



## Activating Your Heart's Bliss

### Where Temple Yoga meets Taoist Deer Exercise

Did you know that holding your breasts is one of the easiest ways to connect with your heart?

You see, from a Tantric perspective, the breasts are the positive pole and the vagina {yoni} is the negative pole.

Put simply, it is natural for us women to send energy out from our hearts, via our breasts: feeding and nurturing loved ones and what we love to do.

But often we forget to recharge and feed and nourish ourselves.

We are left drained and cranky, or resort to alcohol, drugs, tv, etc to "switch off".

This switching off takes you further away from the wisdom of your heart and body.

So here is something for you to begin reconnecting with your Heart.



*In the gap between sleep & waking in the morning,  
let your hands rest on your breasts.*

*Just let them rest there and notice your breathing.*

*Exhale from your mouth like a sigh.*

*Observe what is happening in your body.*

*Allow any movements that naturally want to happen.*

*Observe your breathing, body and sounds.*

*Allow yourself to express any noise that arises from your body.*

*Do this every morning for at least 5 minutes.*

*If you can go for 30, or anywhere in between, that is great.*

This is like the 'deer exercise', without the movement. Although, after a few minutes if you feel the energy stirring in you to circle your breasts with your fingertips, then do so. Explore different directions. You can alternate between resting and circling to experience the different sensations flowing through your body.

Smile and remember all the people and things that you are grateful for.

\* LOVE \*