

Breast Love

30-minute playsheet

Welcome to the **Breast Love 30-min sequence**; a practice in self-love and self-acceptance. Our breasts are the physical extension of our heart. Therefore our relationship with our breasts is a direct reflection of our relationship with ourselves. The more we love and nurture our breasts, the more we'll love and nurture ourselves, and be able to listen to the voice of our heart. Yet if we have a negative relationship with our breasts, if we neglect them, are disappointed with them or treat them poorly, we cut off the flow of love.

So before we get naked and hit the mat for a little **Breast Love yoga**, I invite you to get out a notebook and a pen, and spend some time journaling around these questions to help you connect with your current feeling toward your breasts. For it's this awareness that will help you shed the layers of conditioning that are holding you hostage and keeping you from being able to fully connect with the love that is truly yours...

- ♥ How do you feel about your breasts?
- ♥ Do you have a fear of breast cancer?
- ♥ Do you get breast pain at certain times of the month?
- ♥ Do you hide your breasts, or use them to gain attention?
- ♥ Do you have emotion around your breasts?
- ♥ Do you feel comfortable in public not wearing a bra?
- ♥ Can you fully own your breasts exactly as they are?

For those who have completed the [Remarkable Relationships course](#) and know how to tune into their heart, continue on, asking these questions and clearing the limiting beliefs as your True Self guides you...

- ♥ What's needed for me to love my breasts unconditionally?
- ♥ What beliefs do I need to clear to have healthy breasts I can fully accept?
- ♥ What is causing the stuck energy in my breasts and what insights do I need now to get that energy flowing again?

Getting clear about how you relate to your breasts and how you feel about them, is the first step in healing your relationship with your breasts, and thus, yourself. Given breast cancer affects 1 in 8 women in the US and was the second most commonly diagnosed cancer in Australia in 2012, we certainly need to be working with the breasts to ensure they get good blood flow and the lymphatic system is doing its job properly, but we also need to solidify our relationship with our breasts. How we *feel* about them.

The mind and body really are one and the same thing. If you think negatively about yourself, and your breasts, then those thoughts trigger off toxins in the body that will make you sick. Given porn's obsession with big perky breasts and magazine images that make us believe that breasts should look and sit a certain way, it's no wonder many women disassociate from the part of their body that is so key to them experiencing love.

Let this education and this exploration of the breasts through your *Yoga for the Vagina* sequences help melt any iceberg of shame around your womanhood, so you can fully step into your delicious female body. Let your breasts help open you up to deeper pleasure! Let any de-sensitisation start to dissolve, so you can become one with your breasts, and one with the voice of your heart.

DAILY BREAST CARE

Caring for your breasts through massage and various other self-care rituals each day, helps harmonise your hormones, fill your breast tissue with potent energy and open your emotional and spiritual heart. When energy is flowing through your breasts, lumps and bumps cannot survive, hence why breast massage plays such a vital role in breast cancer prevention and recovery.

If we look at breast health from a purely anatomical perspective, we're not looking at the cause of the problem, only the symptom. All physical disease is a result of emotional and energetic disruption. There is a big space of time between when a cell decides to become cancerous and a lump forms - years in fact. So let's begin with looking at the most healing self-care rituals; Breast massage!

BREAST MASSAGE

While in the shower or as soon as you up, do a breast massage. It's one of the most beautiful ways to start your day. Not only is breast massage essential to breast tissue health, it helps us connect with ourselves before we head into the world. As you'll start to experience, as you explore breast massage, you'll begin to feel more centred, more attuned to your inner voice. Your self-esteem will grow.

I do need to say however, to receive the full healing benefits, you need to be present as you massage your breasts. Breast massage is not another thing on your to-do list that you tick off. In order to get the true benefits of breast massage you need to make it a delicious ritual in self-love. Be present to every sensation, no matter how desensitised your breasts may be to begin with. Smile love and appreciation down into your breasts as you massage. Be grateful. Visualise filling your breasts full of love as you massage yourself. This is the best way to re-sensitise your breasts so you can feel more.

Where do you start? With rubbing your hands together briskly, ideally for at least 20-seconds to really generate some heat. You want to create energy and warmth in your hands. Then bring your hands within a millimetre of the skin - into the auric field of your breasts - and hold them there long enough to feel the energy of your breasts radiating out into your hands. You want to learn to sense your breasts before you touch them. This helps build more awareness of your energy body.

When you feel ready, softly make contact with our breasts, take a moment to breath lots of love in, lots of love out, then gently move into a soothing breast massage of your choosing. If you'd like some specific breast massage techniques, try these...

Four-corners massage: This involves stroking from the outside of the breast, into the nipple, using both hands alternating in one continuous motion. Begin by stroking from underneath your breast into the nipple, before moving to the left side stroking into the nipple, then above stroking down to the nipple, then from the right side stroking into the nipple. Continue to do this on each breast a few times. This is a brilliant way of not only nourishing your breasts, but examining your breasts for any lumps.

Underwire massage: Pull the breast up and use the pinky finger edge of your hand to stroke underneath your breast - the area where the underwire of your bra usually sits. Take the edge of your hand and go underneath, underneath, underneath (as one hand comes out the other hand is going back in. You can do one breast at a time or both breasts together as I show you in the **Breast Love Videos**. This exercise stimulates the reflexology point for the kidneys leaving you feeling calm and relaxed. When the kidneys are out of balance it shows up as fear.

Circling massage: Starting with both hands resting on your heart, in the valley between your two breasts, start moving your hands up and around your breasts, moving over the top, down the sides and around the bottom. Continue to circle your breasts simultaneously in this motion for a minute or so, before going back the other direction. It's believed in Taoist philosophy that as you massage from the centre of your breasts, down and around, this touch can actually grow the size of your breasts!

Nipple circles: Start with three fingers together and place them on your nipples, and make circles focusing on the nipples. Do both breasts at the same time for at least 30-seconds then reverse the direction. As you draw nipple circles you may like to close your eyes and imagine you're lighting up your endocrine system like a Christmas tree. Our nipples are intimately linked to our endocrine (hormonal) system, so by stimulating them, you stimulate your hormonal system.

Toning Massage: Hold each breast in your respective hand, ensuring your nipples are not covered. Firmly press upwards and diagonally inwards for a second or two, then gently release while still holding your breasts. Continue to do this for a minute or two on each breast, as this tones your pectoral muscles which can give your breasts a nice lift, as well as help clear toxins from your breast tissue.

Breast Shake: Take each breast in its respective hand and give them a good shake. Not so much that they hurt, but enough so they get a really good jiggle. As you learnt in the **Letting Go sequence**, body shaking is brilliant for shaking up and activating the lymphatic system. But not only that, when we shake our breasts, it helps reset our energy field.

For me, breast massage always feels nicer when a little oil is involved. It's easier to slide my way around and it just feels so much more lush! The breasts love coconut oil, jojoba oil and almond oil. If you want to jazz it up a little, drop in some essential oils that promote hormonal balance such as Clary Sage, Geranium, Fennel and Ylang Ylang. Only put on your skin what you would be willing to eat, as the skin absorbs everything right into your bloodstream.

Breast massage is about giving yourself gentle loving touch. Essentially you want to start feeling and sensing your breasts from *within*. Don't focus on what they look like, focus on how they experience pleasure and touch. The more you feel into the energy of the breasts, the more you will boost your libido and the more you will build neural pathways that will eventually make it possible for you to experience such pleasures as nipple-gasms!

LET YOUR BREASTS OUT OF PRISON

One of the biggest causes of breast desensitisation is wearing a bra. Locked up in bra prison for much of each day, our breasts become numb due to a lack of blood circulation. Numb breasts equal limited pleasure, and yep you guessed it, stagnant energy. This is why I encourage women to ditch the bra, if not completely, then to begin with take the 'less is more' approach. Perhaps you begin by taking off your bra the minute you walk in the door and take off your shoes.

When you remove your bra, you give your breasts a chance to breathe, and bounce. Bouncing is good! It gets the lymphatic system working. There are stacks of lymph nodes in the breast, armpit and neck area, and these lovely little helpers move toxins out of the breast area. When we wear a bra, this gets compromised, leading to our breasts quite literally getting marinated in toxins. Breasts are primarily made from fat - storage cells - and they store toxins. Yuk!

When this happens we become more prone to lumps and bumps of the not-so-nice variety. This is why one study even showed that women who wore bras had a 125 times greater chance of getting breast

cancer! Underwire bras are the worst. In the Taoist tradition, the underwire can create an energetic interference field with the sexual energy of the breasts. The nipple is considered like a vortex of energy and bras block that energy.

But what about droop? You don't want my boobs around your ankles when you're 60 and neither do I! That's also why you need to ditch your bra. A French study showed that women who did NOT wear a bra over a 15 year period actually saw a 7mm *lift* in their breasts. So they had perkier breasts from NOT wearing a bra. The reason for this, is because when we wear a bra the muscles designed to support the breasts get lazy. Yet when we remove the bra, that muscle starts to reactivate in order to support its own. Doing the poses in the **Breast Love sequence** will also help get those muscle working!

OK, so that's my rant on bras. Do I wear a bra? No. I might pull a bra out once a month for a special occasion because I feel like the look of a bit of lift in some of my vintage dresses, but as a general rule I am a braless lady. I will admit, at first it felt odd when I began weaning myself off bra-wearage. I did it in stages, gradually wearing them less and less over the course of a year, until I felt completely comfy both physically and mentally, around no longer wearing one. Now I LOVE it! So give it a try! And if you really just can't bring yourself to ditch your bra, make sure you give your breasts a really good massage every night before bed to help get the blood moving again.

DITCH YOUR DEODORANT

Most deodorants on the market are full of awful chemicals that clog up the lymphatic system. There is a large amount of lymph glands in our neck and armpits. So do your breasts a favour and choose a deodorant free of any harsh ingredients (there is a great range on the market if you take a peek in a health food store), or do as I do, and use bi-card soda under your arms. It works a treat!

If what you're using is an 'antiperspirant', stop NOW. It's essential that your body can detox itself, otherwise the toxins that would normally be released out through your sweat will drain into the lymph nodes near your armpits. This is highly toxic for your body and is often a contributor to breast cancer. Our body is designed to sweat for a reason. You don't want to get in its way of doing what it needs to do to keep you healthy and disease free!

BUILD A POSITIVE RELATIONSHIP WITH YOUR BREASTS

Bring your awareness to your breasts throughout the day - reconnect with your femininity. Bring attention to yourself. When you wake up, when you go to sleep, caress your breasts and when you lose your loving centre throughout the day, bring your awareness back to your breasts, for your breasts are your centre of **love**. The easiest way to bring awareness to the breasts, is to smile down to them. Hold them. Imagine sending love to them. Not only does it make you feel good, it helps you connect in with your True Self. Give thanks to your breasts whenever you can.

SPEAK FROM YOUR HEART

Your breasts are direct representations of the heart. The heart centre governs not only the heart but also the thymus gland, which is an important part of our immunological system. So speaking and acting from the heart - letting your heart guide you - is extremely healing to the breasts. Always check in and ask yourself: *Am I coming from a place of love? Was that comment I said to that person love-based or fear-based? How can I be more loving in my actions and words towards others?*

Ultimately though, you'll know if you're speaking from the heart, because it will *feel* good. You won't feel any need to be right or control, but have an inner sense of contentment and patience and joy. You'll

also find that you don't trigger other people into an ego state when you're speaking your truth - from the heart. I'll share more about this in the **Breast Love 60-min playsheet**.

HEART REFLEXOLOGY

In the **Breast Love 60-min sequence** we explore some reflexology points in the feet that help maintain healthy breasts, but here is another **Heart Reflexology** point you can use when you're at the office or out and about and feeling highly strung or out of sorts! This one is really good for managing mild anxiety, emotional discomfort, insomnia, and is great for when you're spinning around in your head. We all do it from time to time, so this point helps you to anchor.

Acupressure points are found bi-laterally - so on both sides of your body. The heart meridian starts in your left meridian and travels all the way up your arm and into your heart. It's on the bulgiest bone where your hand stops being a hand and bends and becomes a wrist. You want to push up towards your pinky while pushing into the bone. It may or may not be tender. You can hold the point or do small winding circles or a slight pulse on and off; whatever feels right for you.

In Chinese Medicine it's believed the spirit lives in our heart, so this is the spirit-gate, helping us to centre and reconnect with our heart. According to the 24 hour energy cycle in Chinese medicine, between 11am and 1pm is designated as heart time; it's when your energy moves through the heart meridian. It's said to be the most favourable time for you to have a nap, even for just 10 or 20 minutes. Because it comforts the heart it helps you rest more easily at night. This point is beautiful to do between 11am and 1pm and before bed to set yourself up for a good night's sleep.

YOGA AND BREAST HEALTH

This *Yoga for the Vagina* sequence is designed to help you develop a loving and healthy relationship with your beautiful breasts. Every sequence that uses a Jade Egg begins with a breast massage. Why? Because the kidney meridian runs through the breasts and is responsible for a woman's sexual arousal. Your vagina will start to lubricate and melt open when you massage your breasts and that's what you want before you put *anything* inside it. We also massage the breasts to help our body in releasing growth and anti-ageing hormones, as well as ironing out any stuck energy - the cause of breast complaints.

Movement is the other important part of clearing stagnant energy. Our lymphatic system - which flushes toxins out of the body - plays a pivotal role in our breast health, by creating a clean flow of blood to the breast cells and tissues. Exercises such as those in the **Breast Love sequences** help in the circulation of blood, while supplying vital energy all through the lymphatic system. The lymphatic system, while cleaning our tissue, is also a cousin of the immune system, so it carries immunity to the areas that need it.

The lymph system moves when we moves. It doesn't have a heart to pump it through the body. Hence why we need to be moving and massaging our body to ensure the lymphatic system is working properly. So if you're not exercising, then your lymph system won't be moving as much as it could be. Or if your lymph's are chronically tight then the muscles aren't getting the full range of movement because they're so tight, hence stopping the lymphatic system moving properly. In other words, you need to move, and move your body in ways that help it go beyond it's usual daily patterns.

What I also need to say here however, is that while moving the body (exercise) is the best way to get the energy moving, it's actually negative emotions that stop the energy from moving in the first place, hence the importance of having a spiritual practice that allows you to clear negative emotions as they

arise. As you begin to unwind and relax into your practice, you'll find that you start to really let go of the emotional stuff that would be causing these kinds of blockages.

You'll notice there are a LOT of arms exercises in the **Breast Love sequences**, so get ready for an arm workout! Moving the arms, especially in a way that allows our armpits to be exposed - where there is that concentration of lymph nodes - helps to activate the lymphatic system. And quite a number of these arms poses are done in what is known as **Rock Pose**. So let's take a more in depth look of **Rock Pose**, so you can begin to refine the pose as you practise.

ROCK POSE

Rock Pose is essentially kneeling. Sitting on your hunches. Sounds easy, although this isn't so easy for everyone and there are a few things you need to know, so you're doing it in a way that is super healing for you. So have a read, have a play and see what you discover about your body, after you've sat in lovely **Rock Pose** for a bit.



First thing's first. Make sure that your knees, ankles and feet are straight before you sit back on them. You want a straight line from where the knees meet, to the space between the ankles, to where the big toes touch each other. If your legs are not straight, then nothing else will be, because this is the foundation of the pose. We're always building from the ground up!

Next, make sure your big toes are next to each other and not crossed, as this interferes with the energy flow in the body. Check in to make sure that your sit bones are pressed squarely into your heels (there can be a little space between your knees if that is required for this to happen). Centre your weight on your sit bones through the heels and into the ground. Completely releasing your weight to gravity through the sit bones and the heels is challenging to the tops of your feet, but the legs will feel better and the spine will be in alignment. If your feet spread out to the sides of your buttocks, your legs will fall asleep.

What makes this pose even more therapeutic, is placing a folded blanket or towel between your thighs and calves, all the way from your the back of your knee creases. As you sit here, pressing into the sit bones, lift your heart so you feel that lovely length in your spine, crown drawing to the sky as your sit bones root down through your ankles, into the earth.

Your body doesn't like this pose? You have hip, knee and ankle issues? You're not alone. Use props. If you can't sit on your ankles because it hurts, take a rolled up blanket, place it under the front of your ankles on the floor (you'll need to make the blanket fatter if it still doesn't feel comfortable), then place a second folded blanket from the back of your knee joints, all the way to your toes, and sit back here. Take whatever props you need to be able to sit up tall. It also helps a lot to be on a softer surface, so perhaps fold a couple of blankets to put beneath you as well. Play, until you find something that works for you.

Why do we love **Rock Pose**? Because it's the foundation for many other poses, and it's said that when you master sitting in **Rock Pose**, you'll be able to digest a rock!!! Hence to say, sitting in this pose is great for digestion. This pose also stretches all the muscles in the front of the legs, as well as the knee and ankle joints; a great combo for creating a greater range of movement. At the same time it's a restful pose for the legs.

So if up until now you've been choosing to avoid **Rock Pose**, that's cool! Now you know how to adjust this pose, have a play and see if you can gently ease your way in. Take as many props as you need, and if you can only hold **Rock Pose** for 10-seconds, great! Build from there. Rome wasn't built in a day, and neither is a yoga practice.

I'M READY TO GET MORE HEART-CONNECTED

Great! Then lets hit the mat. There is just one focus I invite you to take into your practice as you explore the **Breast Love 30-min Sequence**, and that is to *smile*. Smile, then smile some more. When you're finding it difficult to hold a pose, remember to smile. You'd be surprised how powerful a smile can be. Not only does smiling through your practice keep your heart soft and open and your body receptive and aware, you'll feel good, AND you'll find an inner strength in the more challenging poses, you may not have known was there.

So if at any time you feel as though you've lost connection with your body, simply smile. Smile. Then smile some more. Feeling the smile resonate to the core of your being. If you want to explore the healing effect of smiling, visit the **Healing Smile Mini**. Ok then. It's time to play! String your egg, grab some luscious oil (maybe even pop a drop of an essential oil in it) and lay back in **Base Position** so the loving yoga experience can commence.

BREAST LOVE 30-MIN SEQUENCE RUNDOWN

POSES	TIMES
Love Wrap	2-min
Breast Massage	3-min
Vulva Massage	3-min
Sipping	3-min
Pulse / Intention	1-min
Rock'n Roll	30-sec
Heart Opener	3-min
Love Scoop Rest	30-sec
Spinal Twist	90-sec
Love Scoop Rest	30-sec
Heart Shine	3-min
Rest	30-sec
Energy Pull	90-sec
Relaxation	3-min
Stretches	1-min
Rock'n Roll	30-sec
Self-Love Blessing	2-min