

Letting Go

60 minute Playsheet

Welcome to the **Letting Go 60min sequence** - where we explore tension and how to release it more effectively in both our yoga practice and in daily life. By now you're probably starting to feel a little freer in your mind and body. This really is only the beginning. It's not until you let go of something - that perhaps you were consciously unaware of - that you see just how it's been holding you back. So enjoy shedding the layers in this gorgeous sequence. Be open. Be vulnerable. Be raw.

TENSION, AND THE ROLE IT PLAYS IN OUR BODY

OK, so I've talked a lot about tension throughout the series thus far. What exactly is tension? The dictionary defines tension as: 'The state of being stretched tight' and 'mental or emotional strain'. Never do we want to experience either of these things. Tightness is tension. We do NOT want a tight vagina. We want a *toned and supple* vagina - that's what makes a healthy vagina. Same goes for the rest of our body. Rock hard abs where there's no softness is detrimental to our health as women. We need physical softness as much as we need emotional softness in order to be fully in our womanly power.

Now when I say softness, I am not talking about weakness. They are two very different things. There is a lot of strength in being soft. As we start to shed our conditioning that has us believing we need to be bold and aggressive to get what we want, we're able to start to connect with the surrendered part of ourselves that allows us to draw in all that we desire, without needing to use force. Your *Yoga for the Vagina* practice will start to introduce you to this immensely powerful way of being so you can quite literally magnetise things to you.

Many of us have been taught that in order to get ahead in life, we need to use force. We need to be in control. Yet these ways of being come from a place of fear. Our ego is driving these behaviours and attitudes based on the limiting beliefs we took on about ourself and the world when we were a child. It's true that you may currently believe yourself to be 'Not Good Enough' or 'Unlovable' or 'Not Worthy', or maybe even 'A Failure'. Know that these thoughts are not true, and were taken on as a small child when you were too young to know any better.

This is what I will often refer to as our subconscious programming and which I discuss in greater depth in *The Art of Self-Love Video Playshop* which you'll find in the **Resources** area. Our wounds, hurts, negative feelings and emotions are born of these beliefs - this childhood programming. How does this programming play out in our body? We try to protect ourself through armouring. Armouring is when we unconsciously create muscular tension around vulnerabilities, thus creating numbness and contraction in the body that ultimately stops the flow of energy.

When I talk of body *de-armouring*, I'm talking clearing these energy knots and blocks in the body that we've unconsciously created as a form of protection, so we don't have to feel our pain. Problem is, when we refuse to feel the pain of various situations in our life, we suppress those feelings, and they become toxic to the body. We are quite literally poisoning the body when we suppress our feelings, because instead of feeling them so they can be released, we're holding onto them, pushing them deep in our cellular make-up.

Suppressed emotions are much like a beach ball that's pushed under water. Eventually it's gonna come up, and the longer and deeper it's pushed down, the bigger the splash when it does break through and surface. When this happens to us humans, it's called nervous breakdown, life-threatening illness, and so forth. You get my point? Feel in the present moment. It's healthier, and will save you years of healing and therapy in the future!

When we lean into the uncomfortable feeling, that is what creates the healing, and saves us from having to deal with it later on.

When we let go of these things - this baggage that we don't need - the tension in our body naturally lets go and we create space for optimum bodily functioning, while also creating the space and energy for new and better opportunities, people and thoughts to enter our world. So next time you're faced with an uncomfortable feeling or hurtful situation, don't try and change the way you feel. *Be with it.* Notice it. Let it flow through you and deliver whatever insights you need right now.

As you can see, tension only accumulates in the body when we refuse to let something go; be that unhealthy emotions, certain thinking patterns and behaviours that don't serve us, people, memories, possessions and so forth. If we don't feel the feeling in present time, these undigested feelings hide out in the body and create tension, energy blocks and holding patterns.

It's these energy blocks, holding patterns and muscular tension that exhausts the potential of the psoas. Stretched ligaments, tendinitis, sciatica, dislocations, compressed discs, lower back, knee, ankle and hip problems can all be traced back to imbalances reflected in an exhausted, overused or misused psoas (which I talk about in more detail in the **Luscious Lady Parts 60min playsheet**).

Each of the *Yoga for the Vagina* sequences not only help hydrated tissues in your body so you can get the psoas juicy again, but to help melt the conditioning, flushing away old patterns and habits that no longer serve us. Limiting beliefs are imprinted within our cellular body until fully and consciously sensed. It can be very difficult to recognise your own conditioning if you've never paid attention to it - but your life and the results you're getting will be a mirror reflection of your conditioning.

If you're interested in learning how to go direct to the limiting beliefs creating your current circumstances and remove them, take a peek at the [Remarkable Relationships 3-month online course](#) where I teach you how to remove beliefs instantly. Otherwise stick with the *Yoga for the Vagina* sequences, and through a regular practice those beliefs will gradually start to loosen, as you shine light on the hurts and fears and negative emotions you're currently holding onto.

TENSION IN THE VAGINA

We subconsciously contract *all* areas of our body, thus creating tension - but the vagina in particular is often in a contracted state - holding a lot of unresolved tension and often trauma. It's this tension that we store in the vagina that gets in the way of us experiencing pleasure, and being able to dive deep into those multiple and full body orgasms. For when our vagina's in a contracted state, the energy can't flow. And if the energy can't flow, neither can pleasure, as pleasure is what we experience when energy is moving freely. It's also this contracted state that causes numbness in our vagina, our breasts, and our body.

For this reason, when we practice *Yoga for the Vagina* with our Jade Egg, there is a massive focus on the release, on the letting go. As we let go of our egg, we invite our vagina to melt away the tension it's been holding, and begin to move from a contracted state into a relaxed state, so the energy can flow again. This is the doorway to ecstatic pleasure and feeling more more alive in your body.

Now chances are, you won't even be consciously aware of the tension being held in your vagina (or other parts of the body) until you start the process of letting it go. This is normal, so simply trust that wherever your vagina (or body) is at, that great healing is happening the more you commit to a regular practice, where letting go and releasing - *surrendering* - is one of the key focuses. Over time you will start to notice increased sensitivity in your vagina and a more loving relationship with your most intimate self.

Want some one-on-one help with releasing tension?

Look up your nearest Alexander Technique teacher. If you're holding tension or pain you're mis-using your body. Practising *Yoga for the Vagina* regularly will certainly go a long way to introducing the awareness needed to help correct these unhealthy patterns, but having the one-on-one contact can certainly be extremely helpful in supporting you in your journey into self, and Alexander Technique has been one of the more powerful aids I have discovered in teaching a person how best to 'use' themselves.

THE MIND BODY CONNECTION

Most women brought up in Western cultures are led to believe that the mind and body are two very separate entities. Thoughts and feelings are considered irrelevant to physical welfare. This kind of conditioning leads us to seek out a physical solution to what is essentially a problem of the mind, not the body. Yet it has now been proven that the mind and body are intimately connected, and any illness or sickness of the body, is really a sickness of the mind (unhealthy childhood conditioning).

When we have a thought, it triggers off a chemical response in the body. If that thought is positive, it will inform the body to release happy healing chemicals, thus guiding us to optimum health. Yet if that thought is negative, it triggers off harmful, toxic chemicals into the body that make us sick. As metaphysical lecturer and teacher Louise Hay says, 'Continuous modes of thinking and speaking produce body behaviours and postures and 'eases' or dis-eases.'

Any change in mood is conveyed via 'messenger molecules' to every part of the body, altering the basic chemical activity of each cell. That's why stress lowers our immune system. Every time we're told something or we tell ourselves something, it triggers feelings and emotions that alter our brain chemistry. We feel in our body what we think. Therefore our mind and body are one and the same thing. The only division is the one we have created and it's because of that division that there is so much sickness and struggle in the world. **To explore more about this, check out the work of Neuroscientist Candace Pert.*

When we experience sickness in the body, it's our body trying to communicate to us that there's something we need to tend to. Something we need to look at. Some old thought patterns and suppressed emotions we need to release and let go of. Being present with our body long enough to hear these messages, is what creates the awareness needed for healing. This is a prime focus of your *Yoga for the Vagina* practice, and how it's able to be so healing.

The body is a feedback loop - letting us know we have unhealthy thinking patterns through illness. Adaptable and responsive, we are self-correcting systems profoundly capable of self-healing.

In each sequence you are given an opportunity to connect with the tension in your body, let it reveal itself to you, so that you may *feel* it, and thus heal it. As we let go of these gunky thought patterns, so too do we free up the brain to respond to stressful situations in a much calmer and clearer manner - as opposed to reacting from a place of conditioned patterning. This is why letting go is such a vital part of

Yoga for the Vagina; we shed the 'stuff' that is causing tension in your body and limiting your experience of pleasure and joy.

BECOMING MORE SPACIOUS

Once we begin to release tension from our body this creates more space in our body, physically, as much as emotionally. Space equals ease. And if there's one thing we could all do with a little more of in our life, it's ease. When we get sick, this is a state of *dis-ease*. The aim of a regular *Yoga for the Vagina* practice is to help rewire your programming so you're able to experience more ease, more space.

The reason most people do not experience this state of ease is because they pack every day so full to the brim with 'stuff' to do, that their body has no room to experience ease. How often do you get a cold or come down with the flu? This is your body's way of trying to get you to stop. To slow down. So you can experience more ease.

There are many things we 'do' in life that really aren't necessary. It's simply our childhood conditioning that has us thinking we must do that, that and that in order to survive, in order to be happy, in order to get ahead, and so forth. Ultimately all we really want in life is to be happy. To experience ease. To have more space so we can enjoy the peace of life. We really don't need all that 'stuff' that creates all the clutter, the go go go lifestyle.

Living in survival mode, with a continual low-grade anxiety under-riding your life only stresses the body, thus depleting the adrenals and immune system.

So this course is my invitation to you to invite more ease into your life. To invite more space into your life. As you start to experience more space in your body, as you release the tension you're unconsciously holding onto, so too will this be reflected out there in your world, so you can begin to function in a way that allows your body to be in a constant state of healing.

Breathing well, as we discussed in the **Blissful Breath playsheets**, is a critical part of experiencing ease. Yet how often do you find yourself too busy to breathe fully? To experience the natural healing power of breath is to experience it's inherent spaciousness. We live in a world that teaches us there is no space to simply *be*. No space to do all the things we want and no space to live a stress-free, happy lifestyle. Yet, simply taking time to breathe, right down into our belly, is a simple, time-efficient way to start changing this programming.

This lack of space first starts with YOU. You need to *create* the space. Having a daily *Yoga for the Vagina* practice - even if that means just doing a couple of full length sequences per week and mini sequences on the other days - will generate this space I talk of. Thinking that you don't have time for a regular yoga practice, thinking that other things in life are more important than nurturing the seeds of self, is your unhealthy programming at play.

With our contracted way of being in our body, comes a contracted way of thinking.

In order for us to function both physically and emotionally well in this world we need to *feel* the space. We need to be experienced as large and roomy in our body. Without some sense of spaciousness in our organs and tissues we're unable to feel space in other areas of our life. For what we feel in ourselves is reflected out there in the world, and the life we thus create within that world.

Like I've said, but I will say it again because it's pivotal to your healing journey: It is this feeling of a lack of space in life that creates dis-ease and illness and stress. Why do you think city-dwellers especially, love taking trips to the countryside or ocean? Because they're able to experience that spaciousness. Notice how much better you breathe and how much more relaxed you are when you have that open space around you?

As you begin to welcome this spaciousness into your being, all your limiting ways of thinking, your rigid ways of being, start to dissolve. No longer will you be restricted by your self-image and what you must 'do'. Instead you will be taken over by a heart-felt openness, an inner acceptance of all that you are, delivering a new sense of vitality and wholeness.

Of course, to experience this inner embrace, you must shed what is no longer serving you, and in this sequence we will focus on letting go of the tension that is cramping your physical space - for as it dissolves, so too will the limited thinking patterns that created it. New neural pathways will begin to form to help you move through life so that ease and spaciousness become your 'way' of life.

LIFE OFF THE MAT

As your sensory awareness of your body begins to improve, you will naturally apply this ease to your daily activities, and ultimately that's what we want. If you were to spend an hour, or even half an hour a day on the mat, practicing *Yoga for the Vagina* and releasing tension so that you may use your body as it was designed, this will start to seep into the rest of your life, so you can experience less strain, less body ailments, less injury and greater peace and clarity in your life.

I will continue to keep sharing with you, how investing this time in yourself each day will impact your life in such a MASSIVE way, but only YOU can experience those HUGE shifts by committing to a regular practice. I can promise you that as you start to release the conditioning causing contraction in your body and your life, that you will feel much more in the flow. You'll have a much greater clarity of mind, so that you no longer waste time on projects or activities that fail to reap the benefits you're after.

We all do it - waste time on things that are unnecessary. Stats have found that 20% of what we do with our time gets the results we want and the rest really is just trial and error and... procrastination. So imagine how much time you'd save if you could cut out that 80% and be so clear you just focus on the 20% that works! It's that clarity you will begin to foster as you practise more. As you spend more time on the mat *connecting*.

The other great thing about being super clear, is that you won't experience health issues, or if you do, you will sense their beginning so quickly, you'll be able to heal it before it becomes a real problem. If we look at the amount of money people spend on health care, and time taken off work, health issues cost the world a LOT of time and money. Yet, investing 30-60 minutes a day to balance and restore the body through *Yoga for the Vagina* will help eliminate all this.

Ok... enough of my preaching :) You know what you need to do. You need to practise, because yoga has an undoubtable ability to calm the nervous system. The Autonomic Nervous System (ANS) controls the activities of organs, glands and various involuntary muscles. It even stimulates our saliva, digestive enzyme secretion and sexual arousal. We can't survive without our ANS! Placing our body in a state of calm - that is removing stress and physical tension - indirectly helps ur ANS cope better with its workload.

So how do we apply all this to our practice?

LETTING GO IN YOUR PRACTICE

First thing you need to know is that stretches can create more tension in your body if you push it too much, which can lead to injury and discomfort that becomes very difficult to undo. The best way to approach stretching is to move into each pose, each stretch, softly and slowly, until you feel a stretch that feels good. If you feel tension, if you notice other parts of your body tensing up to compensate, then you've gone too far.

Once you've moved into the stretch and it feels good, use the breath to gently go further into the stretch. Breathe into the area where you feel the stretch, setting the intention for any tension to release. Imagine it melting away. Then if you feel a release of tension, as you exhale gently lean into the stretch a micro-millimetre further. Keep doing this. Become super present in your body and super aware of where you feel tension.

Let the pose open you – let yourself expand in the pose. Imagine yourself in an expanded state. In poses we are letting go of tension NOT creating it. We are letting go of old stuck emotions, patterns of behaviour and thinking patterns and unhealthy ways of being in our body. We are breaking patterns of how we 'use' our body and our mind, so we can let our *heart* lead both physically and emotionally.

Whatever you do, you don't want to go into the pain. Doing movement on top of tension, builds scar tissue and unhelpful moving patterns that put extra pressure on other areas of your body. Every individual part of your body has a role to play, and if one of those parts is tense, it will stop that part from being able to do its job properly, putting strain on its neighbours who will then need to up their anti to compensate. When that part gets overloaded, because now it's trying to do two jobs, an injury occurs. You can see how this directly mirrors life. We get run down when we try to take on too much of the load.

The more you practice this space-creating approach, the easier it will become to find the right amount of pressure in each stretch. Until then, really take your time to find exactly what is right for you in each pose. If you take this approach you'll find your flexibility is better than it would have been because you're not creating tension by stretching; it's a natural stretch, and you haven't pulled anything in the process.

Your body will let you know if something doesn't feel good.

The most important tool you can take into the practise of each pose, is your presence. And this is one of the main reasons I have given you guided audios to follow along to each sequence, as opposed to videos, because it encourage you to go inside and feel yourself. When we're watching something for our instruction, the natural inclination is to disassociate from our body's sensations and instead focus on what we're watching. This creates a disconnect from our body.

Yet when you follow along to an audio, instead of comparing yourself to how *I* look in each pose, you're focusing on *sensation* over shape. You're feeling into what feels good in your body in that moment. Sensing ourselves helps shed light on the unconscious thoughts and visual images that disrupt natural movement patterns. Being able to be in an intimate relationship with your body - listening for your bodily cues - that will help release pattens of tightness that pre-dispose one towards injuries, and thus facilitate inner and outer healing.

MIRROR PRACTICE

Paying attention to sensations in the body - how you feel in a pose - is ultimately the best way of becoming more aware of holding patterns in the body where you tense and use yourself in a damaging way. That said, practising in front of a mirror can be extremely helpful also, so you can see where you are collapsing in a pose, or where you look strained or uneven. It's reflected straight back at you!

Practising *Yoga for the Vagina* in front of the mirror serves two main purposes. Firstly, it's a great way to visually see if you're using your body in a way that looks healthy and natural. You'll be able to see if you're stronger on one side or compensating a lack of left-side strength with right-side strength. You'll be able to pinpoint where you're tensing unnecessarily. Often this type of information on our use of ourselves stays hidden, so deeply ingrained, we're not even aware of these holding patterns until we experience pain.

The second benefit of occasionally practising the sequences in front of a mirror, is that it will help you connect more with your naked body, and while perhaps confronting at first, will eventually lead to a more positive relationship with your body. As you start to see what your body is capable of and how it moves so lusciously through the poses, you will start to hold a greater appreciation for your body. Nothing like an extra dose of body-love, right?

Now I'm not saying practice in front of the mirror every time you do a sequence. Some of the most powerful healings we will have, happen when we are gracefully moving through each pose, eyes closed, the only light from the flicker of a single candle. Mirror practice is something to explore and help you gain a deeper understanding of the way your body works so you can have more awareness as you hold each pose. Have a play with using a mirror and not using a mirror and see what you notice emotionally as much as physically.

OK! I'M READY TO START...

Then grab your Jade Egg and some coconut oil and head to your practice space. It's time for you to go on a hot date with pure awareness. Notice. Then notice some more as you're guided through the sequence. If you have time for a little journalling after your practice (which I highly recommend), this will help solidify your learnings. Questions you may like to ask yourself as you sit down with a pen and paper are:

- ♥ what did you notice about yourself?
- ♥ where did you notice tension?
- ♥ Could you feel tension in your lady parts?
- ♥ Did you get impatient?
- ♥ How did it feel to release tension?

Then once you've finished don't separate the you on the mat from the you out there in the world. Take what you learn in your practice with you. This is what you are really looking for. Ease. Ease on the mat. Ease off the mat. If you struggle with this, simply focus on being an observer. Observe where things feel tight, stuck, uneasy. Awareness is the first step. Only once we have this awareness can we consciously connect with what's needed to make the changes that make all the difference. You've got this!

LETTING GO 60MIN SEQUENCE RUNDOWN

POSES	TIMES
Body Shake	3-min
Love Wrap	2-min
Letting Go	3-min
Jaw Massage	1-min
Breast massage	3-min
Vulva Massage	3-min
Sipping / Pulse / Intention	2-min
Rock-Around-The-Pelvic-Clock	3-min
Sacrum Drops	1-min
Back Hug Rest	1-min
Rock'n Roll	30-sec
Shoulder Shrugs	2-min
Half Moon Neck Rolls	90-sec
Pussy Cat	2-min
Extended Child's Pose	1-min
Sex Kitten	3-min
Extended Child's Pose	1-min
Leg Press	2-min
Rest	30-sec
Life Nerve Stretch	90-sec
Rest	30-sec
Anus Love	3-min
Rest	30-sec
Horizontal Ballerina	3-min
Pulse	30-sec
Relaxation	6-min
Eye Love	1-min
Pretzel Stretch	1-min
Rock'n Roll	30-sec
Self-Love Blessing	2-