



# INNER EARTH BREATH

## Step by Step Guide

Your inner earth center is your connection to the cosmos through your body.

Inner Earth aka “deep belly” breathing is a staple Amba Method practice. Many women in our community choose to start or end their day with a few minutes of this practice. This breath opens up *a direct pathway to your inner knowing* and the abundance of life force energy that lives within you.

This simple-yet-powerful practice assists you in accessing your innate connection with the earth and the cosmos, not to mention with your own body. As with all Amba Method practices, there is no right or wrong way to do Inner Earth Breathing. Consider this more of an exploration and less of an exercise. As you allow yourself to drop inside, let your body guide you and teach you how to connect with your inner earth.

With consistent training, inner earth breathing will become a foundational practice for coming home to your body and remembering the power, courage, and light that live within you.



These six steps to Inner Earth Breathing will open up a pathway to ground you into your body and innermost being, restoring your resonance with the earth.



1) Lie down on the ground or a bed and let your pelvis soften into gravity's loving invitation to rest.



2) Place a hand over your lower abdomen area, just below your navel. Sense the flow of breath here beneath your hand.



3) Tune into the feeling of your deep belly expanding on your inhale, contracting on your exhale.



4) Notice any areas that feel disconnected. Bring your full presence, breath, and love to these areas.



5) Listen for any messages coming from your womb through feeling, images, words and beyond.



6) Sense the connection from your deep belly through your whole body as you continue to breathe.