

## **HEAVEN & EARTH BREATHING SCRIPT**

This is a practice that balances energy by connecting the grounding energy of the earth with the uplifting energy of the heavens. It's a holistic exercise that nurtures physical stability, emotional balance, and mental clarity, through intentional breathing and movement.

**Here are the steps of the Energy Flow® Heaven & Earth Breathing exercise:**

1. Sit comfortably or stand with feet shoulder-width apart, knees slightly bent, and your arms relaxed at your sides.
2. As you take a breath in from your nose and out from your mouth, imagine roots growing down into the ground, into Mother Earth (divine feminine).
3. Feel yourself to be grounded and with a hand on the heart, go ahead and breathe in from the ground, breathing in all the qualities of Mother Earth, the divine feminine. Breathing in love, compassion, nourishment, and safety.
4. Imagine these qualities going into every cell in the body.
5. Now bring your awareness to the skies, the sun, the heavens and galaxies.
6. Breathe in from above and into the crown the solar energy, the divine masculine. Breathe in the qualities of communication, clarity,

confidence, and healthy assertiveness. Let all these qualities merge inside every single cell.

7. Now breathe in from the solar energy and from the earth energy together. Let the qualities from the divine mother and divine father merge with each other, making union with self.

**Reflection questions:**

1. As you imagined breathing from the ground and from above, what sensations did you notice in your body?
2. How did your body respond when you focused on qualities like grounding, clarity, or calm while breathing?
3. After bringing both energies together, how did you feel emotionally or physically compared to when you began?