



*Asia Voight*  
Professional Animal Communicator  
& Intuitive Life Guide  
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## **Meditation: Your Pathway to Connection**

### **Guest: Shamrock Holtz**

**Asia:** Good evening everyone. This is Asia Voight. I am thrilled to be here with you for our hour tonight called Meditation: Your Pathway to Connection and our guest Shamrock Holtz.

I'm taking a breath and regrounding and centering myself so I can be totally present with each of you. I have enjoyed these evenings of meditation so much. I have been hearing the feedback from emails, on our Facebook private pages, how excited everybody has been about the Oming we did last week and the chants.

Tonight, our special guest teacher is Shamrock Holtz. He is a shamanic body worker, a transformational breath facilitator, and a Hatha Yoga instructor. Shamrock combines the power of breath, movement and ancient wisdom as a means of anchoring the spirit back into the body. He empowers those he works with to reclaim their authentic self and Shamrock assists in awakening one's awareness to the present moment. Shamrock will be introducing us to the meditation about presence awareness.

Shamrock I want to welcome you. How are you doing this evening?

**Shamrock:** Thank you Asia. I'm doing well. I really excited to be a part of this. It is fascinating to hear the steps you have already taken with your program. People have come and received so much in their lives. It's a fantastic way to connect with each other without having to always get out of our house and drive down the road or something. We can always touch base with each other in our own houses and have these kinds of circles and groups to empower each other and ourselves. So, thank you Asia for creating this for us.

**Asia:** Thank you. Last week, I was reminding everybody to expand their awareness that you may be at home, by yourself in your room, on the phone or listening on the computer but remembering the large

number who are doing this all at the same time from all over the world. We have people from Tennessee, Canada, Illinois, Wisconsin, New York, Georgia, France, here on the call with us. Everybody, allow your heart and your energy to expand and include that energy and amplify it just as if you were in a room filled with all of us, about 50 of us here on the call together. So, Shamrock I want to start asking you some questions about the practice you use and its benefits. Why is meditation so important? I'd love to hear your answer to that.

**Shamrock:** Thank you. Meditation to me is that we anchor ourselves back into the present moment. Meditation leads us to the space between our thoughts. If we are always in our subconscious mind and our intellect always thinking, that's fantastic. But sometimes it's also important to step in between the spaces of the thoughts and move out of our subconscious patterning and move out of our intellect for a moment to touch base with meditating and anchoring back into that space between our thoughts. In that space between our thoughts is the place we begin to receive our intuition and we begin to receive guidance and vision. In that space, meditation brings us to a spacious place. In that spacious place, that's what I feel we are doing on this planet right now. We are moving from the place that has been more prone to focusing on the masculine intellectual energy of creating to the intellect and it shows up all over our planet. I feel the divine feminine is coming into play. It is for us to create and transform our lives to adapt to the frequencies of what is going on now in the present movement, from moving from an intellectual hierarchy based mentality to a place of expansion, reclaiming self-power, reconnecting ourselves to source from our feeling body. Meditation brings us back into our feeling body so we can interpret the present moment for ourselves authentically from that moment and not just from a thought pattern we have had before. We really get to touch the present moment energies through our feeling body. That to me is why meditation is good for me.

**Asia:** Beautiful. I'm absolutely getting goose bumps here listening to you speak. Putting that so clearly about the energies of 2012 and what a spiritual light worker, like everybody here is focusing on and working on to create that space between our thoughts. I have been speaking to my students about this and they have been experiencing it. It is so beautiful to hear you put that together in another dynamic way.

With the breath, tell me some more specifics. I know you speak about how to breathe and why breathing and what part of your body to use, and why that is so important. Would you explain that to us more?

**Shamrock:** I receive a lot of my information through the shamanic bodywork that I do. Usually it's between two and a half to four hour sessions with the lights turned out and only a bright, light blue color is shining. A lot of my experiences, a lot of things I say, is coming from my own personal experiences and not so much books. Books are so important, but for the first part of my life I have chosen to just experience. In that experiencing, I'm seeing and watching people go through their process and their releases and what I'm seeing is, in the solar plexus region, to me that reflects the third chakra. I believe human consciousness is on an evolutionary process with the human chakras. That's what I reflect it to. Where we are in today's world is a masculine energy of subconscious thought. To me, on reflection on what this planet is about, and the experience of a lot of humans experiencing it, is what do we do with our own personal power? Do we give it away to other people? Are we afraid if our power gets lessened? Do we hold onto our personal power and hold it for greed? Or, do we use our personal power to anchor ourselves into this dimension and reconnect to source?

The third chakra and the solar plexus region, in this world today, reflects personal power and determination. I see us a lot of times trying to steal each other's energy. Either through control drama or trying to steal each other's natural resources from another country. I see a lot of places all over the world and also in my own little family, in my own little network of people, when we get into fear. We move into a place where we aim to anchor, we get low on energy so we have a tendency to steal each other's energy from each other through drama, control systems we have learned from our parents or from our history. That third chakra, that solar plexus region to me is telling us that is where we are at. How do we use our power? Do we give it away? Do you use it to create? Do you use it to reconnect to source?

Also, in the human evolutionary process, we are moving into the heart chakra. We are moving into the fourth chakra where it becomes more expansive. It becomes a realm of compassion and forgiveness in this for all the things we have done. In the heart space, to me, the heart space is the first realm of the spirit ruling and the third chakra. The first three chakras are the first three stages of the ego ruling. So, here we are on planet Earth being moved by our universal celestial patterning, called the ego pattern, being astrology or whatever it may come to us, our ego patterns, we are in our last stage of our ego patterns ruling, meeting the first stage of the spirit ruling which is our intuition, which is our feeling body.

The one muscle that is between the third chakra and the fourth chakra is the diaphragm muscle. The diaphragm muscle will do 80 percent of our breathing for us. Basically, we breathe in our intercostal muscles, which are the muscles between our ribs. We breathe with our shoulders and our lower back. We breathe through our nostrils and we use the nose muscles. We use throat muscles to breathe a lot when naturally, I believe the human nature is to be a relaxed species. What happens is that whole third chakra area, the diaphragm, below the diaphragm, when we are in power and struggle that whole area locks up. Our breath gets shortened. Then we are in fight or flight like, oh my god, I need energy. I know how to get this person's energy so I'm going to play this game with them to get their energy from them. We aren't even conscious that we are doing that.

To me, when that diaphragm is doing its natural job, it comes down. It is shaped as an umbrella and it folds in on itself. It comes from the heart chakra and opens up down towards the third chakra. When we move that area, we get movement in that whole area, it actually anchors spirit into our body. So when the diaphragm breath is breathing, we are actually bringing spirit from our heart chakra into our third chakra. That's what the physical diaphragm is doing. When we start to relax and release that area, we begin to see the patterns we are in. So, breath actually anchors spirit into our body because once we lose our breath we go straight to our subconscious mind which includes the back of the sub occipital region but also in the solar plexus region. We go into our subconscious mind.

When we have conscious breath, we have an expansion in our lungs, which means our heart is opened up. When we have breath in the present moment, it is physically and energetically impossible to fight and war with someone we are sharing breath with. If we are sharing breath, the spirit doesn't have fight. It doesn't have war. It has understanding, but our ego patterns will have that, which is the third chakra, which will have that difference and will begin to war. To make that simple, the diaphragm muscle is the one muscle that lies between the dimensions we are experiencing right now, how we are all trying to bring spirit into our fears and into our lower pattern energies. If we get in tuned to the diaphragm muscle, we begin to anchor our spirit into this dimension more effortlessly and easily.

What I have witnessed is, before people begin meditation, or while I'm working with someone, I bring them back into the third dimensional being, back into their own personal will and I anchor them into that and they focus on their breathing patterns and they anchor their breath. During the shamanic journey, when they go out to their fellow realms of consciousness and they go out to wherever they go, when the third dimensional body is holding breath consciously, when they go to that altered state or that place in meditation, they become not just a witness to that experience, but they also become a participant to the possibilities of what dimension they are in. They are actually involved with it, willing to anchor their being into this dimension. That's why I think it is so important to anchor into this dimension and not try to transcend out of it. Because it doesn't make sense to me. We are bringing heaven to earth; we are not trying to bring earth to heaven. It's like we are anchoring it into here so when we anchor that, then when we open subtly, because breath opens our, relaxes our nervous system and to me the spirit feels through our nervous system. When the nervous system is relaxed, our spirits can feel more authentic to our feeling body and to our nervous system to interpret the present moment. When we do that, we tune into such a subtle state of awareness that we can be in this dimension and subtly open up to other dimensions.

To me, I feel breath, breathing, that diaphragm muscle breathing, and expanding the physical body. Because the physical body, to me, is the most dense part of our consciousness. When we get something blocked in our physical body, it means it has most likely already gone to the emotional body, the spirit body and the mental body. Then it manifests physically down here. When we use our diaphragm to break open the fears, or whatever we are in, we don't necessarily even have to know our fear, when that diaphragm begins to break down that whole area, because we start bringing that breath in, it will ripple out to the mental, to the spirit and to the emotional body. Once we release it out of here, it begins to create a rippling way. We don't always have to know what we are releasing. When we are anchoring ourselves into the present moment, we can feel that experience and that's why it's so important to understand the physical body before we go too deep in the meditation.

**Asia:** I am in absolute awe listening to you speak and hanging on every word. Again I haven't heard it put together so perfectly and beautifully like you just did. I know the listeners are going to want to listen to this recording over and over again. I know we have this information written down in the email that was sent to them today but listening to you explain it, just takes it to another level. Years ago, this must be about 18 years ago, I was in Hawaii. Shamrock has been living in Hawaii for about 10 years.

I was on the main island with a two week women's spirituality retreat with StarHwak and Louise Ateach. I'm not sure if you are familiar with them but, powerful spiritual women. We were doing this exercise in a big circle and I remember StarHawk looking at me going, Asia, you are completely breathing with your chest. It's like, it's not how you breathe at all. And I'm like, huh? This is how I breathe. It was like I couldn't, I had so much fear in my body 18 years ago, I just couldn't. She came over and worked with me and it was so blocked. Later that week, after doing more of the breathing, more of the practicing, we did this beautiful ritual at the Pele and I have quite a connection with fire. So here I am with Pele the goddess of fire, right by the volcano and my diaphragm just started convulsing. Kind of like the rebreathing, the rebirthing, and all the women came to support me. I just sobbed and doubled over but I could feel chunks of pain falling off of me. Really, just being reborn after getting my diaphragm opened and my intuition just absolutely started to blossom after that. So, really, hearing you speak brings that back.

Know that this is really possible for you. Shamrock now lives in the Chicago area and does work with people one on one and he has a bonus gift that you can see in the email. You may want to take

advantage of that and also just the meditation he is going to lead us on today about starting that process of working with your diaphragm and the breathing. If you've been in my classes, you've heard me talk about this. I think if we would have started here for some of my students, it might have been like, huh? What am I supposed to do? But, now that you have been working on this for a while, you have been hearing us talk about it. You are ready. I can feel the whole class like, we are totally ready for this. So, I'm thrilled and if you are ready, I'd love for you to lead us in this meditation of presence awareness and connecting with our diaphragm and making the awareness of the third chakra. For some of you who might not know, that is right by your belly button. That's the easiest way to say that. I love to hear your meditation.

Is there anything else you wanted to share before you start the meditation?

**Shamrock:** Yes, something brief. Before we go into it, let us all get really comfortable. Aim to sit in a straight spine. Having the spine align straight really helps the whole energy of the nervous system and our own energies to move through our body. Also, getting a comfortable position, get a towel or a shawl, sitting on a rug. I actually like going into meditation. I aim to have a similar set up wherever I go. I'll have my chimes, my candles, and my pictures and I have my other tools. So, whenever I go back to that place, it is already holding the structure of a deep meditation. I set up my altar space so when I go into there, it already has the frequency of that energy installed into it. I feel it's really important to set yourself up into a nice comfortable space where you can be relaxed, warm and surrounded by tools or things that support you in your process of awakening the spirit into the physical body.

First, let's visualize the diaphragm. It's a really important aspect. Before we begin to go into this, I want everyone to take their hand and go up on the inside of their ribs, like you are reaching under your ribs and pushing it up. That is the attachment site, all along the ribs. Start from the middle, your sternum area and move all the way out to the sides, all the way along the rib cage. That is the attachment site of the diaphragm. It's a challenge to actually breathe from our diaphragm if we don't really connect with it on the physical plane. Visualize it right now, knowing it is also attached to the back. It is shaped like an umbrella that is going up. It is right above the organs and right below the lungs. If you have an umbrella and you set something on top of it and then the umbrella folds in on itself and comes down, that's the technique that the diaphragm does. It actually holds air from outside of our physical body and pulls it into our physical body by using this muscle as its function. So it is bringing spirit into our own personal will. With that, we grasp the idea of the diaphragm muscle.

Now, find yourself in a nice relaxing position, feeling the sit bones of your bottom. They are the two bones on your bottom. Feel them anchoring to the floor or to your meditation stool or pillow. Sit into a straight spine. Relax into the shoulders. Relax in the physical body. Begin to close your eyes and as you close your eyes, take the two physical eyes and look right up between your eyebrows. When you do this, don't try too hard. Nothing in meditation should be really hard to do. Just have the eyes look directly into the middle of the eyebrows about a quarter to a half inch above the eyebrows. This actually activates the pineal gland which is known as the third eye. This pineal gland can calcite over when it is not being used. When it calcites over, it stops the excretion, the fluid, the excretions of melatonin and DNT into our blood stream which are dream chemicals and the chemicals that allow us to see the subtle realms of consciousness.

When we take our two physical eyes, we are actively using our pineal gland. Then those fluids will flow into our blood stream which will allow us the experience of the subtle realm consciousness and the

vision into that pineal gland. Science has proven it has a cornea and retina in that gland called the pineal gland.

With the eyes closed and the two eyes focused up into the third eye gently, not forcefully. Make sure your eye brows are relaxed and you are in a good place of relaxation. Make sure to begin to breathe in and out of your nostrils. When you are breathing in and out of your nostrils, maybe put your right hand on your diaphragm, which is just your stomach region for right now. Take your left hand and place it onto your chest. As you breathe through your nostrils and exhale out of your nostrils, I want you to first breathe deep into your right hand, breathing deep into your solar plexus region. Then as your inhale continues, moving up into the mid-section and then finally move into your left hand or your upper chest. Then on the exhale, you will be exhaling from your left hand down first, which is your upper chest first, then coming all the way down into you right hand finally, which is creating a wavelike motion. With the inhale through the nostrils, all the way down to the top of your pubic bone, inhaling, expanding the right hand, really coming out, opening the midsection and eventually inhaling to your end of you inhale with your upper chest expanded out in you left hand. Exhaling the left hand down and following all the way back down to your right hand.

Continue to do this motion. It is creating a wave like motion in the body. It is also calming and soothing the consciousness and it is becoming, allowing us to become aware of our body. At the same time, become aware of our present moment with our breath. As you continue to do this, also realizing the first, the whole abdominal area, is our own personal will. Our upper chest is our higher will, so when we feel disconnected from our higher will, a lot of the times there will be a block right in that solar plexus region which the diaphragm is the bridge between our lower self and our higher self. When you breathe, if you find yourself primarily breathing into your abdominals, that is usually meaning that you are a person who has tendencies to use your will and your power strongly. Sometimes you over achieve and work too hard to accomplish something or you take on everybody else's responsibilities. You find yourself breathing up in your chest and you can't really bring the breath down, that usually means we are in this higher state of consciousness and yet we don't have our own personal will down into this dimension. So, a lot of times we are very passionate and we live off of ideals and philosophies more than we do practicalities of life, living into this dimension. We are in that higher space but we are actually afraid to anchor that consciousness into this realm.

So, this wave breath is anchoring and activating in our lower will first which is then expanding up to meet our left hand and our upper chest which is the higher will. The higher will's information is coming into the chest through the exhale and meeting all the way down to our lower will and final exhale. Beyond my words right now, I want to get some silence so you can tune into your own breath right now and into your own present moment, allowing the sensation and the awareness of the air to go through your nostrils, down into your lungs, feeling the diaphragm move, feeling the organs push out, then in the exhale watch the organs come back in, watching the lungs collapse, the air coming back out through the nostrils on a nice even pace.

(pause)

Continue, it feels really good. I can energetically feel this. We are really connected. We further connected on the spirit plane right now in our own separate physical body. So if you find your mind wanting to get up and do something or you catch your mind judging something or you are discomfort or wiggly, I want to introduce the art of breathing into it.

As you are following these words, please continue your own practice. Keep breathing the wave breath. What is being said now doesn't want to go from the mind to the mind. It wants to go from the feeling body to each other's feeling body. It is coming out as an intelligent way of expressing but the energy is stemming from the feeling body. So, in this art of breathing into it, whatever your experience is right now that you are having through your thought processes go ahead and breathe right into it. Allow that thought to be there but now consciously anchor yourself back into your body through your nostrils, forgiving, feeling the awareness through your nostrils of the breath once again coming down into your lower solar plexus region. Expand your lungs and exhaling that back out.

We are seeing that we are having these thoughts. Meditation allows us the access point to the witness. We begin to witness that I was just having a thought. We don't have to leave that thought. We can actually just anchor in our witness through our breath, conscious awareness of our physical body and breathing, and we can become aware of that thought. So, just keep feeling, keep breathing into the wave breath and keep breathing into whatever you are experiencing. If you want to experience it more, don't bring yourself back to the awareness of your body, allow yourself to go with whatever vision you are having. Then when time comes, if you wish to bring the awareness back into the body, breathing the sensations of breath, then it will separate and anchor into that witness to what once was just the thought. We become consciously aware of that thought.

Continue to breathe.

(pause)

Now, continue to bring your awareness to your breath still keeping your deep meditation inside, allowing the two eyes to look behind the eyelids that are closed up into your third eye. Breathe into this moment and see whatever thought you are having, whatever vision you are experiencing, breathe into it, allowing it to be in existence, something that is alive, something that is there. Awakening your witness, awakening your feeling body, aim now to see if you can feel that thought. Does that thought feel constricted? Does it feel like it is the only thing possible and it is the only thing that is possible right now? Is it very contained? Does it contract you? Or does that feeling from the witness point, is the feeling of the thought you were just having expansive? Is it open? Is there infinite possibilities? Is it not a form of control, but a feeling of free will? What we are doing is actually now beginning to feel your thought processes. We are anchoring ourselves into our body, anchoring the witness to our thoughts and we are awakening through the breath our feeling body to feel a particular thought. How does that feel to us? If we are only in our minds, we can't feel the experience. We have to anchor that witness into the breath and open that nervous system so we can feel from our spirit. How does that thought feel?

Now, continue to breathe back into that present moment, into this present moment. And let go of that thought, or even let go of the idea of you having to breathe into it. Even let go of the idea of what it feels like, just feel the sensation of the air going into the nostrils down, pulled in by the diaphragm, all the way down feeling the organs come out. The midsection is opening up on your inhale and finally ending the inhale up into the chest and then exhaling the chest coming down, midsection following, the abdominals following. Relax.

Continue for a few more moments of this wave breath, breathing into it, relaxing and letting go.

(pause)

Keep going, knowing the more awareness you give yourself the more you will get out of it. If it is a shallow breath, the experience might be a little bit more shallow. If you are allowing yourself a deep breath, long deep inhales and long deep exhales, it will go deeper into your consciousness. Spirit will come deeper into your physical body.

(pause)

Now in this space of neutrality, go ahead and bring your hands and the palms of your hands over your physical eyes. Slowly and gently, keeping your palms over your eyes, open your eyes looking into your palms and maybe through your fingertips. As you are doing this, make sure that we anchor and keep ourselves into our bodies and into the meditation. As we open our physical eyes and slide our hands away from our eyes, focus on a single point inside the room, wherever you are at right now. Keep this deep meditative gaze that you found in your meditation and meet it with the external world. A lot of times we have tendencies of jumping straight out of the meditation right into the external world where that's all of our subconscious patterns in the matrix of the subconscious and intellect thought. When we can sustain ourselves with our breath, feel this expansion inside our physical body, and feel the sensation that we just opened up and became aware of the space between cells. The physical body is made up of cells that are alternated with space between the cells. We have now awakened our physical body and became aware of the subtle space between all of our active cells, meeting the external world. Now we have our spirit and body being able to meet the external world. Now we are in two different dimensions simultaneously and aware of the meditation inside myself meeting the external world and its influences on me. From this place, now we are in two dimensions simultaneously with the awareness.

Continue to breathe, feeling your body relaxing and thank you for opening yourself. Namaste.

**Asia:** Thank you. I just remembered, probably about 23 years ago I was actually in a lot of pain from after my car accident and in the room by myself and I was praying for healing. I had a lot of nerve damage in my left leg and left foot and I felt the angels come to me, very vividly. They were doing the healing on me and then there was this breath that spontaneously started to happen with their assistance. That space grew and grew and I remember looking at my wall and the wall was gone. I was floating in outer space. They said that's really where you are all the time. We just create these walls. We create the bed. We create the floor with our minds and our energy. But really, you are just floating in the universal space. I just went there for a moment again. It was beautiful and I loved that part. I've never done that where you have the hand over your eyes and slowly connect with your meditative space to the outside world. That is an absolute jewel of a tip. Thank you so much.

**Shamrock:** You are welcome. I can feel it. I'm feeling that same thing and as you expressed so well that we moved into space. Now, to finish off and feel that, it is really important in meditation to feel the energy after we are done. It's not that we are closing ourselves off of the space, because the same space between our cells holds the same energy and frequency of the space between the stars. It's now about allowing ourselves to be in the physical body while feeling the expansion of space inside it. Now, having both hands together in prayer position in front of the heart. It's called Anjali Mudra. Inhale again deep and slowly. As we inhale we are going to lift the prayer up above our head. So, our hands are in prayer position above our heads. On exhale, we are going to fan them out to our sides and exhale all the way down and bring the hands down towards the ground. Hands are separate and they are out into wing form. Inhale and bring the hands together near the pelvis region, bring the hands up into the



prayer position again, inhaling the life force up, prayer position hands above our heads. Exhale to release, arms going out to either side.

Now, what we are doing is we are anchoring in the spaciousness inside our physical body and we are grounding ourselves in this dimension. Once again, what I do when I bring my hands around my front, I scoop up the earth energy. I bring my hands together in prayer position, I inhale the hands together in prayer position above the head once more, exhaling inward and encompassing our energetic field right now. We are setting up some kind of awareness boundaries. It's not a wall but it is an awareness of boundaries that we are now anchoring ourselves into our bodies with spaciousness at the same time as constriction. Bring the hands back into prayer position in the heart and breathing into that experience right now. In your own way and in your own prayer, giving thanks for what you just experienced, reconnecting yourself and allow your voice to express your prayer in these next few seconds.

(pause)

Feel the roots being grounded in love and connected upon the divine truth. May the breath of life be your guide and a compass as we begin to unravel through the traveling of time and space.

(pause)

Thank you.

**Asia:** I'm blissed out. Oh yeah, it's like I just had a glass of wine but I didn't need one.

**Shamrock:** Exactly. If I could share something really quickly. I didn't give them much time and space because we only have an hour but, in that third section of breathing and then breathing into our particular thought, awakening our witness to that thought, we can really begin to become aware of the feelings of thought. So, on my day to day basis, I'm on my walk of life, if I chose to breathe into wherever I may be, whatever thought that I'm having, I can breathe myself into the present moment, tune into my feeling body and I can begin to feel the thought that I'm having. Intellectual thoughts and subconscious thoughts are containing and they don't give infinite possibilities. If I am in my vision and vision is always free will and it's a spacious feeling, so that, to me, is one way that I help interpret. I'm not always on it. I'm feeling and I stumble but also it's a great tool that has been helping me tremendously to tune into what thought is passing through my awareness right now? Is it my thinking body or is it my feeling body? Or is it a vision or a subconscious thought?

I'd like to put one idea out there. I feel like we are like a projector, or there is a projector there. When a projector gets plugged into the wall, the energy goes into the projector and it creates light. To me, we are that light all the time. The slides that go in front of the light are our thoughts. The wall that is showing the picture is the universe reflecting back to us because I feel like we are awaking to realizing that we are co-creating our reality. Even if it is good thoughts or bad thoughts or negative thoughts or positive, however we judge it. Whatever thought it is, the universe is saying, okay, that's your thought process, then here is your reality. So, sometimes I feel we get lost in the slides and we think we are the slides. The deeper truth is that we are the light and our thoughts are the slides. So, we can actually move into a space where we feel a certain slide and like, oh, that slide isn't authentically serving me anymore. I surrender and let that go through my breath and by breathing into it, I anchor myself into this present moment, either then I can take a picture and project that new picture onto the wall, into the reflection of the universe or I can say, like one of my greatest teachers Sonja Choquette says,

universe, surprise me. In that, universe really has a good knowledge of what we want more than our own personal wants and needs so there is a choice. I just wanted to elaborate on that.

**Asia:** Brilliant. I love that. We really are the light and we get confused thinking we are the slides. When you create that awareness, like you were speaking to us about the breathing and the observer, we can start to observe and we can change those slides. We can ask the universe what is for my highest good that I can't even see or conceive of right now. And yes, surprise me with that. Allow me to open to that space.

You were speaking earlier about power and how the diaphragm and the breathing help anchor us and bring us into that place of connection and power. I had to smile because in my new book, called *Extraordinary You*, I have a chapter about how my dog, that is all she would say to me after my car accident, where is your power? Are you kidding me? This isn't power. This is not it. Then after I started to understand it from her, then my lesson went on with my horse for four or five years. Where is your power? That's not it. Let's keep working on it. Really, that has been one of my soul lessons for the last 20 years about really clicking in with that place of authentic power. Being in the world and understanding the effect that we have and the responsibility in a lovely way. I loved that section of it.

Jori writes, "wow, I went into the pause." This is something I work with my students Shamrock, calling it the pause. I learned about this while I was healing in the hospital. Actually, I was in the intensive care healing my paralyzed legs and my spirit guides taught me about going into the pause. Jori said, "I went into the space and it wasn't lonely anymore." So, Jori has been working on that place of connection and so she found that. She also said, a hawk was waiting for her and she climbed on it. She said, "After we took off, we became one. I experienced the vastness and the unity connectedness at once. Thank you for an absolutely wonderful meditation."

**Shamrock:** I have truth bumps flowing through my whole body.

**Asia:** Yes. Wonderful. Diane says, "awesome meditation. Very helpful. I finally am understanding how to get into that space. Thank you Asia and Shamrock."

I also wanted to remind those of you who are listening and live in the Midwest that Shamrock is in Chicago. I'm curious. Do you want to tell us a little bit more about what that feels like and how you incorporate the diaphragm breathing and what you taught us here into your work?

**Shamrock:** The work is like an integration of a lot of different modalities. It is always different for each individual. When I do the two and a half hour or the four hour sessions, it's primarily focused on something called transformational breathing, which is a breath through in and out of the mouth. Then it opens up a lot of the feeling body. Then I begin to do body work and energy work. I have tools like an amethyst, bio mat, 30 pounds of amethyst heated up. It emits the far infrared and it moves the brain waves to theta. Then I have tuning forks and Native American bass drum and crystals I work with. It's not just like a massage. It is deep. Through the whole process, I'm going like breath of fire where I am breathing all different kinds of breath. It is so important for me to sustain that breath and in that, I see that it helps the person experiencing what they are experiencing in the session. They are also able to maintain and be aware of their breath as well through the session.

I also do transformational breath. So, if someone wants to come and do a breath session, I can do an hour and a half breath session with someone. Then I talk to them about their breath and they talk to

me about their experience. I also hold workshops in Chicago at different yoga studios. I also do it in L. A. and I'm going out to San Francisco. I have some coming up in Miami. So, I have this thing called Breath, Body, Boggie and Beyond: A celebration of your existence.

What's working for me now the most, what is being created, is small groups of people. So, we would gather three or four people together and we will do a transformational breath session. I will facilitate them with myself with those other four people and then I will do body work on them. I work with them for like two and a half to three hours. We do breath and individually do bodywork on them while they are also doing another process. It incorporates breath, dance movement – we always dance at the end. Anyone who followed Sonja Choquette with me assisting her for the last few years, you will see we always love to end with a dance party because it really anchors the spirit into the body.

Now, I've taken the individual work to group work and I'm open to exploring those possibilities too.

**Asia:** Wonderful. Thank you for explaining that. That really helps clarify so much. I see Kristin writes in, "my cat Gabriella, who I call my angel cat, climbed up on my stomach, right on top of my diaphragm for the session. Yup, this is the spot says Gabriella."

(laughing)

Kristin finishes by saying, "it was clear that she wanted to share in the breathing meditation with me. We shared our energy space and it was beautiful."

Exactly, when you start bringing in the spiritual and all these different techniques we have been learning over these few weeks here and we are going to keep learning more, some of them are finding, this one didn't quite work for me, this one I love, but all in all, all of these pieces, whether you really find it or even a little, it still is taking you to that place of spiritual connection, connection with your animals. They just want to come in. They want to join in and it is like, hey, mom you are finally finding that spot, yea, bravo to you and let's do it together.

Shamrock, I adored having you on.

**Shamrock:** You are fantastic. I just wanted to share my appreciation. You are a fantastic host.

**Asia:** Thank you so much. I know that we really learned an absolute ton from you and hope you have you back again for another event. Thank you to all the students. I'd love to hear any of your other comments or feedback

Abundant blessings to everyone and continue to practice this week what you have learned here and notice any aha moments in your journal. Share with us next week also. Everybody have a great and blessed evening and we will be in touch.

**Shamrock:** Thank you. I love it.