

SAMANTHA SKELLY

Masterclass: Using Breathwork to Supercharge Your Intuition

Jason Prall:

Hello everyone and welcome to the masterclass with Samantha Skelly. She's going to be talking about how to use breath and some techniques to get to your more intuitive aspects of yourself and really what gets in the way. So I'm excited to see what she's got to share. Sam, thanks for joining us.

Samantha Skelly:

Thank you so much for having me, Jason.

Jason Prall:

So what have you got in store for us?

Samantha Skelly:

All right. So I teach breathwork to thousands of people a month and I think one of the biggest things is when we look at personal development, oftentimes what we are doing is we are viewing through the lens of the mind. We're trying to overthink, overanalyze when really sustainable transformation at the deepest level occurs in the body.

Samantha Skelly:

The mind actually doesn't do very much. Once we actually learn how to use the emotionality of the body, the mind is sort of along for the ride and it's guiding. So, I really struggled with food in my body for a long, long time. And so, so much of my journey was I was just completely disconnected from my body and I was trying to think about how to feel better. So I was like, let me overthink how to feel better.

Jason Prall:

Sounds really hard.

Samantha Skelly:

Yes, yes. And so, many people in that journey would say to me, "Well, what does your intuition say, Sam? Why don't you just follow your intuition?" And I was like, I don't think it's on, I don't think I have one. I would oscillate between feeling numb and feeling anxious. So it's like I would feel anxious and then I would like overeat and over-exercise and then kind of swing to the numb side and then I would oscillate back and forth. And so those really were my two primary emotional states that I experience on a daily basis. And then I had this heady cocktail of thoughts and fears and scarcity and all of that kind of stuff going on at the same time.

Jason Prall:

And when you're in that state there's this aspect of when somebody tells you to try to point you to connecting to your intention, there's a trying, right? There's an efforting that goes into that, right? I can

relate to this because it's okay, what is my intuition saying, and there's this efforting and this confusion of how do I even get there? I don't know how to find that intuition, but I'm going to try like heck, right? I'm going to use all my strategies that have been very successful in other areas of my life to try to get to my intuition.

Samantha Skelly:

That's it, that's it. Yes. And so when we look at it, at any point in time, as you are listening to this masterclass, there're three pillars of connection, right? So there's information trying to come into your awareness through your mind. So the mental cognitive, which most people are most familiar with, it's the noise, right? So much noise, so much chaos, the judgment, the fear, it's how we survive. And then there's the second layer is our emotionality, right? So all of our sensations and all of our contractions, love, happiness, fulfillment, and then there's shame and guilt and overwhelm and stress and suffering and all the rest of it. And the interesting thing is if you are an empathetic, highly sensitive person, a lot of what you're experiencing in your body, isn't even yours. And I didn't realize until years later, why am I an emotional mess?

Samantha Skelly:

Oh, wait, it's because I'm very energetically spongy. So not only am I dealing with my own emotionality, I was dealing with the emotionality of people around me. And so that's just something to note with that second pillar. And then underneath that is our intuitive pillar. This is our true north. This is our guiding force. This is our very clear, yes. Our very clear no. This is how a wisdom, intelligence communicates to us. Now, because the mind is so noisy and the emotionality is so intense it's often hard to access this point if we don't have a strategy and a plan to silence the mind and shift the energy in the body. And so for me personally there's nothing that I've experienced that has led me to my intuition with more access and efficiency than breathwork. And amazing efficiency not in like a productive way, but it's just, it's efficient.

Samantha Skelly:

It gets there, it cuts through the noise so that we can hear the voice.

Jason Prall:

It's easy.

Samantha Skelly:

Yes. Yeah, yeah, yeah, yeah, it's easy. And so three pillars of connection we can feel them now, right? If you just take a moment and listen to the thoughts in your mind, understanding I am not my thoughts. And even our thoughts can be absorbed from other people or the collective consciousness, right?

Samantha Skelly:

How many times have you had a thought and you're like, where did that come from? I can't believe it, I just thought that. That's so weird, right? And so just knowing that you are not your thoughts, but just observing them, and then the same thing with the body, how can we view our sensations? How can we view our openings, our closings, are what stuck in our solar plexus, what stuck in our root, whatever it is, how can we view it from the lens of our hearts so that we don't identify with it?

Samantha Skelly:

How can we just observe that? And then underneath that is there access to the intuition, yes or no? And so a really simple breath technique that I use multiple times a day, and this honestly will take you 90 seconds. It's so quick, is called the tri-active breath. So it's a three-part breath. It's into the belly, up into the chest, and out through the mouth. And what we want to think about as we do that is waving the breath, waving the energy through the body. So it sounds like this.

Samantha Skelly:

Breathwork, go ahead, I was going to say breathwork is all about self consent. And so if my pacing is too quick for you, you can slow that right down.

Samantha Skelly:

That's really important with breathwork that we always listen to our body. And so to access our intuition in a really quick manner, doing that for about 90 seconds and then at the end, taking a deep breath in through the nose, holding the breath at the top and holding for as long as your body wants to hold for, and then releasing it. That exercise will bring you into a beautifully aligned, clear state where your heart is open and you have such direct access to your intuition.

Jason Prall:

So, I'm going to go backwards a little bit. The thoughts get in the way, right? Talk to me about that. What is it about the thoughts that are getting in the way? Why can't I have both so to speak?

Samantha Skelly:

We cling to them because they're so familiar, and especially, we're drawn, if something puts us in fear, there's a part of our body that's like, we need to pay attention to that because it's going to kill us. Even though it's not, right? It feels real to the body, but it's not actually true.

Jason Prall:

These are coming from a part they're coming from a limited view. It sounds like.

Samantha Skelly:

Yeah, yeah. It's not our true self. It's not our true nature. Where our true nature is accessible is when we use the breath and we actually tap it and feel it cause our true nature would never create that story but the part of us would.

Samantha Skelly:

There's a piece that is undernourished creating a story. You were not invited to Claire's birthday on Sunday, nobody likes you, you should, it's like that, that kind of feeling, right?

Jason Prall:

So that's the difference, right? Like the intuition is really connecting to the deeper aspects of who we are.

Samantha Skelly:

Yes.

Jason Prall:

And the mental tends to come in and create these stories or patterns of thought and belief that are more conditioned from these little parts of us that have been sort of wounded or conditioned from the past.

Samantha Skelly:

That's it, and when we have the discernment to go, that's apart, that's not my true self. Then we know how to approach that part, right? That part, all it needs is to be met with pure presence and love from our evolved adult selves. Because it's a child part, right? It's a child part. It's like this little child. It's like I need attention, I need love, I need this, am I safe? It's always poking. Am I safe? Am I safe? Am I okay? Is this going to kill me? And so we're always looking for that. And if we don't create spaciousness from the part, and we think that we are the part, that's when we can get into a spin, that's when it can lead into these heightened states of anxiety or depression, no matter, depending on which way you kind of swing.

Jason Prall:

And that's why it's so hard to connect to our intuition because we're just so caught in this little part that's trying to figure out how to stay alive.

Samantha Skelly:

Yes.

Jason Prall:

Cool. So talk to me about this breath. Why are we using this technique? I'm someone who loves to kind of understand these things a little bit. What's the technique doing and why is that powerful? What's going on there?

Samantha Skelly:

Yeah, so think of it as this. Our mind is caught, right? Our parts are caught. We're hooked onto a reality and the reality is taking us for a ride.

Samantha Skelly:

So what the breath is doing is it's allowing the hooking to release. It's allowing our mind to go, oh, wait a second, yeah, there is other parts of me that are more powerful that actually have a better narrative than the one in my mind. But without the breath, we get caught in those parts and so we say in the level of the mind. And so the breath is really helping us with an embodiment.

Samantha Skelly:

With each exhale, we are deepening our embodiment. We're deepening our ability to connect with our hearts, to connect to our alignment, to connect to our true self. And once we touch upon those pieces, the noise of the mind is actually, Nah, like that. We can view the noise of the mind and be okay, that's not as powerful as the energy that I'm experiencing in my body.

Jason Prall:

And so this two-part breath, what's special about this. Why wouldn't I just breathe normally? I've done this one before and it is particularly powerful and I'm not totally sure why.

Samantha Skelly:

So if we observe how we're breathing right now, we're only using a very small percentage of our lung capacity. So what the two in, it's doubling what we normally do. And so what that's doing is it's bringing in more energy into the body which gives us an ability to exhale even more energy out through our mouth. So we're increasing our capacity, which is allowing us to experience an entirely new reality because breath is our life force. So the more we breathe in at any given time we are allowing ourselves to actually feel more of our life force, feel more of getting ourselves sort of out of the sympathetic survival states and bringing us more into that parasympathetic.

Jason Prall:

Beautiful. Well, can you walk us through this? I mean, it seems pretty simple, but I'd love for you to demonstrate this and walk us through kind of a full exercise.

Samantha Skelly:

Let's do it. All right. So taking your left hand, placing it on your belly, your right hand on your chest. The first breath in, and remember it's only through the mouth. So the first breath-breath in is into the belly. The second is up into the chest and then out through the mouth. So it sounds like this. That's it.

Samantha Skelly:

So what we're going to do is we're going to do that for about 90 seconds. And then together, we're going to take a deep breath in through the nose, holding at the top and then releasing.

Samantha Skelly:

So if you are not driving, go ahead and close your eyes, and as you close your eyes, placing your hands on your body, taking a moment, and just grounding yourself. Seeing if you could feel the energy of your heart. Seeing if you can notice the surface underneath you.

Samantha Skelly:

And when you are ready, let's start the breath pattern together.

Samantha Skelly:

Allowing that breath to be nice and powerful.

Samantha Skelly:

That's it, keeping that breath nice and powerful. Seeing if we can allow that exhale to have even more power.

Samantha Skelly:

Remembering that the pacing is completely up to you. Allowing you to decide the pacing of your body, the pacing of that exhale, that's it, beautiful.

Samantha Skelly:

Letting the breath do the work, letting the body relax and bring in the energy, bring in the breath.

Samantha Skelly:

That's it, beautiful.

Samantha Skelly:

And when you're ready, taking a deep breath in through the nose. Holding the breath at the top.

Samantha Skelly:

Holding the breath at the top, and as soon as your body is ready, go ahead and release that breath. As soon as your body's ready.

Samantha Skelly:

And now just finding your heart, finding your alignment, beautiful.

Samantha Skelly:

And just noticing how the thoughts have quieted. The heart is open. There's more connection to the intuition. There's more clarity, more direction, less of the noise, and more of the voice.

Samantha Skelly:

That's it? How do you feel?

Jason Prall:

That was beautiful. First of all, it's very activating. I noticed tingling and sensation throughout my body, my arms, my fingers.

Jason Prall:

I noticed that it actually took a while to sort of get into the rhythm of the breath and out of the mind, right? So it took a minute, right? And I think that's that duration is perfect because it was just enough to get me out of the thinking mind. And I didn't have a lot of noise per se, which is interesting, right? Because there're definitely times I do have tons of noise and tons of chatter and I'm caught in this sort of part. I wasn't even caught in the part necessarily, but I noticed a difference between the level of mental activity, so to speak, and just mind busy-ness. Put it this way, my awareness was just really up here, up at the top, in my head, around my face, up here. And now my awareness is more evenly distributed through my body.

Samantha Skelly:

Good.

Jason Prall:

I feel a little bit more slower, right? So even in a place where I didn't feel like I needed it per se, it still dropped me in and allowed me to get into my body, into my heart, into my core, in a very efficient and effective way.

Samantha Skelly:

I love that. I love that. That's so good.

Jason Prall:

Beautiful. So, just to kind of recap, just give us some good times to use this. Obviously when we're caught in a part and things are chatty, what are some other good times? Would I want to use this before bed? Would I want to use this when I get up? Would I want to use this before a meal? Maybe, I don't know, what are some ways I can use this?

Samantha Skelly:

So this one particularly is called the Triactive Breath. So this one is a more energizing breath pattern, you've noted that. So I wouldn't use this one before bed. One I would use before bed is just a deep inhale and a relaxed exhale.

Jason Prall:

In the nose, out the mouth.

Samantha Skelly:

That's it, yeah. In through the nose, out through the mouth, and having a sigh on exhale is also a really beautiful tool. The tool of sounding. Using sound to release energy from our body. That's a really beautiful one before bed.

Samantha Skelly:

And then when we do a top hold, it sort of brings the energy, cultivates the energy up and out of the body. So at night, allowing a bottom hold, which is a more grounding hold. So releasing all of the air out of the lungs and then holding at the bottom for as long as we can. That's a really beautiful one to do.

Samantha Skelly:

I never recommend breathwork right after a meal because it can like can cause you to kind of feel a little bit nauseous. But I tend to do this 90 bitty that I just taught you before meetings. Especially if I have meetings if I go from like one to the next and I need a transition time. If I don't have time to go for a walk or sit down and have lunch or whatever that is, I'll do a little breath pattern to just clear the last meeting and start fresh.

Samantha Skelly:

So anytime that we need to take a breather these ones are really powerful. And then there's breathwork for relaxation and then there's breathwork for transformation.

Samantha Skelly:

The transformation aspect of it is the longer ones that I talked about in my interview of anywhere from 20 minutes up to three hours, depending on your capacity and sort of like experience level and comfort.

Jason Prall:

Yeah. What kind of came through as you were talking about that is that using this breadth is kind of like erasing the whiteboard or the chalkboard, right? There are a lot of mental chatter, there's a lot of chalk on the chalkboard, or you just got done with this great meeting and it was amazing and there was no issues, but you need to erase the chalkboard, right?

Samantha Skelly:

That's it.

Jason Prall:

And start fresh and that's kind of what this one feels like. And it actually does feel like that in the body. In the body and mind, it's like this, you just erased everything, and you can start fresh and get back to kind of a blank canvas.

Samantha Skelly:

Yeah. And for parents, use it in front of your kids, use it with your kids. If we can teach children to regulate their nervous systems through using breathwork, that's such a powerful tool.

Jason Prall:

Totally. I love that. Even if it's not so structured, just getting them to kind of figure out that, oh, I actually have control over this thing called breath.

Samantha Skelly:

Yes.

Jason Prall:

Right? I mean, we don't really appreciate that, I think, especially as little ones and certainly as adults, I don't think we do it enough either.

Jason Prall:

So this is great. So you gave us a little bit of a hack before bed too, which is really powerful, but I love this breathwork and I've done this one for long periods of time and it can really, really open up some crazy stuff, right?

Samantha Skelly:

Yeah.

Jason Prall:

So there's some good stuff there. So tell me a little bit more about the Pause App real quick because if people are wanting to learn more, how can they use the Pause App to kind of facilitate some breathwork?

Samantha Skelly:

Yeah, definitely. So it's split up between two sections as I talked about. One is called take a breather, which are three minute, five minute, and 10 minutes. So if you don't have a lot of time, but want that really quick energy shift, you just choose the timing that you have. So if it's three minutes and then what's the outcome that you want, do you want to clear your mind? Do you want to open your heart? Do you want to release anxiety? Do you want to release anger? So it's split up in that way.

Samantha Skelly:

The second part of the App is called Go On a Journey. So those are the longer ones I talked about. Lying down on a yoga mat with a blindfold, headphones, and really going on a journey. And we split those two up into 25 minutes or 45 minutes and it's the same format. Choose your time and then choose your outcome.

Samantha Skelly:

The other part of the App is Live Breathwork. So a couple of times a day we have people live on the App, walking you through breathwork because sometimes it's nice to be guided with a facilitator and have that community aspect to make you feel like you're not alone. So we're rolling out that feature in a few weeks.

Jason Prall:

I love that, and that's a big one. I actually do love the guided aspect of breathwork too because it just feels like somebody is actually doing some of the work for me. You just take me wherever you want to go and let's play, right? And let's see what comes up. And I will say, for me, when I first started using breathwork it was for this purpose. It was like, I'm going to use breathwork to accomplish this thing, to get rid of this thing, to clear this thing, to whatever. It was a reason behind it. And now what I find myself doing with breathwork is playing with it a little bit more. So it's a little bit less serious and I think that's probably just part of me, I'm coming from sort of like the serious kind of energy.

Jason Prall:

And so for me, there's a real fun aspect to being able to play with this stuff and see what's going to come, and oh, this is what happened, right? And it actually not coming at it from an objective place, but more of like, "Hey, let's just see what happens here." A more curious place.

Samantha Skelly:

Totally.

Jason Prall:

I think it's so fun to use these and I think that's where the Pause App can be a lot of fun where you're not perhaps sometimes necessarily trying to accomplish anything. You're just, "Okay, let's see what this App's got for me today, and let's pop into something and see what happens."

Samantha Skelly:

Totally. Totally. Yeah, absolutely. Yeah because there's just a beautiful world right underneath the surface of our thoughts.

Jason Prall:

Right.

Samantha Skelly:

And so if we can just peek into that beautiful world that we all have, it's incredible, it's beautiful.

Jason Prall:

Sam, well thank you so much for teaching us this very, very simple and powerful technique and everybody check out the Pause App if you want to learn more. Sam Skelly, thanks for joining me.

Samantha Skelly:

Thank you so much for having me.

