

Dragon's Breath

Eluña Noelle

- 00:00:00 Hello everyone. I would like to teach you the Shamanic Dragons Breathwork. So this is a breath practice that has come through me or that I have remembered, which is why I call it shamanic. I am very certain that other shamanic practices have included this type of breath, and I have just tuned back into it.
- 00:00:22 I thought initially that this was breath of fire, but after further investigation into Breath of Fire, I have learned that that is not the case. So I would like to teach you the Shamanic Dragons Breathwork. This is a breathwork practice that I do with people who come on initiations with me. And the purpose of this breathwork is to stimulate the lower three centers of the body, and to bring up energy that is in those places that you are not able to get out through simple exercise or other energy practices.
- 00:00:57 Sometimes energy is so trapped in these lower three centers that what it calls on is physical manipulation, paired with an intention and energetic movement to really bring up what is down here and then allow it to come out. So there is a lot to say about what this breathwork offers.
- 00:01:18 The release of stagnant energy is one of them. Once that energy has moved up from these lower centers, you're going to notice it very likely in your heart. But if you don't notice it in your heart right away, then it probably has already made its way to your top centers and to your brain. And what will begin to happen is you will notice a variety of physical sensations, and also mental stimulation will begin to happen in terms of physical sensation.
- 00:01:46 You may notice that your body starts to move on its own, in different, in different ways. That is again energy moving through you. So if you become conscious of that, that's okay. Just let it keep moving the way that it needs to. As long as you are able to maintain the pattern of this breath, just let your body move. The other thing that you might notice physically is that your hands or your toes, they may start to contract and contort and go into like a very strange claw shape that is again stagnant energy that is coming up and out of you.
- 00:02:20 Totally normal. Just let your body do what it needs to do. In terms of mental stimulation, it is very normal to experience various geometric shapes. When you are doing this breath or just after you complete this breath. The reason for that is because the way that this breath stimulates you is it actually activates neurotransmitters in your brain that release the chemical Dimethyltryptamine.
- 00:02:47 So that's DMT. So it is very normal to see different colors or different shapes when you are doing this breathwork, because it is in a way, like a psychedelic experience. That is one of the reasons why. I also know that it must be connected to some form of shamanic practice, because it is a way of getting in touch with another type of energy that is beyond you, but that also is you simultaneously.
- 00:03:10 So if you start to notice those things again, very normal. So just let that come through. I encourage you not to try and make sense of what you see. Don't create a story around it. Just allow it to be what it is. Allow it to be a moving picture that is in front of you and as you are meant to, you will make sense of it.
- 00:03:31 It will naturally come into understanding in your being if you just let it be what it is. No, no trying to analyze or figure it out or attach meaning to what you see or even what you experience in your body. Just allow it to be energy and nothing more. That's really what I

encourage with this practice in terms of the technique, your focus is primarily on the exhale.

- 00:03:57 That means that you are naturally going to let your body inhale and focus your attention on the exhale. So when when you are exhaling, all you are doing is bringing your attention to that as well as to how much you are moving your belly in and out. Moving your belly in and out allows you to give the greatest force of energy when you are releasing on the exhale.
- 00:04:23 And that in turn, is bringing up and releasing the most amount of energy that is stored in our lower centers. So it's going to sound something like this. As you can see, my belly is moving in and out and I have my hand here. So you can really see how much my belly is moving in and out.
- 00:04:45 That is just naturally what happens when you focus on the exhale. And I don't even think about the inhale. The inhale just happens on its own when you are fully focused on the exhale. So again it will look like this.
- 00:05:07 I am using my abdominal muscles to contract lightly when I am exhaling. So I am bringing my abdominal muscles in and tightening a little bit so that the force that comes out is stronger.
- 00:05:27 I am intentionally blowing the air out of my mouth. You can try it where you are, leaving your mouth more open and you are exhaling like this. Ha ha ha ha. The reason I personally don't do that is because I find that my breath the it makes my throat very dry, and so then I end up having to kind of close my mouth and interrupt my breath to try to moisten my throat, but some people find that that is easier for them, so I recommend that you try both ways.
- 00:05:58 If you are struggling with finding the rhythm of the breath, keeping your hand on your belly can be helpful just to have that as a grounding point of knowing each time you exhale, it's like the beat of a drum. This breathwork is typically done with shamanic drumming that that is how I usually hold this breathwork.
- 00:06:18 When you do this, practice yourself with the track that I have provided, there is going to be music there as well as my breath to keep you on rhythm. But if you want to explore and find a drumming practice that works for you, a track that you can do this to, then I fully encourage you to do that. You may also find it helpful to start this breath with your mouth open and your tongue hanging out, to try and find the rhythm of what it is like to only focus on the exhale.
- 00:06:47 It's very unnatural for most people to just focus on the exhale. We are very consumed with breathing in, which is a metaphor, but we are focusing on the exhale. We are focusing on how much we can give away in this practice through the exhale. So if you are finding it difficult or if you just want to start off, this is how I started off.
- 00:07:09 Every time I would practice this breath until I really got it down. Open your mouth and stick your tongue out and you are going to pant like a dog. So like this.
- 00:07:18 Ha ha ha ha ha ha ha ha.
- 00:07:22 That really helps you get the pattern down. And again, you are able to just feel your belly because when you are pretending to pant like that, your belly naturally goes in and out. You don't even really have to contract it.
- 00:07:34 Ha ha ha ha ha ha.
- 00:07:39 So just pretending like you're a dog who's just gone on a walk. You can find the pattern easily and you will feel the movement of your belly. And then as you're ready, make the practice a little bit more challenging by by removing that when you feel ready to again

where your mouth is, is just in an O, or if you find it easier to keep your mouth open, then do that and then contract your belly at the same time.

- 00:08:02 So I will show that again. So that is the breath. This current track that you are going to listen to. It is going to lead you through this breath for a few minutes.
- 00:08:23 I won't say how long the breath is going to be, because it is very easy to get caught up in your mind about the length of time that you're doing this breath for. If you just surrender to the experience, and if your focus is only on the exhale, you're doing the breath. Eventually you're going to focus only on the exhale, and you're not even going to notice your belly because it's going to naturally be moving on its own, and you are naturally going to be forcing the air out.
- 00:08:52 That is the idea. So just allow that to be where your awareness is, only on the exhale. I highly encourage that you do this with your eyes closed. You will be able to see a lot more, but it also is easier to focus on just one thing on this forceful exhale that you are making when there is nothing else that you can see around you.
- 00:09:14 If you have an eye mask, you may find it easy to do with an eye mask. That's personally how I practice this breathwork. Unless I'm in the dark in a dark room, then I will do it that way. But always with the eyes closed is what I recommend at the end of this track. There. The music will change, the breath will begin to slow and the music will change.
- 00:09:36 Then I will invite you to lie down. And that can be wherever you are to just very slowly. Don't break the state that you've just gotten yourself into. Very slowly. Slower than you think. Move into a relaxed position, whether that is fully reclined or just more relaxed, and allow your autonomic nervous system to take in everything that you have just created, and to also settle with everything that you have just released, because there is a lot that comes up.
- 00:10:16 There are times when people feel that they need to release even more beyond the breath. So sometimes that looks like people experiencing a lot of sound that they want to make because of what this breath is bringing up. I encourage you to let this be your journey. Breathwork is a way to change your consciousness just as taking plant medicine is a way to change your consciousness, so too is breathwork.
- 00:10:45 So let this be your journey and allow your breath to be your teacher. When your awareness, if it drifts away, you come right back to the forceful exhale. And I recommend you are sitting up as I am sitting on the floor or sitting in a chair with your back off of the back of the chair, sitting up so that you have a straight spine and you are really able to give your full attention to the exhale of your breath.
- 00:11:15 So I hope that you enjoy this track. I fully encourage you to talk to each other in the circle in the membership. If you have questions and just to share your experience about this. It can be very helpful to read what other people are going through and if there are certain tips that you find that work for you, I welcome you to share that. I hope you enjoy this Shamanic Dragons breathwork.