

Sea of Love

20-minute Mini playsheet

The **Sea of Love Mini** is an active meditation, in that you are consciously directing your body to release muscular pain, tension and emotional holding patterns. Yet the process for doing this, is through stillness. That's right, we wash away our fears, tension and pain - anything that is not serving you - by not doing anything, but allowing. You lie back in **Base Position** and stay there for the entirety of the Mini. It is the intentions and directions of this Mini that allow the body to unfold, and thus, heal.

This Mini requires active engagement of your intent where you give mental and physical tension permission to dissolve.

You will most likely feel habitually rigid in certain areas of your body. When you do this practice, you are intentionally unlearning unconscious bodily habits that put strain on the body, and in doing so, freeing yourself to move, think, feel and express yourself in new ways. Not only is this practice great for recalibrating your entire nervous system, it helps you establish a better pattern to help you use your body more efficiently and with more ease in your day-to-day movements.

When you are no longer holding onto the negative emotions, holding patterns or stuck energy you have accumulated in your body over the years, due to mental and physical trauma, conditioning, painful situations and experiences, the bodily ailments we know as aches and pains, stiff joints, inflexibility, headaches and the like; they all begin to naturally resolve. So whether it's a long standing physical complaint, tension headaches from staring at a screen all day or emotional disturbances that are causing numbness in the body, this Mini will help you release the stored trauma, so it can heal.

HOW DOES THIS MINI WORK?

Our body must remain active, using particular muscles to maintain balance and hold itself upright. Yet when we lie down in **Base Position**, many of those holding patterns are not needed, making it the ideal position to practise letting them go. To practise relaxing the body. **Base Position** allows for releasing and opening of the body in order to create more space, so the body can function optimally.

As you lie in **Base Position**, gravity will begin to release the psoas, and as a result, increase skeletal alignment. The important part of this Mini is to be careful not to use force or attempt to rush the releasing. Force is not needed and not helpful here. It is in your letting go of time, letting go of needing an immediate result, letting go of needing anything at all to happen, that will allow your body to unfold and let go organically.

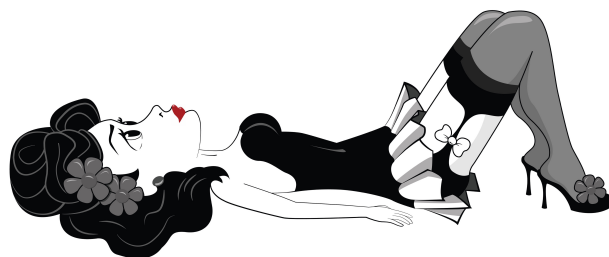
When you do this Mini you are projecting a subtle flow or force or energy through the body, which creates change in the quality of the musculature. This happens through sending instructions to the body via the nervous system which creates an energetic opening and expansion, which is then mirrored in the physical body. The movement is so small there is practically no movement at all. It can be likened to a flow of electricity along a wire, or of sound along a metal bar.

HOW TO DO THE SEA OF LOVE

Interestingly in this Mini, you don't need to do anything. In fact, trying to do something, will counteract the effects of this beautiful Mini. The purpose of this Mini is to practise *not* doing. To practise *allowing*. Allowing your body to relax and naturally release tension. When given the optimum environment to do so, the body will un-crumple so you can feel more freedom in your body. More freedom equals less aches and pains.

So this Mini is my invitation to you to lie back in **Base Position** - for full instructions on this, take a peek at the **Letting Go 30 playsheet** - and let go. Let the audio take you on a journey inside where you're invited to quiet your thoughts by simply bringing your attention to your body; sensing your body and the weight of your body and using conscious intention to release and let go.

When you take this conscious approach you're able to notice the pockets of tension without judgement, just present awareness. From here, you set the intention for the tension to release, knowing that your body knows how to facilitate the release of muscular tension, energetic tension, stagnation and blocks. Your body is smarter than you may be giving it credit for and it responds extremely well to clear directions.



Encourage the tension to release without trying to actually do it.

When you do this Mini (or use these techniques) regularly, healing will occur. *What is regular?* If you could do this exercise daily, you would experience great benefits. That said, if you can't commit to such a practice, then at least use this Mini when you're experiencing pain in your body. Instead of booking into a health professional to resolve your physical pain, practise healing it yourself. This Mini is super powerful when used for this very purpose.

TIPS FOR DOING THIS MINI

The important thing to remember with this Mini, is you are not making any movements. You are simply giving the body mental directions, and allowing the body to do it of its own accord in its own time. For that reason, when you are directed to relax your jaw, you don't need to move your jaw, simply *allow* it to relax on its own. Let the intentions work their magic, without physically trying to make them happen.

This is where you start to really learn and embrace the power of surrender and allowing things into your life. We often work really hard to 'make' things happen. Yet if we stop trying to force things to be a certain way, and instead get out of our own way and allow in *ease*, then it's really quite magical what we can receive. We cannot receive if we are too busy doing. That is what this Mini is about; creating the space to allow healing to unfold within the body naturally so the body to do what it does best; self-heal.

- ♥ Aim to keep the body soft
- ♥ Let go of all effort and control
- ♥ Let go of needing to 'do' anything, and simply *be* there in **Base Position**
- ♥ Notice any tension without judging it
- ♥ Listen to the words without making any attempt to do the actions
- ♥ What you focus on is what you create, so focus on expansion and space in the body
- ♥ Anytime you feel yourself experiencing anxiety or unhelpful thinking patterns, simply bring the love wave back in to wash it away
- ♥ Don't stop, get stuck or be attached to getting something to shift before moving on
- ♥ Remember, there is nothing to master or accomplish in this Mini.