



Soul Satisfaction for Women

by Lisa Page

...Who Want More Out of Life, Love and Intimacy.

Dear One,

*What if I said to you that stress and tension is **NOT** just something to ‘get rid of’?!*

*What if it were a gift? What if it contained something so valuable it could change your life? **Well, it does!***

*Beneath most tension sits and ‘underlying’ tension. Dig beneath that and you’ll find gold! ...The gold of your inner wisdom. Perhaps whispering, (or **SHOUTING!**), but always guiding you to...*

... let go of _____

... embrace _____

... express _____

...get clarity on _____

...The list goes on!

Here’s a gentle process you can take yourself through to explore the tension you hold and dig for the golden wisdom that is contained therein!

Enjoy!

Lisa

xxx



Accessing the Wisdom of Your Tension

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Take some quiet space where you won't be interrupted. Become aware of a tension you're holding. Feel it in your body. Feel its shape, size, colour, vibration.

Feel it fully. *Allow* it to be as big as it is. All the while, keep breathing fully as you 'allow' it. Keep the front surface of your body soft as you do this.

Once it is as big as its full potential, with your breathing full, ask the question *"What wisdom lies within this tension?"*

Receive the answer, with gratitude, whatever it may be. Trust what comes to you. *Feel* the answer. Don't think it! Enjoy the relaxation that comes as you do so.

When you're ready, decide the action (if any) you will take, as guided by this wisdom.

Thank this tension for bringing this wisdom to your awareness and let it dissolve now that its job is done.