



## **SOMA Awakening Phase meditation script**

Note: Let participants know that In rounds 3 & 4 they are to do the breath retentions in their own time it won't be instructed (unless you choose to do it as an instructor).

### **Introduction**

Sit comfortably with your back straight or lie down on your back without any tension and bring your awareness to your breath.

Being aware of how you breathe in and out, that's right.

Begin this meditation by feeling and embodying gratitude.

Allow the feeling of gratitude to flow freely through your body. Gratitude for the ability to do an experience like this. To enjoy the body that you have been blessed to be born with, the health, love, happiness which is already present and will flow to you in abundance as you open your heart and mind to the truth. The truth that you already have to receive infinite love, abundance, wealth, health, already inside the very core of your being, and this experience shall awaken you to your full human potential by accessing this wealth of energy, knowledge and wisdom that lies deep within.

With your eyes closed putting your right hand on your heart, feel the beat of your heart.

And have a moment of gratitude for your heart, provider of nutrients, energy, vitality to your organs and every cell in your body, without which your life would not exist. Your centre point of intuition, inner sights and connection, empathy and emotion.

Now when I give the command you are going to take a deep breath in, slowly, gently, smooth breath in, through both your nostrils and you are going to make a tone, three syllables of AH, OR and MM.

With the 'AH' making awareness to your abdomen area.

With the 'OR' making awareness with your heart, and

With the 'MM' bring your awareness to the vibration and resonance in your third eye, your brain.

AAAAAAUUUUUUUMMMMMM

Now we are going to begin a rhythmic diaphragmatic breathing.

When I say in, you will breathe in as instructed, and when I say out you'll breathe out as instructed with a rhythm of a four to the floor beat.

## **Breathwork Round 1 (4:4)**

(4min:55sec)(Breath count-starts)

In 2,3,4, out,2,3,4

In 2,3,4, out,2,3,4

When you breathe in, breathe from your roots, the roots is the region between your sphincter muscles and your pelvic floor, the root chakra. The base of your energy centre. When you breathe in, breathe through this centre and contract up the muscles you would use to hold in your urine, your pelvic floor, on every inhale slowly, smoothly and consistently, and as you breathe in imagine your abdomen rises with your breathe in, your diaphragm rises followed by your chest, and imagine this air is circulating like a current of energy around, and on your exhale make your exhale smooth, slow and consistent like an ocean wave sound. You can even make a tone on your exhale like this.

In 2,3,4, out,2,3,4

In 2,3,4, out,2,3,4

(Breath count-stops)

## **Breath hold phase 1**

(10min:55sec)On the next inhalation, fully in, that's right, breathe fully in... and then fully out, that's right. Breathe all the air out, make a ahhhhhhhhhhhhhh and hold your breath, and go into your breath retention phase. Holding your breath slightly longer beyond the comfort zone.

And then when you get that big urge to breathe, a quick inhale in and out... holding your breath, repeat this twice.

## **In-breath hold 1**

(12min:34sec)And then when you get a big urge to breathe, breathe fully in, hold the breathe in, squeeze the Mula Bandha, the pelvic floor muscles, contract the sphincter muscles, contract your forehead and imagine shooting and drawing up the energy you've just breathed in on your inhalation, holding your breathe in, right through your midbrain, through your third eye. And draw your attention to your third eye and hold your breath. Hold it for around one minute or as long as comfortable.

(13min:29sec)And then let out a tone hhhhaaaaeeeeeeyyyyyyyyyyy

## Breathwork Round 2 (4:4)

(15min:22sec)(Breath count-starts)

In 2,3,4, out,2,3,4

In 2,3,4, out,2,3,4

(Breath count-stops)

### Breath hold phase 2

(20min:10sec) Now on your next inhalation fully in, that's right, breathe fully in, and then fully out, that's right. Breathe all the air out, make ahhhhhhhhhhhhh and hold your breath after exhalation.

### In-breath hold 2

(22min:53sec) And when you get the urge to breathe fully in...

Hold your breath in, pulling up the Mula Bandha, contracting, squeezing your forehead, shooting the energy out of your third eye, focusing on the white lights... in your mind's eye, radiating.

Hold your breath in for 30 seconds to 1 minute, or until, you need to let go and then...

(23min:36sec) Let out a tone of good feelings ,AAAAAUUUUUUMMMMMM

Hold your breath for a few more seconds,

(24min:13sec) And then in... hold your breath in... shooting that energy back up into your brain.

(24min:33sec) Hold it and then let out another tone, AAAAAAUUUUUUMMMMMM

## Breathwork Round 3 (4:4)

(26min:25sec)(Breath count-Starts)

In, 2,3,4, out,2,3,4

In, 2,3,4, out,2,3,4

(Breath count-Stops)

### Breath Hold phase 3

(32min:42sec) Now fully in, and fully out. Hold your breath.

Going into a still state, deep inner bliss and meditation as you connect to the essence of your soul.

Open your heart, open your mind, let the love pour in, as you connect to the light within.

You are amazing, you are a miracle, you have everything you need to receive infinite love, health, wealth, abundance.

This is your truth, your higher power. This is who you truly are. Whole, perfect, strong, loving, harmonious and happy, that's right.

## **Breathwork Round 4 (4:4)**

[\(37min:21sec\)](#)(Breath count-starts)

In, 2,3,4, out,2,3,4

In, 2,3,4, out,2,3,4

[\(42min:19sec\)](#)(Breath count-stops)

## **Breath Hold phase 4**

Now fully in... and fully out

Open your mind and connect to the light within.

You're a divine spark with a creative life force.

As you connect to your higher self, your higher power, witness the white light, your higher self, channelling through you like a beacon of divine energy, transmitting a higher frequency of vibration, connecting you to the reality that you want to attract, that you deserve, that is aligned with your highest values, much like a boost of energy, whenever ideas, visions,

Moments of clarity that you receive with this experience, pay attention as it is important to your personal growth, your wellbeing, your health, abundance and wealth.







