

EMBODIED NATURE

ECO-SOMATIC PRACTICES FOR RESILIENCE

BREATH OF PROTECTION

A good way to initiate yourself into this practice is to go outside where you can see the sky above and feel the earth beneath you. Take a comfortable standing posture.

Practice: As you breathe in, let your hands flow upward along the front of your body to the area above your head. As you breathe out, let your hands stretch out wide as they float back down to your sides, beginning again at your pelvis. Allow your gestures to be light and airy. Inhaling, receive the energizing strength of Earth. Exhaling, sense a circle of protection embracing you.

Visualization: Earth energy rises up through the heels waking up the legs, spirals through and activates the genitals, moves up along the spine and turns on the digestive system, opens up the heart, energizes the vocal chords, and then travels out through the top of the head creating a sphere of protection all around you. Note the color, texture, size, etc. of the sphere and sense Earth's embrace protecting you.

Mantra: Inhaling, I receive the blessings of creation.
Exhaling, I relax into Earth's embrace.

ELEMENTS OF THIS PRACTICE INCLUDE:

- * BREATH
- * MOVEMENT
- * VISUALIZATION

As you invoke the energy of a new day, season or cycle in your life, you may feel called toward a daily practice that protects and strengthens your bodymind and spirit. As night turns into day and cycles of death give birth to new life, fresh energy will become available to you. The following eco-breath practice is a simple way to protect yourself energetically, to build vitality in the body, and to nurture your connection to the healing power of nature.

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PRACTICES VISIT OUR BLOG:
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