navigate to the side of my hips. Actually, a little bit more to my glutes and my piriformis. There's a spot here. And I found a particularly tight spot. I'm going to go into it. Sink into it. It's very tight. Sending the breath there. Sending the love there. I probably have a ton of mascara pouring down my face. It's okay. I'm releasing that too. Okay, another spot. This is all juicy, great work here. We want to go into it. We don't want to avoid it. We don't want to numb out. We don't want to use substances. We want to go into our pain so we can release it. Yeah, we're taught to avoid it. Not here. Not with me. We're going in.

Okay? Keep your breath up.
Find that next spot wherever it is for you. You can follow me or you can do your own thing.
You'll find it if you're using a foam roller. Okay? Find that spot.
Okay, we're going to breathe love right now.
Go in deep and relax it. Send that love in and send it out.
Give it permission to leave and to go to whomever, whatever you want to send this love to.
Yes, you have the ability to do this. You have the ability to heal yourself.
And you're using love. That which you are. Keep breathing.
I may be talking, but you're breathing, okay? Stay with me.
Okay, we did one leg. And if you did one arm, whatever you did, you want to balance it out.
So we're going to go to the other side now. We're going to go to that other leg because surely
you're holding there as well. Keep up the breath. Keep up the breath and use that foam roller.
Roll on it. Twist your body until you find that spot.
And for me, it all began down here at the knees, the IT band.
I found a spot. I'm going to breathe, and I'm going to breathe love into it.
I want you to breathe love into your next spot.
Make it love as much as it hurts, as much pain as you feel.
Wherever you feel it, send it love.
Make it love and send it out.
And
I feel that. Just like a knot. Just letting go.
Until we find the next one.
Searching as I breathe.
Okay. Found the next one.
Making it love. Sending love.
And it's bringing up emotion. And we're still breathing. And we're making it love.
Whatever that emotion is, make it love.
Breathe love into it.
For me, it's heartache.
It's something very old.
And I'm making it love. I don't need to stay in the emotion. I'm sending it love.
All the love I have in my heart. All the love I have for the people in my life. My children.
This business. All the women that I work with. I'm sending them love.
I'm taking this pain and I'm making it love and I'm sending it out.
And even now it's dissipating. I can stay here and stand as there's not even pain anymore.
The tears are flowing. The energy's moving. I'm alchemizing my pain into love.
And you can do the same.
Let's go to the next spot that you are on. In my case,
it's the hip flexors. where I hold a lot of grief,
loss,
breathing.
And actually, I think I need one of these balls to get into the next spot. So I'm going to take,
I'm going to try this first, this place that I'm holding grief. And it's very deep inside.

I'm on it.

And I'm feeling the grief and I'm making it love because I don't need to hold it anymore.

I don't need to hold my pain anymore, and neither do you. You have the ability to change everything, every painful experience, every ounce of heartbreak, every ounce of grief.

You have the ability to make it love and let it go. So let's do that together.

Breathing in love to this next spot, whether you're where I'm at or another place in your body.

My whole leg is shaking as I'm releasing. There's a lot here.

We all hold grief. We all go through loss. And we don't have to hold it.

We don't have to hold it. We get to raise our vibration. We get to come warm. and more into love.

So I'm going to give this a few more breaths because it's still moving from my leg.

My whole leg is shaking.

And I'm going to sink down even deeper into this spot.

Making it love and sending it out to everyone I love.

That was a big one. It's still releasing.

Ah, very deep.

This goes very deep on me.

I'm going to lie back down and find some other spots in my body. If you're still staying on a spot, stay as long as you need to. You can follow me or not follow me.

I am here as your guide. I am demonstrating while I'm doing this practice.

So keep breathing.

If you have to get up to go to the bathroom at any time,

You can do so. Just make sure that you're not dizzy.

Stand up slowly. Put your hands above your heart if you must go to the bathroom, knowing that releasing your bladder is a big release as well. And you may need to do that several times during

the breath work. Be safe and return to the breath.

I still feel something else coming up from my heart. There's been a lot of heart release.

Lately, I'm going to keep breathing until I feel what next needs release.

You can leave your knees up if your back is bothering you. It's okay. You don't have to have them

fully down. Keep breathing.

Ask your higher self, where do you next need to release from?

And allow the breath to go there.

What emotions are you holding that no longer serve a purpose?

You no longer need to learn through them.

Sometimes my body shakes as I release. If yours doesn't,

don't worry. It's perfectly normal. It's just what my body does.

Everybody's different.

If you're feeling a little pain in your heart and you want to just soothe yourself as you breathe, feel free to do so.

You may be feeling some tension in your arms. You may be feeling what we call technique, which is we call them lobster claws. Keep breathing as I speak, please. That's just an inability to

fully release from the arms. So if this is happening,
 you can open and close your hands as you breathe.
 And another thing you could do is you can use this ball to go into your pecs.
 You may use it to rub right here into your pectoral muscle.
 I feel a lot of tightness here. Yes, we hold here, and of course,
 our posture causes tension in the pecs. So if you like to use a tennis ball,
 a lacrosse ball, anything you have, roll in this area and breathe.
 Send your breath there. If you find a particularly painful spot and you want to stop and press
 both
 hands there, breathe
 love into it and
 send it out. Remember, breathe love in and send it out.
 Allow it to release. You can also use this ball down your arm.
 Yeah, sometimes the energy has a hard time, and I feel a lot of times some...
 contraction in the forearm. So keep breathing. If your hands are tight,
 you're experiencing your hands spread like this. Work
 like you're using acupressure. Work with a ball. And you can even do self-massage.
 I feel some tension here that's holding.
 Keep the breath. You may be crying. It's okay. You want to sob to any point that you want to let
 out. a scream, a holler. You can take your pillow and just put it over.
 You use your arm.
 Anytime that you need to vocalize, if you need to go, ah, if you need to scream and you're alone
 and you feel comfortable doing so, let yourself, let that energy come up and out through.
 Your voice through your throat chakra express from your heart whatever you need to say.
 If you just need to scream, if you just need to even just hum or tune or tone.
 We as women hold on to so much. We hold in so much.
 that we need to vocalize and say. So you may be experiencing some tightness in your jaw.
 I'm going to use this ball to just work the tension. I grind my teeth at night.
 I know I have so much tension in my jaw. So maybe you want to take, as you breathe,
 maybe you want to take one of the balls that you have and work out that tension. Find a spot.
 Send love.
 Work it out. muscles in your face the front of your jaw just work it up roll it around find a spot
 and send the breath there remember also we want to do both sides whatever
 and whatever time space where it wasn't safe to speak your truth we're releasing this anytime
 as a
 child
 That you experienced something and you could not tell someone. You held a secret. You could
 not
 tell someone. You felt it wasn't safe to speak your truth. Or there wasn't.
 no one to speak to or no one that would listen. Maybe this is coming up for you at this moment.
 It's what I'm feeling.
 These memories, these go all the way back to our childhood,

even to being inside our mother's wombs. These emotions that we hold are even connected to other lifetimes, parallel realities.

Other existences. So you don't need to know what it is. If it's sore, it's something.

You're holding something there. And you can send love to it.

I'm going to work the lower part of my jaw and neck.

Keep breathing. We hold so much in the front and back of the neck. So using your props.

Sometimes even just using your thumb. to go into the back of the neck and be enough.

And I found another spot.

And I feel that pain shooting all the way up to my ear, down my arm, breathing love into it, making it love.

Whatever trauma, whatever physical tension this is related to, just making it love, sending it love, and sending it out to whoever you love.

So I'm feeling a lot of tension in my neck, in the back of my neck. And I want you to stay laying down. But I'm going to sit up and demonstrate where I'm going into.

But you're to remain lying down and stay with the breath.

We hold so much tension in the front of our neck. We hold so much tension here and especially in the back of the neck.

So as you're laying down, If you'd like to explore your neck and under your jaw, many of us have experienced trauma in our childhood.

Any time or place where this trauma was left unexpressed, we would hold this here. So just know that this tension in your jaw and in your neck, even under your jaw, can be released.

may be connected to painful memories.

You may even feel your heart hurting as you go into this.

You find a spot.

You may want to go in a little deeper, and if it becomes too painful, again, make it love.

Send love to that spot. Maybe send love to that memory if it's connected to a memory.

Make it love and send it out.

You may want to go down your neck. Find a spot in your neck.

In my case, I hold a lot in the back of my neck.

So finding the spot, for me, again, the sub-occipital area, I dig pretty hard in here. And I think of love.

I send it love. And I give it permission to release. I send it out as love to all those I love and to Gaia.

You're lying down. You may feel another spot. Maybe your shoulders.

Maybe the front of your chest like we did before.

You may be feeling it in your back. Again, keep breathing.

Whatever that next spot is that you find, give yourself permission. You now have permission to let it go. You know how.

to let it go. You know that it's safe to feel pain.
You know that it's safe to bring up from our body the pain it is holding.
And you know that you can alchemize it into love.
And I'm going to give you a couple of minutes to just go to all those places in your body,
to the other side of the body.
If you're foam rolling,
I'm going to give you a couple of minutes to finish both sides. If you're working on your neck or
on your jaw, I'm going to give you a couple of minutes to finish the other side.
And if you finished both sides, returned to just breathing.
I'm going to lie down and finish out this session with you,
allowing you...
to resolve any emotion that has come up,
to slow the breath down.
This may take a couple of minutes.
Once you finish working with your props, later. down and join me.
One hand on the heart, the other on the belly.
We're going to slow the breath down.
Still in and out through the mouth.
If you're still releasing emotion, that's fine.
Let it resolve. Don't stop releasing as
you slow the breath down. Your releases will also slow and come to a natural resolution.
We're
going to start using some sighs to
signal to the body. We're relaxing,
returning back to the body fully.
And now you can take the breath in through the nose and
sigh. On the exhale,
breathe in through the nose
and sigh on the exhale. I'm going to sit up,
but you remain lying down. I want to connect to you and I want to guide you as you close out
this
breathwork session. You may be feeling some emotional rawness,
some vulnerability, and it's okay. You're safe.
If you feel particularly emotionally stirred, if you released a lot,
and you feel, again, some sense of rawness, openness,
and vulnerability, I encourage you, place your arms around yourself.
Rock gently, side to side.
You're okay. You're safe. It's safe to feel your emotions.
It's safe to heal. You don't have to hold on any longer.
Keep breathing slowly. And it can be very helpful to roll to one side.
Come into a fetal position. Just feel that safety, that safety of your body,
your arms wrapped around yourself,
like being back in the mother's womb. Imagine being held,

safely held by Gaia.

Breathe slowly, gently. Have compassion for yourself.

Have appreciation for your willingness, your bravery.

I know it's not easy. I know we go through so much. And I know we hold so much pain in our bodies.

It can be hard when the emotions first start coming up. We may want to run for the hills.

But I'm telling you, you let go of so much today. And in doing so, you learn to love yourself more deeply and to be more light for yourself and all others around you.

Take whatever time you need to come back into your body.
into a place of calm and tranquility.

It can take several minutes to return after a deep healing session.

Thank you for trusting me. Thank you for being here.

And thank you for joining me for this breathwork practice.

Alchemizing pain into love. And remember,

You are your own healer, and I bow to you.