

# The Deer Exercise

## Instructions:

- The exercise is very easy, takes little time and space and may be practiced clothed or naked, seated on the floor or on a chair or the edge of a bed. Make sure you're warm and have privacy for about ten minutes. Start by sitting comfortably with your back reasonably straight, supported by the back of a chair if that helps. Close your eyes and focus on your breath, enjoying a few moments of peace and stillness.
- To begin The Deer Exercise sit so that the heel of one foot presses against the mouth of your vagina and your clitoris. If this is too difficult you can position a tennis ball to create the pressure there.
- Rub your hands together until your palms and fingers are hot – you may like to add a little oil to lubricate your hands if they're dry.
- Place your hands over your breasts and, focusing on them, allow the heat to penetrate deeply. Gently begin to massage your breasts in a circular motion using the first three fingers of each hand and avoiding your nipples as these can easily be over-stimulated. Continue this circular massage for a minimum of 36 rotations to a maximum of 360 rotations.
- You can massage your breasts in either direction, outwardly or inwardly, depending on your own needs. Outward motion is called *dispersion* and is achieved by massaging along the underside of your breasts, your hands come close together in the middle as they massage up toward the top of your breasts and out toward the edges along the top of your breasts and then down the outside edges of your breasts. Massaging in this direction may reduce the size of large breasts and reduce lumpiness.
- Massage in an inward motion is called *stimulation*. To do this massage from the outside in along the top of the breasts, your hands come close together down the inside edge of the breasts and out from the centre to the edges along the underside of the breasts. This direction is not recommended if there is a history of breast cancer in your family and massaging in this direction may increase the size of smaller breasts.
- To absorb the energy you have generated through the massage to rebalance your endocrine system, place the tip of your tongue against the roof of your mouth just behind your front teeth – this helps connect the endocrine energy

circuit within your body. Clench your anal and vaginal muscles as though you are drawing them up into your body and hold. As you do this maintain your awareness between your eyebrows. In this way the energy you have generated draws up through the endocrine system to the pineal gland, the uppermost endocrine gland. You can repeat the contractions three or four times, holding for 20 to 30 seconds at a time. Relax.

- Within the first few times you practice The Deer Exercise you'll begin to feel the energy rising to your pineal gland. Maintain your focus on the area between your eyebrows. Many women find this is accompanied by feelings of peacefulness and expansiveness. Others see colours between their eyebrows. There's no right or wrong, just notice what *you* experience. If you have conditions like fibroids or ovarian cysts it may take you longer to feel the energy movement.
- Many women have found that by persevering with The Deer Exercise and focusing their awareness keenly they can begin to shift stagnation in the body and experience this energetic movement. Similarly as this energy moves it can gather in parts of the body where healing is required, this may be felt like pins and needles or tingly or as if a cold area is gradually being warmed up.

You can practice The Deer Exercise once or twice a day, depending on the severity of your symptoms. You may like to start more intensely and then ease off to a minimal or no practice as required. As a therapeutic practice in your self-help toolbox The Deer Exercise can be invaluable.[i]

[i] Instructions for The Deer Exercise are taken from Lisa, Bodley, *Recreating Menstruation*, Gnana Yoga Foundation, Melbourne, 1995