Process for Helping Relieve the Symptoms of Vaginismus

by Gina Pickersgill

Vaginismus is a condition known to the patient as a painful feeling inside the uterus as penetration takes place. This process will consist of the management of relaxing the body in order for the person to be comfortable with the idea of sexual intercourse. The number of steps in the process will begin with the first step working all the way up to the 9th step.

So in the first step we will ask you to consider the process of maintaining a way of being that allows you to relax when the time comes for being receptive to the intercourse penetration. It is this moment where you need to do the opposite of what you were doing before. So it is just a matter of turning that state around to reflect the opposite condition which is relaxation because Vaginismus is just a process of tensing the muscles in that area for what is to come and so the idea that tension is the issue is a common one and that can be solved by learning to relax easily. Undoing the fear and the process of tensing up your muscles this allows you to relax and create a soft environment in which to allow the penetration of intercourse to enter you body.

The sexual organs are very receptive to perceptions. The ideas that we hold in our mind are the ones that create the special forces of arriving in the state of being able to contract and relax your muscles without having to think about how that's done. And so it's an automatic response to something you have learned in a previous situation that has helped you, or not, to be in a condition of receptive ideas.

And so step 2 is the idea that you have a reason for not allowing this person to enter your body and so it's a realization that they too are being blocked and your unconscious mind is responding to a person that is not acceptable to you in this way and therefore your body will contract and repel any responses made by the other person in the direction of intercourse. And so for this idea it has to be noticed that whatever you are experiencing with this person is a process of understanding the dynamics of how it is you became involved with this energy and how it can expand your awareness by looking beyond that which is unable to be seen in the present moment.

This idea will enable you to focus more clearly on the steps that will take you further into understanding the reasons for not wanting this person in your life and in particular in your body. There will be reasons that have consequences and there will be reasons that help you to focus more easily on how you are going to formulate a new procedure for getting the energy you want in your life so that you can be ready for a new relationship with this person in times for when you are able to go deeper into your own special findings of being loved and loving.

And so step 3 of this process is one where you are able to consider your own special findings of how you can be the person you want to be without needing to replicate another state that is outside of your awareness. This is because you have a way of finding the reasons for going into your own self and getting a space of finding a space within yourself that allows you to focus on the ideas of being one with an experience that is going to bring you joy and excitement and happiness, matching your experience with an image of how you would like to be so that you can take this experience and have it be a focus of your perception.

Step 4 of this process will be the one that guides you in a lesson for reading a special kind of energy that is designed to realise your own potential in the ways that are meant to give you the life you are wanting for a special reason to be in tune with your body. It is only that you don't realise how much you can focus on your own special way of being that is not getting your findings noticed.

Step 5
A way of being that is manifest in a focus of ideas that have a range of wonderful experiences for you to notice and realise and be the One you are today. If going into your psyche is something you cannot *do,* related to this issue, then you need to realise it's the focus you need to take. What is it about this experience that gets you all worked up? What is it about this experience that gets you the undesired response? What is it about this experience that gets you the realisation that you cannot be in union with this person? What is it about this experience that you can hold so tightly? What is it about this experience that you are not letting go? What is it about this experience that you are frightened to deal with? What is it about this experience that you are not letting in?

Step 6
Your mind has a focus of ideas that is not within your perception around how you can overcome this issue, and so you are not thinking about what you can do that is different. Instead you are thinking about what has happened and how that will influence the current situation every time it appears to be existent in your experience. And so the message for this step is to gain a reference of experience that allows you to be more of what you want to be and how you want to be it. How is it that you can focus on one thing and not another? How is it that you can be all of one thing and not another.? What if you are able to focus on more things that allow you be the person that is going to get you the results you want?

Now if you can imagine this process happening your mind this means that you are able to go further into the place of being One with the All that allows you to experience the joy and the bliss of having sexual intercourse. Sexual intercourse is a relevant behaviour for all human beings. It's a relevant idea and it has a purpose and it has a reason for being. And it would seem ludicrous to not have your own experience of being loved in a special way.

Step 7
Creating an image of how you will be when you're relaxed, enjoying the space, enjoying the love, enjoying the happiness so that you can find a way of noticing when it's happening and when its not and therefore begin to control how you feel in that situation. Changing your perspective, changing your mind, changing your energy to reflect the experiences you want to have. It's a simple equation really. You only have to notice when you are not doing it so that you can bring your attention back to the space where it's happening exactly as you would wish it to be and that is a great gift.

Step 8
Your management of time is an issue. Because not noticing how you are is a reflection of getting beyond the state where you can notice how time is passing and relating to that in a way that is open to your desires. Open to your desires. And then having a special feeling of giving in and allowing the person to present you with their offerings of love and attention and great respect and loving energy.

Step 9
This has a meaning of really getting the idea that you are able to understand the reasons and places and focuses that give you the ideas for being a more understanding receiving person. What is it you are not allowing yourself to receive and why is that such an issue? And why are you going all the way into the places that don't get you want you want when you could just as easily go the other way and get exactly what you want and find it easy to respect and nurture your own self intimate relations, so that, when it comes to loving yourself you can allow others to love you just as deeply and as awarely as you are able to get from that experience.

The connections you make with others are relationships that invite you to receive and give and so there is no imbalance its all perfectly in sync with how you are expressing your own experiences of how you are being loved in the moment. If this were an issue for anyone who didn't have an idea of how to focus more deeply on their sides of being, they would not have an image of how to be different as you do.

And so the image of how you are going to be is an important factor in your allowance of accepting ideas in and preventing yourself from being the person that is not wiling to allow that to happen. Once you have noticed the ideas you can go much deeper, *much* deeper. Go deeper inside… that's right… deeper inside.

Learn how do these steps with one to one coaching with the author.

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