

# Breast Love

## 60-minute playsheet

Welcome to the **Breast Love 60-min sequence**. In the 30-minute sequence playsheet I share with you how our breasts radiate the energy of our heart; how they are essentially an outward extension of our heart. So I thought I would begin this playsheet with sharing more about the heart, and how our heart actually has a 'brain' of its very own. When we connect with our breasts in loving way - when we have a positive relationship with our breasts - we are helping create a deeper connection with our heart-brain.

### THE BRAIN IN OUR HEART

Yep, it's true. Science has now found that our heart has its very own brain, and what's super cool about this heart-brain, is that it's 100 times electrically stronger than the brain in our head and 5000 times stronger magnetically! What does this mean for us? It means that when we learn how to work with the heart-brain and follow *its* guidance as opposed to the what our 'head' is telling us, we're able to magnetise things into our life far more easily; without the effort, without the struggle.

So why do you want to be listening to your heart-brain over your head-brain? Because our head-brain likes to tell you to do things based on past experiences and past beliefs systems that you've taken on since you were small. Now while that might sound ok, is can be very limiting. You see, we form beliefs about ourself from the moment we are conceived up until age 7 - beliefs like 'I'm not good enough', 'I'm not loveable' and 'I'm not deserving' - and it's these beliefs that limit us. Hold us back. If you'd like to learn more about our childhood programming and how this works, have a listen to '**The Art of Self-Love**' playshop in the Extra Resources section.



The guidance we get from our head-brain via thoughts, is based solely on this childhood conditioning. It's not at all based on what we are truly capable of. The head will advise you to take actions based on fear, not love. It will encourage you to make choices that get you the same results you're currently getting, not what you *actually* want, because it's working with you current programming, and what you are programmed to experience you will experience until you change the programming. This is the key reason that you don't want to listen to the guidance of your 'thoughts' (your head-brain).

**There is a sacred spot in the heart where if the doctor touches  
it during surgery you will die instantly.**

**This is where all our subconscious programming and memories are stored.**

Your heart-brain, on the other hand, is guiding you from a place of inner *knowing* and a belief that you can do anything. Your heart-brain is not limited in any way, and so will guide you to take the very actions needed to get the real results you desire. It is beyond the programming you have taken on as a child, and is therefore a much wiser adviser to take direction from.

How do we switch from letting our head-brain guide us through life so our heart-brain can take the reins? There are a few ways. Doing a daily practice of *Yoga for the Vagina* will help you connect with your inner voice - your heart-brain, or True Self, as I like to call it - so you can hear the messages and insights you need to have a happy and healthy and abundant life. This is the main reason for the Love Wrap at the start of each sequence. You are essentially tuning into your heart-brain. If you'd like more practise at this, there is an extended version in the Extra Resources area called '**The Self-Love Meditation**'.

You will know you have established this heart connection, because you will feel calm and at peace. The negative mind-chatter will be quiet and you will be able to hear the whispers of your heart-brain. An added bonus of spending time connected to your heart's voice - apart from the fact that your life will just be awesome - is that this connected state triggers off the release of life-affirming chemistry into our bodies. *Healing chemistry*.

What I'm saying, is your immune system gets a boost as this healing energy moves through your body, and your anti-ageing hormones increase 100% from just spending three minutes in this state of connection. The more time you are connected to your heart-brain in this way, the more time your body and mind spend in a state of active healing.

You'll know when you've lost connection with your heart because you'll have a lot of negative mind-chatter going on, you might feel fear or anxiety or worry or overwhelm, maybe depression. Perhaps you'll be angry or frustrated. Either way, you won't feel good. This is one of the best ways to know whether you've lost the heart-brain signal. And don't worry, the majority of people spend their days letting their head-brain rule, so making the journey from your head to your heart needs to be a conscious, daily practice.

And one way to practise this connection is through your *Yoga for the Vagina* practice. The more you practise, the easier you will find it to stay connected throughout your day. But to begin with you will keep losing this connection, and the best way to reconnect is to do the Love Wrap. Simply imagine yourself filling up with love, returning to that feeling of peaceful surrender. This is how you develop a committed relationship with your True Self (or heart-brain) both on and off the mat. You keep doing the Love Wrap. Every time you find yourself feeling anything but calm and at ease, Love Wrap your way back home.

## **In Oriental philosophy the heart is said to be home for the spirit.**

I can't say it enough. When we're following the lead of our heart, as opposed to our head, life just flows. And it flows, because we're listening to the all-knowing part of ourselves that was designed to be our GPS through life. Unfortunately these days, most people are letting their head and their 'thoughts' navigate life. So as you move through your yoga practice and as you move through life, see if you can find this connection and let it be your wise adviser.

If you're interested in taking an in-depth look at the heart-brain and learning how I tune into my heart-brain and clear limiting beliefs instantly, take a peek at the [Remarkable Relationships 3-month](#) course where I teach these techniques, among other very important life skills.

## **LIFT YOUR HEART**

So just as we want to be following our heart's *spiritual* guidance through life, we also want to be following our heart *physically*. And the best way to do this, is look at *posture* and the role our heart

plays in helping us enjoy a healthy posture, that not only keeps our physical body aligned and our pelvic organs pinned in place, but our mental health in a robust state as well.

Head of the International Chiropractor's Association, Peter Garbutt, says 'Posture sets the platform from which your body is going to operate.' When you hunch over a lot, at work or simply moving around, the pelvic floor begins to weaken and lose tone. Yet when you're standing tall - heart lifted - your pelvic floor remains gently active. By simply choosing to stand upright in your full womanly power, you are caring for your pelvic floor, which we discuss in a lot more detail in the **Luscious Lady Parts sequence**.

**Pelvic health has a lot to do with our posture.**

**In fact, our posture can either break or make our pelvic floor. Literally.**

You will notice that in many of the poses in *Yoga for the Vagina* I encourage you to keep your spine tall, and heart lifted. Maintaining this tall alignment draws the energy of the pelvic floor up your front-body so your pelvic floor remains engaged throughout the pose. With regular practise, this will start to seep into your daily life, but taking this approach consciously into your life, will certainly help produce results much faster.

Now a tall posture that supports the health of our pelvic floor, doesn't mean ironing out the natural curves of our spine by overextending the spine and drawing in the tailbone toward the floor or tucking your tailbone under. Women develop a far more pronounced lumbar curvature than men in order to create the perfect balance needed to keep our pelvic organs positioned horizontal in the hollow of our lower belly, but allow the grace of fully upright movement. Loss of the lower lumbar curve in the spine and the natural lower belly, actually throws out our alignment.

When we fall prey to this postural cultural norm and flatten the lumbar, or lower back curvature of the spine, it pulls the bladder and uterus away from the lower belly, where they belong. There is no place for these organs to go except the vaginal space. Hence why we see women's sexual organs falling out through the vaginal canal! **Prolapse really isn't a gynaecological problem at all, it's a postural problem!** That's why it is so very important that we embrace our womanly curves!

To get a healthy posture, that supports sexual organs, simply pretend there is a string through the crown of your head pulling your head up, just like a puppet. Once your head is tall, the rest of your body should naturally follow. If you look sideways into a mirror ideally you want your ear in line with your shoulder (not in front of it), and your shoulder over your hip, your knee and your ankle. Your body should look straight, but not robotic (like you've just tried to iron out all your womanly shape).

The transverses abdomens - the deepest of the abdominal muscles - hold a mild contraction during our natural posture so our belly can be relaxed yet supported. You will also notice that as your crown draws up it lifts your heart, allowing your breasts to greet the world, and welcome more love inside. Some women slouch because they have insecurities around being seen, or about being out there in the world. Maybe you began slouching when you hit puberty and your breasts blossomed before those of your peers, or maybe you found the heavy weight of your school bag more than your shoulders could bear.

Whatever your reason for adopting a lousy posture, know that this habit can be broken, and it all begins with making the simple choice to do so. Put post-it notes around your house to remind you to connect in with your natural alignment, set reminders on your phone. Do whatever you need to do to support you in standing tall and owning your womanly body, because when you do, your internal organs will naturally migrate to where they belong, thus helping prevent any form of prolapse.

We need to consider that our body is a whole, not separate parts that work independent of each other. They work together to hold everything in place. When one thing goes out of balance, there is a domino effect on other areas of the body, with our pelvic floor and sexual organs often the main casualties. We are a magnificent design, but many factors in life cause this structure, that is our body, to weaken and collapse.

The way in which our bone, muscle, ligament, fascia and vessel are woven together into a seamless whole, allows for a lifetime of pain, or a lifetime of pleasure. Your decision to commit to a practice of self-love, where you allow the body the environment to self-heal, is what will allow your body to function as it was designed. And ultimately, that's what you are here for!

## POSTURE AND YOGA

This is the posture you want to take into your yoga practice. And by practising this well-aligned posture on the mat, you'll find it easier to maintain that healthy posture off the mat. Yoga postures are meant to be done with total conscious attention to breath and body mechanics. As the energy flow becomes stronger through practise, the posture is confirmed. Now that you've been practising for a while, I encourage you to really refine your poses in this way, feeling that gentle lift through your heart and crown while at the same time letting gravity align you by grounding down.

Throughout the Guided Audios you hear me talking about rooting down through your sit bones; or grounding down. The reason for this, is because if the part of your body that is in contact with the ground is not rooting into the ground, the rest of your alignment will be off. It really is a case of building from the ground up in any of the postures. The root is the place where your weight is, where the weight of the body is balanced in relationship with gravity.

In this geometric balance - where we are finding places to ground down (usually the places that make contact with the floor) while at the same time feeling that lift through the heart and crown - the spine gets a lovely stretch. As this stretch pulls us into alignment, the heart centres itself over the pelvis, and the head lines up with the heart. The head orients itself in relationship to the heart. When we move the pelvis, the heart and head naturally move into alignment with it. This is what I refer to as 'head over heart, heart over pelvis'.

When we lead with our head - in life (as discussed earlier) as much as in our physical body - we suppress the heart. When our head leads it tightens the body. It creates fear which manifests as tension in the physical structure. The head should move last, following the heart in all poses throughout the sequence. To have a comfortable well-supported heart, you need put your spine in a comfortable alignment with your pelvic bones. This alignment controls how the weight of your head and upper body affect your heart's space.

Keep asking yourself through your practice (and throughout your day):

- ♥ Where am I placing my heart?
- ♥ Is my heart open and lifted?
- ♥ Am I stacking my head over heart, heart over pelvis?
- ♥ Is my heart comfy and well supported?
- ♥ Can I breathe with ease?

Collapsed posture not only restricts breathing, meaning we get less oxygen supply (opening us up to disease and illness), it also puts pressure on the heart. The heart is enclosed in the sac of the pericardium, which is attached to the diaphragm and the movement of the diaphragm, is constantly

moving the internal organs of the abdominal cavity. Hence why how we hold ourself, has such a profound effect on *all* our vital organs.

For this reason, the heart needs space to be comfortable and this space is created by synchronising the alignment of the spine with how you are breathing. Breathing right down into the belly helps the spine support the body both by stretching the spine in various ways and changing the internal pressures in the chest and abdomen. You want to stretch your spine so your heart is lifting away from the pelvic base. Most importantly though, as you enter each posture, let your heart lead the movement. Let your heart guide the way, physically as much as energetically.

### **Studies have found that stretching - as in a yoga practice - is good for the heart.**

Prioritise your posture to support the heart. Letting your heart guide you helps open up your shoulders and your hips. I can't say it enough: Let your heart rule every posture. How connected you are to your heart and how you let your heart guide you as opposed to your head, will indicate how awesome your life is. Those who let their heart guide them through life experience more happiness, bliss, peace, ease, abundance and deep unconditional love. Those who let their head rule them, experience pain, struggle, fear, depression, anxiety and overwhelm.

*Yoga for the Vagina* is designed to help you get out of your head and into your heart so instead of swimming against the tide you start living in the flow of life. Become more aware of how energy is moving in your body. The more you do this practice, and the more still you are during that practice, as in the time you allow between movements to simply 'be' with yourself - basking in your heart's embrace - the more aware and tuned into your energy you will become.

What's super interesting, is while we are using our posture to help give our body some love during our yoga sequences, just having good posture in our day to day life is extremely healing. The muscles in the pelvic outlet receive plenty of exercise by simply sitting, standing and moving throughout the day with a healthy posture; a posture that supports your natural womanly curves. Not only that, you'll notice a profound difference in your confidence levels when you walk with your heart lifted, compared to walking around slouched over.

So we know we need to lift our heart. That is key to good posture, and will generally allow the rest of the body to align. What else do we need? A good foundation....

### **THROW OFF THOSE HIGH HEELS!**

Ok, so I know you're not going to like this, but truth be told, high heels damage the pelvic floor. Not only do high heels propel the body forward and turn walking into an awkward chore (I know you hear me!), they also point the foot downward, reducing its ability to flex and absorb shock. This impacts the ankles, the knees and the hips in all sorts of nasty ways, not to mention completely throwing the pelvis off balance.

The pelvic tilt associated with wearing high heels lengthens the lower back muscles and reduces our natural lumbar curve. Constantly tucking your tail bone under, the pelvis fatigues the lower back muscles and thus weakens the pelvic floor. In most cases you'll probably be unconsciously tightening the glutes and pelvic floor muscles in a way that not only weakens them but destabilises your pelvis. As I discuss in the **Luscious Lady Parts Sequence**, our pelvis is our core. It helps maintain both mental and physical balance and alignment.

There is absolutely no way to stand or move in alignment with any degree of heel. Sorry ladies, but I'm looking out for your pelvic floor here! Even one little centimetre will throw your pelvis off balance. Your body is having to make compensations, which over time become unsustainable and lead to injury and fatigue of our most important internal muscles. We're talking prolapsed sexual organs which you really DON'T want.

Still not ready to ditch your Jimmy Choos? (I only pull mine out for photo opportunities and never ever wear them walking for this very reason.) Then make sure you are doing a daily *Yoga for the Vagina* sequence to help counteract at least some of the damage you're doing during your day. You are ready to give up your high heels? Great! Your pelvic floor is soooooo loving you right now :) Problem is you want to look slimmer and taller right? Then lift your heart and stand tall in your body. When a woman holds herself in this way - not only does she move effortlessly with poise, confidence and fluidity - she has presence. A woman's presence is her power, not her pair of Manolo Blahniks (no matter how shiny they are)!

### **Think of healthy posture as your secret power.**

I remember when I first stepped into my yoga practice and began cultivating deep self-love, I would rock up to parties and events and people would be magnetised to me. Not because I was wearing high heels (most of the time I was in my Converse) but because they could feel the love I had cultivated within. If you want to be attractive - if you want to feel beautiful and powerful - work on your self-love and your presence.

When you understand your presence as a woman - you hold the power to lift those around you with so much as a glance or a smile. When you practice *Yoga for the Vagina* regularly you're practising this kind of presence and that will infiltrate all areas of your life. You have probably started to notice it already. It is no coincidence that people begin to treat you differently when you have a regular spiritual practice like this. As you love and respect yourself more, so too do others. It really does all begin with YOU!

### **I'M READY TO GET MORE HEART-CONNECTED**

Stabilising and reversing prolapse doesn't happen by itself. You have to do the work of educating yourself - by reading and studying the content I share with you in this series - and remembering to lift your heart and stand tall as you embrace your womanly figure. Be sure to study this playsheet until you are able to embody a healthy, happy posture. Doing yoga will of course help with this, but bring your awareness of your posture into your day.

As you sit down at your desk, as you prepare dinner, as you do the shopping, as you go for a walk, as you do the gardening, the vacuuming... check in to see if your heart is lifted. And if it's not, invite that gentle lift into your heart. To begin with you will need to constantly remind yourself but over time your habitual groves will start to loosen and your body will naturally start to align itself in such a way, that you feel that heart-felt lift happening naturally.

As you head into your practice, keep your focus on your heart. Like I mentioned before, let your head lead every movement, always checking in to make sure your heart feels supported and lifted and open. Then once you finish your practice, do a little journalling. As you begin to let your heart lead you, more insights and clarity will become available to you, and the best way to tap into that inner wisdom, is to create space for journalling; connecting. Questions you may like to ask are:

- ♥ where did your practice take you?
- ♥ what did it open you up to?
- ♥ what do you need to know right now about yourself and your life?
- ♥ Did you feel more love for yourself by the end of the practice?

## BREAST LOVE 60-MIN SEQUENCE RUNDOWN

POSES	TIMES
Love Wrap	2-min
Breast Massage	3-min
Vulva Massage	3-min
Sipping / Pulse / Intention	2-min
Rock'n Roll	30-sec
Heart Opener	3-min
Love Scoop Rest	30-sec
Spinal Twist	3-min
Rest	30-sec
Breast Reflexology	90-sec
Bowing Lady	3-min
Extended Child's Pose	1-min
Heart Shine	3-min
Chakra Love	3-min
Child's Pose	1-min
Shimmy	1-min
Stretch out the hips	30-sec
Energy Pull Standing	3-min
Love Scoop Rest	1-min
Ballerina	3-min
Standing Rest	30-sec
Windmill	90-sec
Base Position Rest	1-min
Rock'n Roll	30-sec
Reverse Prayer	90-sec
Pulse	1-min
Relaxation	6-min
Eye Love	1-min
Arm Stretch	1-min
Rock'n Roll	30-sec
Self-Love Blessing	2-min