



## **SOMA Phase meditation script**

### **Introduction**

Lay comfortably. With your back straight in a place where you will not be disturbed.

Bring your awareness to your breath as you breath in, and out, that's right.

Take a deep breath in, (breathe in) hold it. And let go with a sigh of good feelings, that's right.

Take another breath in, this time as you breathe in, imagine you're breathing the sacred life force, the prana, universal energy, the lights, breathe in light. (breathe in) Hold it.

And then let go, ahhhhhhhhh.

A feeling of gratitude that vibrates all over your body, the Soma.

Breathe in light (breathe in), hold it, and let gooooooo.

A feeling of relaxation and good feelings.

Now bring your awareness to your entire body, the Soma, your vehicle through life...

And as you perform the sacred chant of om... ahhh ohhh mmm, those three syllables will vibrate with each of the three major areas of your body.

As you make the sound, bring your awareness with a feeling of deep gratitude for each of these areas that will vibrate with the sound. Waking up every cell that completes body of your life, the Soma.

(3min:11sec) So as you make the sound of... ahhhhhhhhhhhhhhhhhhhhhhhhhhhhhh, bring your awareness to the lower parts of Soma.

Your feet and your legs that give you what support, allowing you to walk, run and dance on your journey through life.

And bring your awareness to your sex, your sex organs that allow you to harness the creative life force, allowing you to procreate, be created.

And then bring your awareness to your abdomen and your gut, the source of energy from the food you consume, the seat of your gut instinct, your

source of power, to drive motivation, ambition, ability to complete goals, to reach your dreams.

(4min:57sec) Then as you make the sound owwwwww, the vibration, this time on your second proponent of Soma, the area of your heart, the seat of your intuition, your connection to others and universe, source of your empathy, love, passion.

And your throat, your throat that allows you to sing, to make tones, to swallow. That allows the air to pass into your lungs, your lungs, and your diaphragm, the vessels that allow you to breathe, breathe in light, breathe in love, breathe in the prana.

(6min:25sec) And then bring your awareness, with a sound mmmmmmmmmmm, the humming sound that vibrates, with, the master glands of your endocrine system. Pituitary, pineal, your third eye.

The seat of your visionary power, a source of the Soma within.

Now connect with each of these areas with deep gratitude, good sensations as you make a sacred tone.

Breathing in... breathe in light fully... breathe in light fully in (breathe in),  
ahhhhhhhhhhhhh.

Now we are going to begin to breathe in beats, this time bring your awareness to the light as you breathe in light and you breathe out the tone from your heart. Your heart is your connection to everything that exists in this universe. So to vibrate the heart sends out your frequency to the law of vibration to the universe. So you make a sound, owwwwwwwwwwww, on your out breath, throw out haaaaaaaaaaaaaaaa, whatever feels good and whatever makes the heart sing and vibrate, that's right.

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

(9min:19sec) (Breath count-starts)

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

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

That's right breathe in light

Making a sound on your exhale, vibrating with your heart, that's right.

(Breath count-stops)

## **Breath hold phase 1**

(14min:24sec) Now fully in, and fully out.

Now go into your breath retention phase.

## **Breathwork Round 2 (4:4)**

(17min:51sec)(Breath count-starts)

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

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

That's right, keep connecting. Breathe in light, breathe out your sacred sound.

Projecting your intention forward out into the universe.

Imagining with every breath in and out, you're drawing in light, all the way through your nostrils into your brain, sending a circuit of golden white light all the way around your body, a complete circuit. Turning on your inner magnetism, your creative potential.

Using sexual energy, by squeezing the mula bandha, root chakra and pelvic floor muscles. With every inhale, slightly and releasing and letting go to the sacred sound, setting off a vibration of good feelings, on your exhale. That's right...

(19min:25sec)Breathe in light... breathe out power.

Breathe in light... breathe out power.

Slow smooth consistent and connected breaths, circular, cyclic, connected rhythms. Connected to the groove power. Tuned to the rhythm of life.

This is your time to connect with your higher power, your higher self, channel and awaken the light, the life force, the creative power, the prana. The energy of the universe, into every single cell, your being. The Soma. One body, one mind, to love.

(Breath count-stops)

## **Breath hold phase 2**

(23min:27sec)Now fully in... And fully out... let go, the sacred sound, AAAAAUUUUUMMMMM.

Hold your breath, go into your breath retention.

## **Breathwork Round 3**

(25min:55sec)(Breath count-starts)

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

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

Breathe in light, breathe out love. Breathe in the light, breathe out the love.  
Connect to your being, connect to the breath. The rhythm of life.

Connect deeply to your higher self, your higher power, to the breath.

Waking up the treasure house that lies within your heart, your connection  
to the universe and everything in it.

Your source of deep intuition... insight... love.

Breathe in the light.

That's right

(30min:03sec)(2:2 breath)

Faster

In, out, in, out

In, out, in, out

Open your heart, open your mind.

That's right

(Breath count-stops)

### **Breath hold phase 3**

(32min:12sec) Now fully in, and fully out.

Hold your breath, get into your breath retention.

You are connected to the divine white light of your higher self.

Feel the experience penetrating every single cell in your body, in your  
mind. One consciousness, one spirit. The heart of your soul.

### **Breathwork round 4**

(37min:32sec)(Breath count-starts)

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

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

(42min)(2:2 breath)

In out, in out, in out, in out,

(43min:38sec)(1:1 breath)

In out, in out,

in out, in out...

(43min:44sec)Faster, deeper, breathe in light.

Breathe into your heart, the sacred life force, connect to your highest power, your truth.

(Breath count-stops)

### Breath hold phase 4

(44min:06sec)Now fully in, and fully out

AAAAAAUUUUUUUMMMMMM

Now go into your breath retention.

(47min:04sec)Now we prepare for a faster rhythm. You can use your mouth to suck in the air, (example 2:2)letting out a sigh of good feelings when you exhale.

Building up that energy and your psychic potential deep within as you connect to the beats of the rhythm.

### Breathwork round 5

(47min:40sec)(Breath count-starts 2:2 breath)

In out, in out,

In out, in out...

(52min:52sec)(0.5:0.5 breath)

In out, in out,

In out, in out...

Faster, Faster, wake it up, wake it up,

This is it, build it up, the ecstasy, the energy, the drive, the motivation to achieve anything, to attract the perfect reality. Connect to your higher power, wake it up, faster, harder, deeper, that's right, turning up the brightness, the intensity of the white light. This is it.

(Breath count-stops)

### Breath hold phase 5

(53min:44sec)Now fully in, and let

oo  
oooooooooooooooooooo.

Go into your breath retention

This is the evolution of your consciousness, as you witness the white light, as it transmits into your aura... Lighting up the Soma... Illuminating the spirit within.

You have become the Soma, one body one mind. This is your awakening, to your higher self, the higher power.

(56min:47sec) Hold these ideas as commands to your subconscious mind. Infinite intelligence this conscious mind reveals to you.

Infinite intelligence your subconscious mind reveals to you everything you need to know at different times everywhere.

Success and good fortune flow towards you, a river of abundance. You attract success and prosperity through your ideas.

Success and achievement, unnatural outcomes. Believe your thoughts, plans and ideas and lead you straight to success.

Opportunities and advantages come through each door that you open.

Positive advantage is always yours.

Prosperity and success is your natural state of mind.

You are a creative person. Your creative source never runs dry, and creative thoughts boost your self-confidence and give you courage.

Your creativity fills you with passion. Your creative energy radiates outwards.

Fresh ideas come quickly and easily to you.

You take inspired actions keeping your creative spark alive.

You love creative expression. Your creative spirit has no boundaries. You are infinitely creative. Your environment supports your creative thinking

You are a creator and an innovator. You are always open to new experiences. The universe is your playground. You are always open to perfecting your creative potential and creativity. Your creativity is the betterment of your soul.

You honour your creative genius. Nurturing your creative mind with loyalty. Your creative mind frees you from habitual thinking that no longer serves you.

You love and embrace your inner creative child.

You are renewed and strengthened by the universal light.

The healing power of your spirit is flowing within the cells of your body. You are made of one universal whole substance. You are supreme light.

Universal power is moving through you, your stomach as well.

You recognise realness to be a result.

You recognise any illness to be a result of the transgression of thoughts.

You bring back balance by writing down this exercise and writing any thoughts that may be coming to you throughout this journey.

Much love, positive energy and blessings to the day ahead. Peace.