



## **Breathwork Summit™**

### **Breath of Manifestation: Quetzalcoatl Breathwork**

**Aki Hirata Baker**

Kathleen: Hello. I am so honored that you are here. Today, I am blessed to sit at the table, so to speak, with an incredible woman. Her power of kindness, friendship, sisterhood, worldliness is vast. It is an honor for me and I know it's an honor for you. Let me introduce her. Her name is Aki Hirata Baker. Aki is a multi-modality healing facilitator, teacher and speaker whose work is based on the anti-racist spiritual liberation principle. She is a founder of MINKA Brooklyn, a collectively run healing space that centers the work of undoing all forms of social oppression through healing and an un-capitalistic approach to business. I could go on about Aki for a long time. One of the things I want to say, and I know I said I wanted her to come on right away, is she is an incredible manifester. She is what I call a magnificent manifester. This is a chicky babe that thinks. There you go, MINKA being a divine physical representation of that. She's so much More. That's more with a capital M. Welcome, Aki.

Aki: Thank you, Kathleen. It's such a joy to be with you.

Kathleen: Thank you. I am so excited for all of our viewers to witness what you're going to share with us today. I always like to begin the same way with the guests, asking this question. I put the word in quotes. What was the "crisis" that instigated you to begin doing what you do? Or what was the "crisis" you saw in others that inspired or motivated you to begin doing what you do? Please share.

Aki: Thank you. What a loaded question to begin with, Kathleen. Way to go. Way to go. We love you. For me, I think for many of us who do this kind of work, my life has definitely been a series of meaning crisis through a lifetime really. Probably not just this lifetime. Many lifetimes, if somebody believes that sort of thing. I'm not pushing on anyone to believe that, but I feel it's loaded with so much more than just this lifetime for me. Physically speaking, I have always been sick. Meaning I didn't go to one-third of my kindergarten because I was just always sick. That has been my life for the 36 years of my life. It's not that I was sick with cancer or I was sick with terminal illness. I'm blessed that way.

But the type of illness and a sickness that I had was that when I get excited, when I get motivated to do something, I immediately get sick. Therefore, I won't be able to activate any of that power. I have lived 36 years of stifled and disgruntled existence almost, because I just knew that I had more in me than being sick. I think this was also relating to my legacy, family legacy of depression and anxiety, and the connection between my physical manifestation of the illness and mental and I would almost say spiritual existence of this illness. That really came to head when I was 36 or 37 that I fell into these deep, deep bouts of depression. Simultaneously, I had ten months of bronchitis that doesn't go away no matter what I do. Prior to that, I was always studying holistic healing, starting from Ayurvedic medicine to yoga, breathwork, meditation, all those things. But up to that point of that depth of my existence, so to speak, I didn't really look into more of a metaphysical manifestation of the healing and healing modalities. Once I tapped into that, my life just changed. My life changed. I can say in all honesty that it was almost 180-degree turn that it took. That's right about when I met you, Kathleen.

This is not something that's unique to me. I know that a lot of us actually go through this. When I actually realize how transformation can be instantaneous, even though you work for a long time and you don't see any results. When you hit this one thing, it becomes instantaneous and your life just creates this reality that you have never dreamt of. When I actually come to realize that is possible, that I realized that's something that I have to do full time. That's something that I have to share with others. Because hurting people hurt people. For me, my previous work was in food justice, social justice and racial justice work. In that, I also saw the power of their passion turns tainted because of the anger that we cannot digest. Therefore, the passion becomes more than just passion or less than just passion. I think I understand the reason why it becomes that. But what if we can tap into our power authentically without being tainted? I know that healing is the only way that we can actually provide that for people.

Kathleen: Yeah, yeah, I'm blown away by your sincerity. Thank you so much for that. I'd like to go back, because this is a point, and just sort of unpeel it a little bit more. Even if people don't believe in past lifetimes, we can offer, if I may, and I don't want to put words in your mouth, we can offer the uncovering the healing of even trauma that happened in the womb, let's say. You said that you had to tap into what happened when you were a child, your cultural background and lifetime. Can you share a little bit more how the presence of that trauma just showed up in your childhood, your adolescence and your young adulthood, please? Because I know that there's someone here who would be able to benefit from that and get the inspiration to peel more layers of the onion.

Aki: Mm-hmm. I think for me, a lot of the generational trauma that I have has something to do with depression, anxiety and suicide. I'm actually the third generation in, if not more, because I don't know any beyond that. My grandmother has tried to kill herself with my mother and her sister in the house. She, luckily, didn't succeed. She's still alive. But another thing is that the caveat to that is that she actually is currently in the hospital because of depression. She's 88. Then my mother, a child of that incident, a child of that trauma has become severely depressed when I was in high school. She tried to commit suicide when I was 18 right before I came to this country. That's when I really also realized this generational resilience also comes through. I witnessed a generational trauma that I did not know that was generational at that particular moment, because I did not know about the story of my grandmother. But then my ancestors, through my grandmother and great grandmother and great grandfather pushed me to come here. They actually said, "There's no reason for you to be here, even though your mother is ill. Your mother will actually be worse off if you stay."

In reality, it's actually very true. Because the type of person that I am, I look like this. I was born and raised in Japan. I have semi-shaved head. I dress very expressively. This is how I look, but this is also how I am. Being in a country where things were expected to be more subtle, a little bit more, quiet and modest. I was going to be crushed under that millennia, like these thousands of years of tradition that I was being raised under. Now, I can embrace my tradition in a way that it fits me because I am in a different location. I am actually liberated from the weight of it. I actually can learn from that tradition and the beauty instead of being in the suffering of it. I don't know if I'm answering your question exactly, but I just really believe, in many ways, that there's such a force that pushed me beyond where I was. Most of the choices that I made were not conventionally a safe one or a desirable one, actually. But then in the end, those are the lessons that I actually have learned in order for me to be able to stand fully in my power as it is right now and say, "Listen, I truly believe in what I say because I lived it." I actually had a child, very young, with a person who was an alcoholic. That actually pushed me into a depressive bout for me. In that learning, through having child young, through living in poverty, through living in a shelter system. It really gave me understanding of what it means to be in someone else's shoes, even though my experience would not be as difficult as somebody else's. But I can understand. Without that information as lived experience, maybe I won't be able to embody some of the belief systems that I do.

Kathleen: It's so powerful, what you're sharing, because I feel and I see the left foot, right foot, left foot, right foot forward, which led you to the multi-modality of healing that that you do for yourself and others.

- Aki: Mm-hmm. I am where I am because I was sick. I am where I am because I was in an abusive relationship. I was where I was because I grew up in a country who didn't want to see me as who I was. That in itself is sad. But without those lived experiences, I won't be able to stand in this power. It's such an interesting thing, when we talk about healing and reality and how we want to lift those pains. But then it's not the ratio of the pain, but it's really about the learning of the lessons from all of these difficult experiences that get us to where we are.
- Kathleen: That speaks to one of the things that you've said that healing, wellness and decolonization are all one concept. Does that give credence to that?
- Aki: Yeah, very much so. Because in order for me to heal, what you have to heal is not necessarily me as the self with the capital S, but these parts of self that is a conditioning. I think we put ourselves through so much pain and suffering because we cannot live up to or we don't feel congruent to the belief system and social conditions that we live under. In individual healing, what I really focus on is to lift that through energetic work, through conscious medicine practices, through breathwork. All of that is that. Beyond that, that's kind of one of the reasons why I'm really excited about training young folks to become a next generation of healing practitioners and of space holders. If we can empower everyone who does healing or who does wellness to understand what they're doing is actually decolonization at the core, they may do the same thing. But how they will show up will be very different. That, to me, will change the world. Because I'm not doing this for me to feel good. I'm doing this, and I can say this about everyone who comes to this place called MINKA, we do this work because we strongly believe that we can change the world.
- Kathleen: To that, you are creating, and correct me if I'm wrong, are you creating a lineage practice?
- Aki: I am not necessarily creating a lineage practice.
- Kathleen: Or sharing the lineage practices.
- Kathleen: Yes, I am a student of lineage practices. Reiki also is a lineage practice. I teach that. In that, we definitely talk about different information than some other Reiki practice school will teach, because we believe that there's a deeper story and history than what's being passed on. The breathwork that I'm very, very thankful for, and very excited about sharing today with you, Kathleen and all of you who are here today, comes from a Toltec lineage. Meaning it's a Mesoamerican, Central Mexican lineage practice that I was so blessed to be taught by Sergio Magana Ocelocoyotl. He is a lineage holder. Meaning he is actually the manifestation of a prophecy. In the prophecy, he is the one who has been tasked to take this information to outside of Mexico.

Which actually he has been doing for the past, I don't know. He has been doing it for past definitely ten years or so. I feel so blessed, and I'm so thankful for him to answer that call. I'm so thankful for all of the teachers before him to keep this tradition alive, because this was really kept underground for a long time. When the Spaniards came to conquer Mexico, this art actually went underground to be saved. That's kind of the reason why I always say this way that I am not the expert in this. I am just a messenger. I'm so blessed that I can be a messenger of this. I actually got my blessings to be able to have this talk with you, Kathleen, because I won't be the decisionmaker for that. I said, "Hey, I've been asked to do this. What do you think?" Maestro said, "Well, of course, you should do it." I come to share this information and knowledge with you not as I am, but as a student who have been blessed with this information. I really hope that you all can partake on it one way or the other.

Kathleen: Well, I'm honored to sit at your feet, Sister. Please share more of the Quetzalcoatl Breathwork.

Aki: Quetzalcoatl means feathered serpent. Quetzal is a bird. Coatl is a serpent/snake. It is a feathered serpent breathwork. Quetzalcoatl is one of the most well-known deity or energy force of the Toltec or Central American traditions. The reason why is that the human experience, what we're trying to do if we're speaking of spiritual tradition, what we are trying to do is to have human experience while being able to tap into that multidimensional cosmic existence of who we are. We are really talking about this oneness of us being in human body and fully embodied. This is something I really, really love about this tradition. I think that's why I'm so excited to learn so much more from my teachers is that they do not disdain our human experiences. Meaning that it is an embodied practice. Even when we speak about lineages, cosmologies, spirituality, sometimes the aesthetic practices, there's always an element of embodiment that is very, very important.

It's not about going somewhere, because I think we have seen this trend of going from 3D to 5D, as though the 5D is something better. It's just different. We actually embody all of these different dimensions. How do we tap into it is the important part? It's not that because you can go 5D, you are better than your next person. It's just that you can leave your physical body to go somewhere, which sometimes is not ideal. If I'm driving, I think I should be in 3D. Or if I'm talking to you, you want me to be in 3D. Because if I'm fully in 5D, and I'll be like all expanded, you don't know what I'm talking about. That's not useful. So, for me, I really love their tradition in the way that they speak about this embodiment. Their version of enlightenment is through understanding the precious knowledge. But the precious knowledge is not somewhere that's out there. Precious knowledge is within us. We can see when we are in paradise, when we can understand all of our surroundings. Meaning our physical health, our financial health, our relational health, our community health. When all of it is in serenity, in peacefulness, in

abundance, that's what paradise is. They are teaching us to live the paradise in this body today. That is possible. It is a beautifully powerful teaching that they have. Quetzalcoatl really is that.

Kathleen: As you say that, I'm sitting here grinning, because my mom recently passed. Someone said to me, "Well, she's in a much better place." I said, "No, the power of my mother is that she had paradise and a new paradise right here, in the here and now." Just to confirm what you're saying, that is the power of her. That she was able to embody all of that here in the face of everything else with the physical eye. Yes, yes. I truly understand what you're saying.

Aki: Yeah. That's why I love you, Kathleen. It's easier said than done. But I can tell you that with discipline, and it's also very much about having a discipline. Sometimes he calls this like Mexican Kundalini breathwork. Because in their tradition, they also have what they would call a tonalcayo. Tonalcayo means energy center, a heat spot. Meaning it's a chakra. Just like the South Asian folks have their version of chakras, in Toltec tradition, we have their version of totonalcayos, which is chakras or energy spots in multiple, as a plural. As we breathe, what we are doing is that we are actually breathing in, holding the breath, and rising that energy from our lower chakra, which is not less or more, but it's just lower in the body placement, and moving it all the way through. As you exhale, you inhale back again. We would do this 104 times. We are doing this breath for 104 times, and we are actually going to do this for 104 days. That is a discipline that we actually are asked to have in order for us to reach the Quetzalcoatl level or Quetzalcoatl existence, which is the rising of our energy to attain our precious knowledge, to reach our greatest destiny in their tradition which is in the sun.

I think another beautiful thing about their tradition is also in their tonalcayo system, that chakra system, that within their chakra system, they talk very specifically about the first one is your ancestors and all of the unwanted tendencies that we have from our ancestors that we are clearing. We are using our breath each and every time to cleanse different parts of our existence. That is very much the multidimensional. We talk about our ancestors. We talk about our sexual energy as the force to create reality, co-creation of the reality. We talk about our cosmological influences, meaning our astrological influences of our birth time. Then we talk about the tendencies that we have to not flower into our best tendencies, best possibilities. Then we talk about power and how we can use our power for the greatest destiny or how we use our power, which is our words, as an arrow to self-sabotage or sabotage others. Then we talk about cleansing of all of our emotions, which is in our forehead. When we can cleanse all of our emotional fields, then we are now reaching closer to our paradise. Then we finally talk about our karma. They talk about the karma as inside of our energetic field. That if we don't take care of it, it comes closer and closer and closer. Your undigested or unlearned lessons will come to give you more lessons.

Kathleen: That which you resist persists.

Aki: Yes, exactly. Sometimes it's like you're thinking hard now. You might want to do it now. Because next time, it's just going to be even more painful. Within this single breath, we are cleansing all of these multidimensional ways of our beings. By doing it 104 times, then we are actually aligning ourselves to the complete transformation of the alignment of the cosmos, of the moon and the Venus and the Pleiades and Orion. That's why I don't say all practices as shamanic practices, I actually always call them indigenous sciences. It's a different type of science than we see now. But they have done their research and they have survived the test of time in order for us to be able to witness this. For me, this indigenous science is based on human observations, and observation of the cosmos, how they interact and how we get to learn being in this reciprocal nature of our reality.

Kathleen: Wow, let's do it.

Aki: You know what? I also have to say I am chopping it down so small so I can explain as much as possible within this segment. But I also want to acknowledge that by doing that, I am, I don't want to say dishonoring, but I am diluting some of it. I would really hope that if you are interested, I would love for you to take a full class by Sergio or me or at least read a book by Sergio. He has three books. You can fully understand the depth and the richness of the lineage practices that they offer.

Kathleen: May I ask, Aki, if we did the practice in full, how long would it take?

Aki: Usually an hour.

Kathleen: Oh, okay. Yeah, we don't have an hour right now. We'll have to do on part two. We'll have to talk to The Shift Network and have another session where we devote an entire hour to this. Wink, wink.

Aki: For me, I actually don't think this is devoid in other breathwork practices. I don't believe that. But because of whatever it is, it's not explicitly said. Sometimes it's good for the human mind to have explicit information to kind of have intentions on. I love this work because of that. I also love this work because of the amount of transformation that has brought to me and all the students who have actually completed 104 days.

Kathleen: Well, I just want to let all of our viewers know that Aki's information is readily available. Should you choose, which I don't know if I can say that, should you choose to go deeper into the Quetzalcoatl tradition lineage, please do reach out to her. Also, I will just say that MINKA is a plethora of healing modalities and peace and calm. Definitely look her up. However, right now, I don't know about you guys,

but I'm chomping at the bit to get to it. Will you lead us through some of it, even though it's not a complete session? Give us a delicious taste.

Aki:

Yes. I just want to briefly say where each of the chakra or tonalcayo is. The first one is in the coccyx. It's in your tailbone. That's where your ancestral is. When we say ancestral, we are specifically talking about cleansing right now. We are thinking about what's not working for you that comes from your ancestors. Usually, if you are privileged to know your birth parents, then you will see it in them and you will see it in you and you will see the new grandparents. Similar issues that we have, that's really the first one you think of and thinking of releasing or being cleansed. That's one. The second one is in your sexual area, if you would say. That actually his genitals. There you hold addictions: addiction to pleasure, addiction to choose suffering. The funny thing about humans is that even though it is not a good thing, we could be addicted to it. We don't just mean drugs, alcohol, violence, sex or anything like that. It's just anything that is not serving us to reach our best possibility. Any kind of creative power that's being wasted to the addictions, that's where it is.

Third is navel, your belly button. That's where your astrological, your cosmological imprint is. You would think about in Western or Vedic or in Central American astrological readings, there are things that's not necessarily the easiest to work with. There are things that is always the thing that kind of pulls you back or always the thing that gives you this challenge. You are asking that to be released so that it can transform into more of the power. The next one is in your chest, in your heart center. That's when you are thinking about the tendencies that you have that stops you from flowering into the best version. Next is the throat. Throat is about your power, because your words is your power. Misuse of power or lack of self-confidence also is in here. That you won't be able to embrace your power is in your throat.

Next is your forehead. Forehead, in their tradition, talks about emotion. It's not in the heart, and it is in your forehead, that we actually think about emotions in four different ways. One is the flood. Too much of something that is giving you suffering. Two is hail, destructive patterns, destructive emotional patterns. Three is drought, meaning lack of something. This could also mean that if you don't have a job, it's a lack of job, which also gives you an emotional pain. Those are the things that you would think about. The fourth one is the rain, abundance. What you're trying to do is to transform these three things into the fourth one, which is the abundance. You don't have to necessarily think very compartmentalized in that way where you have to think all of it at once. I just want you to know, by explaining this to you, you are doing all of it at the same time. If you can remember, that's great. If you have something very specific you want to transform into something else. Then I would like you to think of that when you go through this stuff.



But if you feel this is all too much, I don't need you to stop and take notes. It's okay. It will be happening just by the way these things are designed. On the top of your head, on your crown, what you have is all of your karma. They call it flint. It's the obsidian knife that would either help you to liberate or that will harm you. You want to cleanse that. That is the energy center that we talk about. We are doing 13 breaths of eight movements. That portals into 104 breaths. What I think today we can do is to maybe breathe 13 times. The way to breathe is I would ask you to breathe. When you say breathe, you are actually breathing in and holding it. You don't continuously breathe. When I say breathe, you breathe in, you hold and you raise the energy all the way to from the first bottom one in the coccyx all the way to the top of the head. As you breathe out, you breathe out from your mouth. Then we're going to go inhale again. Inhale through your nose, hold, raise the energy and out that way.

I want you to come to your seat. Close your eyes if you feel that's the most beneficial for you. As you breathe out, breathe out all the heavy energies. As you inhale, feel the rhythm of the universe, the cosmos and all of the measures. The lineage has continued to count. To bring this gift, to bring this blessing of Quetzalcoatl breath to this place, to me, to you Kathleen, and to all of you who are present. Now we will breathe. Only first movement of all eight movements. We're going to breathe 13 times. As you inhale through your nose, you will hold your breath. Feel the energy rise from your coccyx to sexual area, to your navel, chest, throat, forehead and crown. You would spin three times and then exhale out from the crown, and you inhale back again. Feeling the measure and the blessings from the cosmos, from the earth, from the universe.

Now, breathe, hold, coccyx, sexual area, navel, chest, throat, forehead, crown, breathe out. Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown. Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown. Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown. Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown. Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown. Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown. In this first movement, you are really dedicating and focusing on all of your ancestral tendencies that you want to transform. In this first movement, you can really focus on all of the tendencies that you see in your families. Think about transforming that for yourself and all of the seven generations past. Now, Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown. Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown. Inhaling for all seven generations. Coccyx, sexual area, navel, chest, throat, forehead, crown. Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown. Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown. Last of the 13th breath. Breathe, coccyx, sexual area, navel, chest, throat, forehead, crown.

Now, think about all of your ancestors, all of their pains and traumas. Whether you see them in your life or not. Feel the breath transforming all of their unwanted tendencies into a beautiful expression of you and them in this practice. As you breathe, you help them. You will liberate them from their pain, from their trauma. By you helping them, you are helping yourself and seven generations forward. Feel the effect of the breath in your body and in all of your ancestors' body and mind and energy. In the full practice, we would do this seven more times. 13 breaths seven more movements to go through each of the tonalcayo, the energy center. When you feel ready, open your eyes to come back to the place. Again, I would like to give my blessing and thanks to my teacher and teachers, Maestro Sergio Magana Ocelocoyotl and all of his teachers and teachers before that to keep this tradition alive.

Kathleen: I just want to say thank you to your teacher, the maestro, and to the lineage. Thank you, Aki, for sharing this. That was beautiful. I look forward to doing the full practice. However, I have to say I felt my ancestors. I felt the clearing. I saw us holding hands. As they say in the southern tradition, drawing the line in the sand. I saw us all standing together. Thank you so much for sharing that. Really beautiful. Really beautiful.

Aki: I actually want to say when we do this 104 times, the 104th time, the breath will not reach the crown to come through. But you would actually breathe out from the forehead, seeing the snake turn into bird, to go towards the greatest destiny, which is the sun. It's the white sun. It's called Istak Tonatiuh. If I may, what's also very much important for me to state in the timeliness is that the year 2021 is the first year of the sixth sun. The sun actually means the era in their tradition. So, Age of Aquarius, Age of Pisces, just like that, they call it the sun. We have been in the fifth sun which has been externalized energetic-wise. We are expressing ourselves externally. Now we are fully moving into the time of the sixth sun, which is the time when feminine rises, when the internal manifestation happens, and when all of that is becoming who we are. When we do this work, we are reaching towards the Istak Tonatiuh, which is the white sun, which is the son of the sixth sun. Doing this work during this next period of 6,625 years, we are really seeing the true manifestation of human capacity. Which is not only our physical capacity, physical beings, but the multidimensional existence as a humankind.

Kathleen: Powerful, especially coming from where we're coming from, to embody and be all that we are. Beautiful, beautiful. This This has been wonderful. I'm going to share with the viewers. Definitely, I'm just going to say this is a session you possibly perhaps would like to come back to. Look to upgrading your package and come back to this. Visit this. There's so much knowledge here. Revisit this again and again. Aki, how do people get in touch with you?

Aki: You can find me two ways. You can find me on [minkabrooklyn.com](http://minkabrooklyn.com). That is the center that I co-created. You can find me there. Then also my website is [soulflowermedicine.com](http://soulflowermedicine.com). Either [minkabrooklyn.com](http://minkabrooklyn.com) or [soulflowermedicine.com](http://soulflowermedicine.com). Both of them are on Instagram, the same thing on. Instagram @minkabrooklyn or Instagram @soulflowermedicine. You can reach me in in those ways.

Kathleen: I am so beyond grateful, Sister, and honored and humbled to call you my sister. What breath-filled words would you like to leave our viewers with? I'd like you to have the last word.

Aki: Reciprocity. To me, that's what breath represents. The connection between my physical body and outside reality of all the different elements. We are so well taken care of by the nature that surrounds us.

Kathleen: Ashe and amen. Reciprocity. Thank you. Thank you, everyone who's watching. Thank you, Aki.

Aki: Thank you so much for having me, Kathleen. What an honor.

Kathleen: Thank you. The honor is mine. Thank you, everyone.

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