

# METAMORPHOSIS





# BREATHWORK AND PHYSICAL PRACTICES FOR YOUR MANIFESTATION PRACTICE

KEEPING WITH THE THEME OF BREATHING IN AND OUT, AND OF ACTION AND REST, MANIFESTING AND LISTENING TO OUR BODIES' WISDOM ALSO REQUIRES THIS SORT OF CYCLICAL AWARENESS AND WISDOM. I OUTLINE MANY OF THE BELOW PRACTICES IN OUR VIDEO, TOO.

KEEP THIS LIST HANDY, AND TRY THE PRACTICES ON IT THAT SPEAK TO YOU AS OFTEN AS POSSIBLE. THE MORE OFTEN YOU ENGAGE WITH CALMING, GROUNDING, AND EXPANDING BODY PRACTICES, THE BETTER THEY WORK.

I ENCOURAGE YOU TO ADD YOUR OWN TO THE BLANK SPACE AT THE END OF THIS WORKSHEET SO YOU ALWAYS HAVE THE OPTIONS YOU NEED ALL IN ONE PLACE.

## **INTUITIVE MOVEMENT**

OUR WISE BODIES KNOW HOW WE NEED TO MOVE TO RELEASE OR MOVE ENERGY, OR TO BUILD UP ENERGY AND MOMENTUM. WE JUST DON'T ALWAYS LISTEN!

HERE'S A GOOD EXAMPLE: IN MANY NON-HUMAN ANIMALS, AFTER A FREEZE RESPONSE IN THE NERVOUS SYSTEM, A CREATURE WILL SHAKE THEIR BODY OR MOVE AROUND TO MOVE THE BUILT UP NERVOUS ENERGY THEY OVERBUILT WHILE FREEZING. DOING THAT HELPS THE BODY RELEASE THE EXTRA ENERGY AND HELP THE NERVOUS SYSTEM TO MOVE PAST THAT MOMENT AND ON TO THE NEXT ONE, AND CAN KEEP THAT ANIMAL FROM EMBODYING THAT MOMENT IN THEIR NERVOUS SYSTEM (NOTICE IT CAN, OUR BODIES ARE COMPLICATED. BUT MOVING THE WAYS YOUR BODY ASKS YOU TO MOVE REALLY MAKES A DIFFERENCE).

INTUITIVE MOVEMENT MAY ALSO MEAN OTHER BODILY EXPRESSIONS, LIKE SPEAKING OR SINGING. SINGING (WHETHER OR NOT YOU THINK YOU SING "WELL") PRODUCES VIBRATIONS THAT SOOTHE OUR NERVOUS SYSTEM.

BEGIN TO TUNE INTO THE WAYS YOUR BODY WANTS TO MOVE IN A GIVEN MOMENT AND, WHENEVER POSSIBLE, HONOR THAT REQUEST FOR MOVEMENT. MAYBE YOUR BODY WANTS TO STRETCH A CERTAIN MUSCLE GROUP, OR SHAKE OR DANCE, OR DO A CERTAIN YOGA POSE. IT CAN BE A NICE PRACTICE TO NOTICE HOW YOU FEEL, PHYSICALLY AND EMOTIONALLY, BEFORE AND AFTER DOING A MOVEMENT YOUR BODY ASKS FOR.

## **BREATHWORK, THE BODY, AND CREATIVE MANIFESTATION**

THERE ARE MANY, MANY WAYS TO WORK WITH OUR BODIES IN OUR MANIFESTATION PRACTICES, BUT MOST OR ALL INVOLVE REFLECTION AND LISTENING AS WELL AS ACTIVE MOVEMENT AND CREATION.

NOT EVERY PRACTICE NEEDS TO BE ABOUT MANIFESTING AN EXTERNAL REALITY, EITHER: IN FACT, MOST OF THE TIME WHAT WE ARE DOING IS TRYING TO CULTIVATE A DESIRED INTERNAL REALITY, SO WE ARE GROUNDED, RECEPTIVE, AND ABLE TO BRING IN THOSE EXTERNAL MANIFESTATIONS WE DESIRE.

YOU MAY HAVE FAVORITE PRACTICES FOR EACH OF THESE TOO: MAYBE YOU ENJOY DOING YOGA ASANA OR TAI CHI OR QI GONG OR SOMETHING ELSE AS A MINDFUL MOVEMENT PRACTICE. AND I ENCOURAGE YOU TO EXPLORE AND BRING IN MINDFUL MOVEMENT IF YOU DON'T ALREADY.

WHEN I THINK ABOUT HOW TO CONNECT MOVEMENT TO MANIFESTATION, I THINK ABOUT IT IN TWO DIFFERENT WAYS: GROUNDING, AND MANIFESTING.

BASICALLY, GROUNDING IS A PRACTICE TO NOTICE YOURSELF IN PLACE AND SPACE. IT'S AN OPPORTUNITY TO RE-LOCATE A CALM, CENTERED STATE AND TO FEEL YOURSELF FIRMLY ROOTED.

MANIFESTING CAN MEAN BRINGING IN WHAT WE DO WANT, OR RELEASING WHAT WE DON'T.

## **MY ANY TIME, ANY WHERE GROUNDING PRACTICE**

ONE PRACTICE YOU CAN DO ANY TIME, ANY WHERE IS TO IMAGINE POURING ANY EXTRA ENERGY OR TENSION FROM YOUR BODY INTO THE EARTH, AND IMAGINE IT BEING COMPOSTED. TO THE OUTSIDE OBSERVER, IT JUST LOOKS LIKE YOU'RE SITTING STILL, SO CAN BE USEFUL WHEN YOU NEED TO FIND CENTERING IN PUBLIC.



TO TRY THIS: FEEL YOUR FEET ON THE FLOOR, OR ANY OTHER POINTS YOUR BODY IS CONNECTED TO A SEAT/THE EARTH, AND SPEND A FEW SECONDS FEELING FIRMLY ROOTED INTO THAT PLACE AND SUPPORTED. ONCE YOU FEEL SUPPORTED BY THE EARTH AND AWARE OF YOUR CONNECTION TO IT, FEEL YOURSELF POURING YOUR EXTRA ENERGY DOWN. YOU CAN KEEP YOUR EYES OPEN AND FIXED ON A POINT, OR CLOSED.

YOU MAY SAY SOMETHING (IN YOUR HEAD OR OUT LOUD) LIKE "I'M RELEASING THIS OLD ENERGY TO GO SERVE ITS PURPOSE ELSEWHERE," OR "I'M GRATEFUL TO PASS THIS ENERGY ON" OR "I'M GRATEFUL TO HAVE RECEIVED THIS ENERGY AND TO SHARE IT NOW WITH THE EARTH", OR WHATEVER RESONATES WITH YOU.

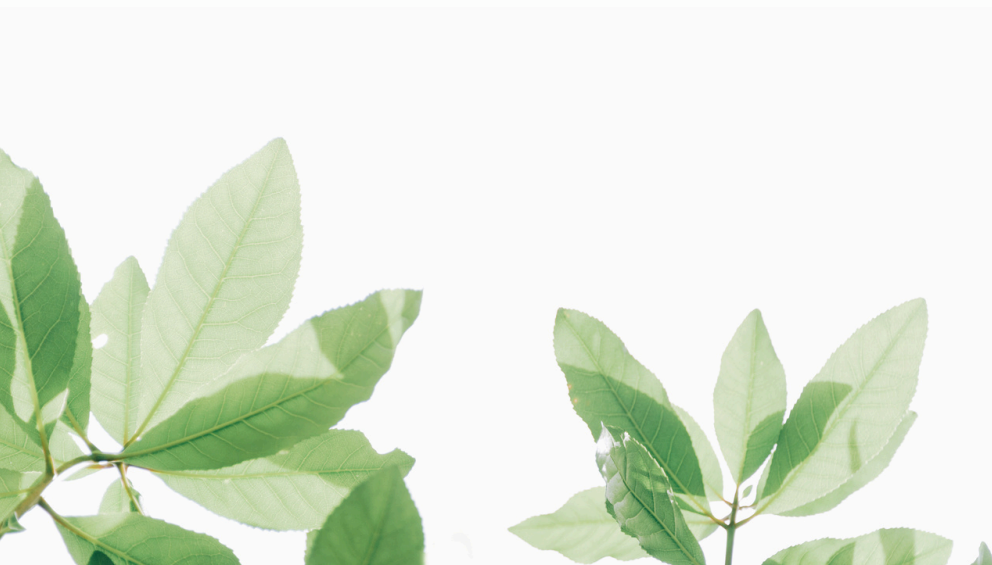
YOU MIGHT EVEN IMAGINE ROOTS GROWING DOWN FROM THE BASE OF YOUR SPINE INTO THE EARTH, RELEASING EXTRA ENERGY AND DRAWING UP CALM, GROUNDING, HEALING EARTH ENERGY.

### **BREATHWORK FOR GROUNDING**

BREATHWORK IS A REALLY BEAUTIFUL, SIMPLE WAY TO QUICKLY FIND GROUNDING AND CALM. DEEP BREATHING CALMS AND SOOTHES OUR NERVOUS SYSTEMS AND NOURISHES OUR BODIES, AND IS A BEAUTIFUL PRACTICE TO TRY THROUGHOUT THE DAY.

I ALSO LIKE TREE BREATHING (WHICH YOU CAN TRY WITH THE GUIDED MEDITATION IN THIS COURSE), OR BREATHING IN FOR THE COUNT OF 4, THEN BREATHING OUT FOR THE COUNT OF 5. EXHALING FOR SLIGHTLY LONGER THAN YOU INHALE HELPS YOUR NERVOUS SYSTEM RELAX MORE EASILY. IN MORE TECHNICAL TERMS, DEEP BREATHING SUPPORTS A PARASYMPATHETIC NERVOUS SYSTEM RESPONSE, WHICH CALMS THE BODY, IN CONTRAST TO A SYMPATHETIC NERVOUS SYSTEM RESPONSE, MORE COMMONLY KNOWN AS FIGHT OR FLIGHT (OR FIGHT, FLIGHT, OR FREEZE).

YOU MAY HAVE OTHER FAVORITE BREATHWORK PRACTICES YOU LOVE: AND I ENCOURAGE YOU TO WRITE THOSE PRACTICES AT THE END OF THIS WORKSHEET SO YOU HAVE THEM HANDY.





## **MANIFESTING WITH THE BODY AND BREATH**

ONE SIMPLE PRACTICE FOR MANIFESTATION IS SIMPLY TO FEEL GRATITUDE FOR WHAT YOU ALREADY HAVE: I LIKE TO BREATHE AND IMAGINE THAT GRATITUDE SETTLING INTO MY HEART SPACE, OR IN MY BODY OVERALL. SOMETIMES I IMAGINE MY GRATITUDE ACTUALLY EXPANDING MY BODY AND SPIRIT AND MAKING WAY FOR MORE GOOD THINGS TO FLOW IN.

IF YOU'RE IN A MOMENT WHERE YOU'RE STRUGGLING TO FIND GRATITUDE, START WITH ONE THING YOU'RE GRATEFUL FOR: JUST THE FIRST THING YOU SEE OR THINK OF THAT SPARKS GENUINE GRATITUDE. YOU MAY VERY WELL FIND THAT MORE GRATITUDE EMERGES FROM THERE.

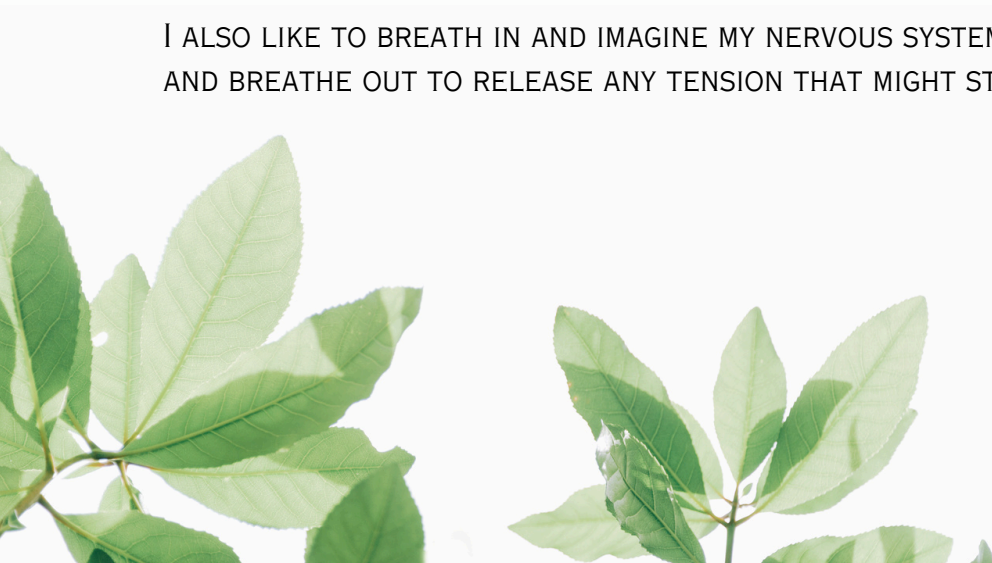
SETTING INTENTIONS BY BREATHING INTO YOUR HEART SPACE IS A NICE PRACTICE, TOO. ONCE YOU FEEL GROUNDED AND CALM (MAYBE AFTER DOING SOME OF THE BREATHWORK ABOVE, OR AS YOU SETTLE INTO A MEDITATIVE STATE), SPEAKING AN INTENTION ALOUD OR IN YOUR HEAD, IMAGINING THAT INTENTION SETTLING INTO YOUR HEART SPACE ON AN INHALE, AND BEING SEALED THERE ON AN EXHALE, CAN BE A NICE WAY TO EMBODY THE THINGS AND EXPERIENCES YOU WANT TO BRING FORTH INTO YOUR LIFE.

## **WORKING WITH THE BREATH TO RECEIVE AND RELEASE**

WORKING WITH THE BREATH TO RECEIVE AND RELEASE IS ONE OF MY FAVORITE SIMPLE PRACTICES. BREATHING ONE THING IN THAT YOU WANT AND ANOTHER THING OUT THAT YOU WANT TO RELEASE, IS A GREAT WAY TO TAP INTO YOUR BODY, CALM YOUR NERVOUS SYSTEM, AND TO OPEN YOURSELF TO RECEIVING. IT CAN LOOK A LOT OF DIFFERENT WAYS:

ONE PRACTICE I'VE BEEN DOING SINCE I WAS A CHILD IS: BREATHING IN LIGHT, THEN IMAGINING IT SURROUNDING WHATEVER YOU WANT TO RELEASE (WHICH YOU MIGHT ENVISION AS DARK CLOUDS, SLUDGE, WHATEVER) AND THEN PUSHING THAT SUBSTANCE OUT WHEN YOU EXHALE. I IMAGINE THE LIGHT GETTING BRIGHTER AND BRIGHTER AS I CONTINUE TO INHALE AND EXHALE, AS I RELEASE MORE OF THE SLUDGE/CLOUDS OF ANXIETY OR WORRY OR TENSION.

I ALSO LIKE TO BREATHE IN AND IMAGINE MY NERVOUS SYSTEM EXPANDING AND UNFURLING, AND BREATHE OUT TO RELEASE ANY TENSION THAT MIGHT STILL BE STORED THERE.



THERE ARE MANY, MANY OTHER BREATHWORK PRACTICES OUT THERE, FOR BREATHING IN WHAT YOU WANT TO RECEIVE AND BREATHING OUT TO RELEASE WHAT YOU NO LONGER NEED. I ENCOURAGE YOU TO WRITE DOWN YOUR FAVORITES AT THE END OF THIS WORKSHEET, SO THEY'RE HANDY WHEN YOU NEED THEM.

IF YOU FIND WHEN YOU'RE DOING THIS BREATHWORK THAT YOU HAVE TROUBLE RELEASING AN EMOTION, OR FEEL RESISTANT TO OPENING UP, TRY THANKING THE THING YOU'RE TRYING TO RELEASE FOR ALL IT'S DONE FOR YOU, AND SEE IF THAT HELPS.

HERE'S AN EXAMPLE (AS WITH ALL THESE PRACTICES, REWORD IN A WAY THAT IS MOST MEANINGFUL FOR YOU): THANK YOU ANXIETY FOR HELPING TO KEEP ME SAFE, I KNOW YOU HAVE WORKED HARD TO PROTECT ME, AND NOW I CAN RELEASE YOU TO GO BE OF SERVICE WHERE YOU'RE MOST NEEDED.

### **SOME OTHER PRACTICES:**

#### **CORD CUTTING:**

IF YOU'RE MANIFESTING THE RELEASE OF SOMETHING (LIKE A RELATIONSHIP THAT NO LONGER SERVES YOU, OR A SEPARATION BETWEEN YOURSELF AND A CERTAIN HABIT), CORD CUTTING CAN BE A POWERFUL WAY TO HELP YOU DO THAT. I OFTEN DO IT FOR THREE DAYS IN A ROW, INTENTIONALLY IMAGINING THE CORDS BETWEEN MYSELF AND WHATEVER I WANT TO RELEASE BEING CUT.

YOU CAN SEE AN EXAMPLE OF THIS IN OUR VIDEO!

#### **SACRAL CHAKRA:**

YOU CAN BREATHE INTO YOUR SACRAL CHAKRA (THIS IS ABOUT TWO FINGERTIPS BELOW THE BELLY BUTTON, AND 1 FINGER LENGTH INTO THE BODY), ALLOWING EXPANSION AND EASE IN. MAYBE YOU VISUALIZE LIGHT EMANATING OR TURNING OR MOVEMENT, WHATEVER FEELS NATURAL TO YOU.

IF YOU'RE FAMILIAR WITH COSMIC EGG MEDITATIONS, THOSE ARE ALSO GREAT TO DO HERE: IF YOU AREN'T, ANA KINKELA OFFERS A REALLY GOOD INTRODUCTORY MEDITATION TO THIS. ESSENTIALLY, YOU ARE CHECKING IN WITH THE NERVE CLUSTER ASSOCIATED WITH THE SACRAL CHAKRA, WHICH IS YOUR PHYSICAL PORTAL TO INFINITE CREATIVITY, AND ALLOWING YOURSELF TO DROP INTO THAT SPACE AND IMAGINE IT EXPANDING, AND WORKING WITH IT TO BUILD YOUR CREATIVE DESIRES.



**MY FAVORITE MOVEMENT PRACTICES AND BREATHWORK PRACTICES:**

