

Contents

Foreword.....	vii
Preface.....	viii
Introduction.....	1
1: Getting the Brain on Board: Preparing the Mind to Listen	7
You Already Know	7
Widening Your Channel	8
The Plastic Brain.....	10
Feelings Are Your Navigation System	13
Finding Your Way Back to Love.....	14
What's the Reward?.....	16
Learning to Follow Your Feelings	18
Stress Lives in the Body.....	19
The Importance of Downtime	20
When We Can't Listen.....	23
What Keeps You Stuck?	25
Trusting Yourself.....	27
Technique: Journaling Your Beliefs and Feelings	29
2: Resetting Your Compass: Learning the Basics.....	31
Go Gently into Yourself.....	31
Focus on the Breath	32
Technique: Focus on the Breath.....	34
Technique: Counting or Naming the Breath.....	34
Technique: Body Scan	35
Embodiment and Grounding.....	36
Technique: Grounding	38
Relaxing into the Present Moment.....	38
Technique: Tuning into Uncomfortable Sensations.....	40
Technique: Tuning into Pleasurable Sensations	41
Using the Body as a Sensing Tool.....	42
Technique: Using a Ball	43
Technique: Stretching	44

Contents

3: Navigating Intense Feelings: The Challenging Parts of Yourself.....	47
Owning Your Feelings.....	48
Sadness and Grief	52
Technique: From Grief to Relief	53
Technique: Shaking	54
Getting Stuck in Sadness.....	55
Navigating Through Fear	57
Fear versus Excitement.....	60
When Fear Cries Wolf.....	61
Technique: Feeling into Your Tension Level.....	62
Technique: Letting Gravity Win.....	63
Technique: Present Moment Joy.....	64
Insecurity.....	66
The Value of Insecurity	67
Letting Go of Faulty Beliefs	68
Technique: Journaling—Letting Go of Faulty Beliefs	69
Anger: The Great Boundary Setter	70
Feeling into Anger.....	72
Technique: Softening Around Anger	73
Facing the Shadow	74
Kindness During the Process.....	76
Learning Kindness and Forgiveness.....	76
Technique: Tonglen Meditation.....	77
When Anger Feels Overwhelming.....	78
Technique: Broaden Your Perspective	79
Guilt and Shame.....	80
Technique: Let Go and Forgive	83
4: Nurture The Nervous System: Learning to Relax.....	85
Working with the Physical Body.....	86
Technique: Half-Sun Salutation.....	87
The Nervous System Explained.....	88
Pelvic Floor Awareness and Breathing	96
Technique: Pelvic Floor Breathing	96
Technique: Warm Fuzzies	97
Technique: Gratitude.....	98

5: Trauma: When Your System Malfunctions	99
Chronic Pain and Illness	101
Riding the Waves of Trauma	104
Other Biological Considerations	107
Calming the System Down	109
Rooting to the Earth.....	110
Technique: Grounding to the Earth's Core.....	112
Grounding Self-Massage	112
Technique: Self-Massage	113
Restorative Yoga.....	114
Sound as a Healer	115
Setting Intention.....	116
Chakras: Wheels of Life	116
Technique: Singing to the Chakras	122
Chinese Organ Breath Sounds	123
Technique: Chinese Organ Breath Sounds.....	125
The Power of Smell	126
Technique: Direct Oil Application.....	128
6: When the Going Gets Tough: Practicing when it's Hard	
to Practice	129
Using Your Breath.....	131
Nadi Shodhana: Alternate Nostril Breathing.....	131
Technique: Nadi Shodhana.....	132
Technique: Increasing the Exhale.....	133
Using a Mantra.....	134
Technique: Using a Mantra.....	135
Trusting the Universe.....	135
Technique: Let Yourself Be Held.....	137
Your Body Talks.....	138
Technique: Talking to Your Body.....	140
Life is What You Make It	141
The Habit of Negative Thinking	143
Thinking versus Feeling	144
Technique: Changing the Habit.....	144

Contents

Drop the Technique	145
Weathering the Storm: A Little Help from Your Friends	145
7: Enhancing Positive Feelings: Getting the Right Nutrition.....	147
Choosing Joy	149
Leaning into Positivity	153
Finding Your Way to Alignment	156
Tuning into Reality.....	157
Strengthening the Signal	159
8: Taking Action: Bringing Your Skills into the World.....	163
Trust	165
Start Where it's Easy	167
Technique: Feeling the Choice.....	167
Stretching Your Comfort Zone	169
Learning to Stretch	171
Pushing Through Resistance.....	174
Why it Feels Hard to Push Through.....	177
9: Freedom Compels Compassion: A Broader Perspective	179
Feeling Leads to Freedom	182
References	185
Index: Techniques.....	189
Acknowledgments	191

Resetting Your Compass

Learning the Basics

If you are completely new to the idea of coming into your body and being present with your feelings, there are some basic tools that can help you build your relationship with your body and exercise the part of your brain that holds these superpowers. The following suggestions are a sort of “Feeling 101” course that offers a gentle and simple way to start the process.

Go Gently into Yourself

I have learned the way of the emotions, mind and soul through the vehicle of the body. Myofascial Release (MFR), bodywork, and yoga are the primary avenues I have taken to my inner world. One of John Barnes’ primary principles in MFR is “never push, never force.” As a practitioner, my skill is to engage the barrier that is restricted and to wait patiently, being fully present with awareness of what I am feeling. I wait at the edge and allow the body to invite me in and then respond to that engagement.

If I am pushing or forcing the system, my client's **nervous system** starts to send out its alarms and goes into protection mode. Not only am I going to lose the battle with the subconscious holding patterns, but I can also cause an adverse reaction. As long as the principles of loving presence and steady engagement at the barrier are followed, as long as I am willing to wait and let the body lead the technique, I will succeed in accessing what I want to access. I give the body permission to begin letting go.

These same principles apply when you begin engaging your feelings. Find a way to access the part of yourself that is speaking up. Give it your presence and steady awareness, but never push, never force. The parts of us that are holding these uncovered gems have been hurt in the past. They are fragile and delicate the way a small child is. Beating them into submission or pushing them to bend to your will rarely works. Usually, those techniques create more resistance and protection. If the body is assaulted, it forms more fascial barriers or scar tissue. If the emotional body and the subconscious are assaulted, their walls get thicker, too.

Focus on the Breath

It's nearly impossible to go through life without having someone at some point tell you to take a few deep breaths, or simply remind you to breathe when something stressful happens. The entire practice of yoga is built around breathing. Meditation practices almost always suggest focusing on the breath as a way to bring you into the present moment. If you're prone to anxiety, there's a good chance that doctors or therapists have suggested that you breathe from your diaphragm as a way to calm your nervous system.

There are numerous long-standing studies that link stress to many disease processes. Dr. Dean Ornish was a pioneer in cardiology for

showing the undeniable link between stress and cardiac health, as well as offering a way to halt or reverse heart problems using yoga and meditation as tools for stress reduction.

Breathing happens here and now. When your awareness is on your breath, you are not engaged with thoughts and memories of the past, nor are you worried about the future. You are simply here, present in your body.

If the idea of breathing doesn't sound all that glamorous to you, perhaps looking at the original Western origins of the word "breath" will help inspire you. In Greek, "pneuma" means breath, but it also means "spirit" or "soul." In Latin, the word *spirare* means "to breathe," and is the root of our English word "spirit." These definitions, as well as the even older Eastern concepts of *prana* or *chi*, define the breath as consisting of much more than just oxygen. It means our vitality, our life force, our energy.

The English word for breath has devolved into the simple physiological process of taking in and expelling air. Think about this more open concept of breath for a moment. Without breath, we cannot live. The breath literally animates us and defines us as living beings. Even plants breathe. Trees "inhale" carbon dioxide and "exhale" the oxygen that gives us life.

When we focus on our breath, we are focusing on the force that brings life to us and that carries away what is no longer serving us. When I started to look at breath in this way, it changed my relationship to the simple cues about breathing. Instead of just giving my mind something to do (which in and of itself is a good idea), I started to connect to the actual life-giving force the breath offers. I began to realize the potency of this gift that keeps me going every moment of my life yet gets little to no attention or affection in return. This awareness has led to an immense feeling of gratitude as I pay mind to the breath.

TECHNIQUE Focus on the Breath

Sit in a comfortable but upright position, with your spine straight but your body relaxed. Take a few moments to get comfortable until you can settle into a place where you can be still. Now begin to feel the breath going in and out of your body.

Notice where you feel it. You may feel the coolness as it passes into your nostrils. You may feel your chest or your belly gently rise and fall. As you notice the natural sensation of the breath going in and out, also notice the relationship you have with it. Are you judging or assessing how you are breathing? Are you trying to change how the breath is happening? Once you pay attention to the breath, it's natural to notice that the breath does change. Observe what is naturally happening with the breath rather than trying to change it. Your breath may be deep and strong, or it may be soft and small. Whatever feels right for you in this moment is fine. When your mind begins to wander (and it will), simply and without judgment direct your focus back to the feeling of the breath. Watch it with affection and kindness. Continue to watch each breath and when your mind wanders, gently bring it back.

Counting or Naming the Breath

Continue breathing and prepare to incorporate an additional mental tether. There are two choices I will give you, and you can choose the one that seems to keep your mind most satisfied or the one that seems more appealing.

The first option is to count the length of your inhale and the length of your exhale. Simply count how many seconds make up the inhalation, and how many make up the exhalation. Notice if your mind wants to change the number or even it out, and then drop the temptation to exert any sort of dominion over the natural breath. Instead, allow your breath to stay as natural as possible. Each time your mind loses count or wanders, gently bring it back to the breath and the counting.

If you prefer, you can use the task of naming the action that the breath is taking by silently saying “in” and “out” as you breathe. Or “inhale” and “exhale.” My personal favorite is “receive” and “let go.” Choose simple labels for what is occurring when you breathe and allow your mind to continue to return to those words as the breath happens. Allow the breath to lead you, rather than the words directing the breath. Our minds are used to dominating our lives, and this is an opportunity to allow your biological intelligence to lead the dance while your mind follows.

TECHNIQUE Body Scan

Another basic technique for practicing sensing in the body is to perform a mental body scan. Scanning is a great technique to do before bedtime as it helps to bring your awareness into your body and slow the mind. I recommend using this technique both when you’re tired and trying to sleep and when you are alert and awake so you can learn to calm the mind even if sleep is not the objective.

Lie down in a comfortable position. Feel your body being pulled down into the bed or floor by gravity. Take a couple of deep breaths and sigh as you exhale, releasing any tension you might feel. Allow your breath to return to a relaxed state. Bring your awareness to your toes. Feel your toes relax. Feel your feet relax and let go of any tension. Scan up to your ankles. Feel your shins and knees soften. Relax your thighs and your hips. Relax your pelvis and buttocks. Feel how the entire lower part of your body is relaxed. Bring your awareness to your belly and your low back. Feel these areas soften. Relax your solar plexus and your ribs, your upper back and your chest. Relax your shoulders and your neck. Feel your upper arms let go as well as your elbows, forearms, wrists and hands. Relax your fingers. Feel your entire upper body soften and relax. Bring your

awareness up to your neck and your throat and feel those areas soften. Let go of tension at the base of your skull, your scalp and your forehead. Relax your eyes and feel them sink toward the back of your head. Relax your jaw, cheeks and tongue. Relax your brain. Feel the heaviness of your body on the bed or floor as every part of you softens and lets go.

Gently scan the body again and see if there are areas that can release even further. Continue surrendering to the effects of total relaxation for several minutes, soaking in what it feels like to let go.

Embodiment and Grounding

Becoming centered and grounded in the body is one of the fundamental skills that we must master in order to hear our internal cues.

When the sympathetic nervous system is activated—through stress, crisis, illness, pain or trauma, or if we have a very sensitive system—the natural coping mechanism is to dissociate and energetically leave our bodies.

Those of us who were born extra-sensitive tend to have an underlying cellular belief that being on the planet is inherently unsafe, so it can be quite challenging to ground our energy fully into our bodies. This particular skill has been a lifelong learning process for me. A coach I worked with for a while once said, “You’ve got it all happening, and you know how to move your energy and have mastered many skills. What you need is to get in better touch with gravity.” This fully resonated with me. Finding my strength in my legs, standing on my own two feet, confidently walking forward, being methodical and practical are not natural for me. I have pretty easy access to the “between realms” space. I also have great empathy skills and a developed intuition. I have a keen mind that quickly comes up with ideas and solutions. I’m good at listening to my gut. But my pelvis and legs have required reminders and attention.

It's interesting that the cellular body needs so many reminders about the benefits of staying fully embodied and grounded. Every single time I am fully present in my body, I feel better. My mind automatically slows, and I drop easily into the present moment. I guess that's **why** I love my work so much. When I am doing MFR or practicing yoga, I am more grounded than usual, and all of my natural skills are emphasized. The present moment in those settings happens in a realm that I'm comfortable with, and most days it's easy for me to stay fully there.

Walking through other parts of my life has required more practice and attention. Morning meditations and yoga practices are essential to the skill of grounded presence. The more you practice something, the better your brain gets at making it your default mode.

Staying grounded and embodied also requires frequent reminders throughout the day. I'm grateful that I have the ability to feel where my energy body is most of the time. I tend to be up (as I said before) and also slightly ahead of myself, especially in my head and a little too much in my heart. If you've never thought about feeling "where you are" energetically, give it a try. A good MFR therapist or energy worker can sometimes help you get used to how it feels when your energy is somewhere other than centered in your body. Once you feel it for yourself, it's a skill you can use regularly.

Present moment techniques tend to help drop me back into my legs and the back of my body. Sometimes I need to draw my attention more specifically into the back side of my head or heart, or even to the energetic space behind my body. I need to feel my feet on the earth, or my breath in my pelvic floor. If for some reason I'm really disconnected, I may need to place my hands on that part of my body, or contract the muscles of my legs to help the connection become greater to that area.

I like to do a short grounding and centering practice in the morning before I start my day of treatments. Here's a simple one that you may find useful.

TECHNIQUE

Grounding

Stand firmly on the ground. Barefoot on the actual earth is best, but you can also imagine yourself barefoot on the earth if you're inside or have shoes on. Begin by noticing (or imagining) your feet contacting the earth. Become aware of the sensation on soles of your feet and feel them meld into the earth. Feel that connection draw downward as roots do, meandering deeper and deeper into the ground. Visualize the roots extending straight down, so far that they reach the center of the earth. See the center of the earth as a liquid crystal. Allow your roots to merge with it. Feel the earth crystal energy draw up through your roots and into your feet. Allow that energy to slowly come into your entire body, the way water draws up from the roots of a plant. Feel the strength and support throughout your body.

Now feel the crown of your head open and soften. Visualize a bright light, like rays of the sun, tickling the top of your head. Feel that light slowly cascading down your body, filling every cell. See the light enter your legs and extend into the feet and the earth and roots below you. Experience yourself totally grounded, supported and held. At the same time, be open, relaxed and vibrant. Breathe these feelings in. Continue to check into how your feet feel on the ground and how centered you are.

Relaxing into the Present Moment

One of the simpler ways to become centered is to notice what is occurring in the present moment. The mind likes to take us ahead to worrying or planning for something in the future, or it can lead us back to an event that happened in the past and create emotional states based on those memories. Even if the event happened only minutes ago, we need to assess whether it is actually the experience we are having *right now*. This technique can help you find the present moment and help you re-establish a center, despite the circumstances of your life.

Whatever you are feeling, whatever vibration you are in, be aware of it and deepen your breath. You may notice judgments or thoughts coming up about the state you are in, or what you are observing. Let those thoughts and judgments just float by, as you continue to breathe. When you breathe, you are bringing yourself into the present moment. You don't breathe in the future or in the past, but only in the now. The present moment is the only place that actually exists, and therefore it is the place you want to be when noticing your feelings.

As you breathe, pay attention to your body. If you are feeling spacious and open, joyful and calm, continue to ride that feeling and relax into it more and more.

If the feeling is a little tense or restrained, or even if it's unpleasant, be there with it. And feel yourself soften and relax a little more regardless of what you are experiencing.

Relaxing is the key to feeling how you would rather feel. The tension that you feel and the judgments and beliefs that relate to your feelings create much more suffering than the feelings do. When you relax, you are able to let the energy that makes up your emotions move and flow and express. Tension and judgment clamp down and cause suffering.

Being willing to feel what is actually happening can be challenging and it can sometimes seem like work. It requires bravery and resolve to face yourself. It can feel quite uncomfortable to be in your own skin if there are a lot of feelings you have pushed down or forgotten about.

Ultimately, the joke is on us. We have a tendency to think that by trying harder or doing more that we can achieve what we desire. Sometimes, and in certain ways, this is true. But when it comes to experiencing our true nature, our soul being, who we really are, the quickest and most direct way is simply to relax, soften and let go.

As my teacher Erich Schiffman says, "When you relax, you let go of tension. When you let go of tension, you feel relief. Relief feels good." That "feeling good" is open and spacious, and is closer to who we truly are.

Letting go isn't always as easy as it might seem. I want you to think about how you feel if someone is pressuring you to do something, or is angry that you aren't doing it right, or wishes you were different than how you actually are. Those judgments and assessments tend to create more tension and cause you to grip tighter. It's not in our nature to relax or let go under such circumstances.

Only when we feel seen, accepted, loved and valued can we start to relax. Our emotions seem to respond in the same way. With pressure or judgment, a mini-war ensues. When you push to get rid of the feelings, or judge them or have an agenda (as subtle as it may be), the feeling will put its battle armor on, and you will experience frustration at being unable to relax or soften into it.

So start by breathing, and simply coming into the present moment. Then begin feeling, seeing, accepting and loving whatever arises in your current experience. Gently ask yourself, exactly as you are, to relax a little bit more. Notice the effects of relaxation and ride the wave of that sensation. Then relax and soften even more. Ride that wave. Continue with this cycle of relaxing and feeling the effects for several minutes.

Any time you feel drawn away or pulled into thoughts, simply reconnect with your breath and bring yourself back to the noticing and relaxing process. It is common as you do this practice to see your feelings shift and change. New ones may also pop in for you to acknowledge. Have fun observing the different ways you can respond to these changes.

TECHNIQUE**Tuning into Uncomfortable
Physical Sensations (Sensing)**

Sit or lie in a comfortable position and begin to deepen your breath. Feel your mind and your energy settle into your body, like stirred up silt settling back on the bottom of a lake. Take several slow breaths, continuing to settle and quiet your mind.

As your mind and energy settle, see if there's an area of your body that is immediately noticeable. Maybe it feels tight,

or a little achy or painful. Maybe there's a different sensation that is drawing you into that area. Perhaps an image of a part of your body pops spontaneously into your mind. If something is noticeable, bring your attention fully to that area. If nothing is immediately obvious, start scanning your body with your awareness and search for anything that feels tight, painful or tense. There may be several places, so just pick one that seems like a good place to start.

Once you have chosen a spot to place your awareness, try to imagine your breath entering it. Keep the breath in its own comfortable rhythm. There's no need to deepen it unless that feels right to you. With each gentle inhale, flood the area with awareness and kindness. With each exhale, assist that spot in letting go a little bit. Stay with the area using your breath for several minutes.

Notice if judgments come up or you start to make assessments about the area. Notice if you have emotions attached to that spot. Perhaps it's frustration or sadness. Allow those thoughts and feelings to have their place, letting your breath extend its kindness to them as well. Then in the next breath, bring the focus gently and lovingly back to the area of sensation, flooding it again with each inhale and feeling it let go and relax with each exhale.

After you feel that area fully for a few more breaths, allow your awareness to widen to your whole self again, soaking in the vibration of relaxed stillness.

TECHNIQUE**Tuning into Pleasurable Sensations**

The same technique can be applied to pleasurable or enjoyable sensations as well. Once you still your mind, simply scan your body for an area that feels open, relaxed, spacious, alive. You can even place your hand there to emphasize it, or you can create a comforting sensation, such as rubbing your chest or tickling your skin.

Then take your breath and use it to bring your attention fully to that area and the accompanying sensation. As your breath and attention land there, notice how the sensation may expand or relax more. Allow the feelings that accompany the pleasure to rise up in your system. Again, try not to judge or assess what you are experiencing. Try not to cling to the sensation, but rather just let it be, let it change and send a feeling of gratitude and kindness to the area.

Using the Body as a Sensing Tool

Sometimes the easiest way to bring awareness to an area is through touch. Bodywork practitioners know this. If you want to learn how to breathe into your belly, it helps to feel your belly with your hands as you breathe. If you want to feel your hamstrings, stretching them will give you a significant amount of information. Many of us aren't even aware that we have tight or sore spots until we physically explore, either by touch or through stretching and moving.

When it comes to ball and stretching techniques, there are many wonderful resources with great ideas about where to place balls or foam rollers to access an area of the body. The range of modalities spans the spectrum from yoga all the way to diagrams of stretches on the equipment at the gym. There are videos, books, wonderful teachers, and classes. I suggest you explore any or all of these options. I will provide several of my favorite resources in the references section.

What I'm going to offer here is a meditative technique to help guide you into your tight areas using ball placement or stretches that work best for you.

For the purpose of providing an example, let's **pretend you have** tightness in your psoas/belly area, since this is an area where most of us have some holding patterns. Remember: These techniques can be used for any tight or restricted area and may not be in the straight plane of

motion. You may need to explore within the stretch to find the best spot. The tool I suggest is a soft, inflatable four-inch myofascial ball. Harder balls are not suggested for use in the belly area, though some people prefer them in more solid areas, such as the gluteal muscles.

TECHNIQUE Using a Ball

Lie down on the floor and place a soft, inflatable ball under your tummy where you feel tight, hard or tender. It could also be an area that feels empty and numb. For the psoas, place the ball halfway between your hipbone and belly button.

Once you locate a spot to focus on, allow your body to melt over the ball. Focus your breath and your awareness into this area. As you breathe, notice the tension level in your face and jaw. If it is easy to relax these areas, it's a **pretty good indication** that you can hang out here for an extended time. If you are unable to relax your face and jaw easily, this is a signal that pressing into the spot may be too intense to start with, so adjust the ball into a place that feels a little more comfortable.

Once you've **settled into a spot, begin breathing gently into** the restricted area, as though your inhale is washing over it like a gentle wave on a shore. As you exhale, feel the area soften and relax a little more. Become curious about what you see and feel there. Thoughts, judgments, assessments or emotions will likely come up. Allow them to be there, and feel how the accepting awareness of the breath helps enable them to move through your system. Notice the part of you that wants to run away from the sensation. Allow that part to be there as well. Be kind to all these parts of your psyche, knowing that they have had a place in your life and have served a purpose until now. You'll often feel sensations in other parts of your body, too. This is completely normal, as the fascial system is a continuous full-body system that connects everything to everything else. Continue breathing into whatever

sensation arises, welcoming it all as you feel your whole body relax and soften more and more.

Lie on the ball for at least five minutes, maybe longer. If you've never used this technique before, five minutes is a good place to start. It's helpful to set a timer, so that you can fully absorb into the technique, rather than being distracted by time. If you're listening to the guided audio technique, the music will continue for a full five minutes to give you a complete experience.

TECHNIQUE **Stretching**

With a prolonged myofascial stretch, we are not looking for an end range maximal stretch. In my experience, stretching immediately to your limit will cause you to brush past many places where you might hold tension. I am a fairly flexible yogini, and it's been very easy for me to mindlessly transition to the end range of a pose and then come back to my awareness once I'm in the pose. So I urge you to play with this technique within any of your stretches or yoga poses, even if you aren't holding them for as long as this particular method is going to offer.

In this example, instead of using a ball to access the psoas, we are going to apply a gentle stretch to it instead. My favorite way to access this muscle is to lie on my back with a yoga block under the upper part of my sacrum (tailbone), either on the lowest or medium setting of the block. Best bet is to start lower, and if you don't feel any stretch, you can raise it up a notch. If you don't have a yoga block, a large pillow can work. Once the block is placed, bring one knee to your chest and gently hold it in front or from behind with your hands. If the block suddenly feels too low, go ahead and move it up a bit. This bent leg is used to help anchor the low back into a relatively flat position instead of an arch, so you may need to squeeze it toward your chest a little more than you think.

Once you are set, slowly walk the other leg forward. As your leg straightens out, you will feel the sensation of a stretch in the front of that extended hip and thigh. As you breathe into it, bring your awareness there. Find a stretch that just starts to elicit a mild sensation. Then allow your leg to roll in and out ever so slightly until you find a line of stretch that feels like it needs some attention. Use the wave of your breath to bring in awareness with the inhale, and relaxation with the exhale. Remember to check in with your face, eyes and jaw for tension, as this area tends to tighten up when the belly is open and vulnerable. Use this as your indication to either ease up on the stretch or soften more deeply into it. Continue breathing and gently opening the area layer by layer into the front of the hip and thigh, finding increasing ease and relaxation through your entire body. It may feel good to reach the arm on the side of the stretch overhead, or you may feel like telescoping the leg out, as if someone is gently pulling on it. Wherever you explore, find a space to be still and really feel that area gently open and soften. Continue the stretch for three to five minutes, and then repeat on the other side.