

Guilty Pleasures Playlist

This juicy playlist is designed to be played at full volume with lots of raucous dancing, jumping up and down, singing at the top of your voice.

It is perfect for shadow body healing.

When healing the shadow body, guilty pleasures need to be embraced and integrated.

You need to stop holding yourself tightly, keeping yourself 'together' and feel expansive.

Give yourself permission to feel childlike and joyful.

Accept your primal nature and any tension you perceive between your enjoyment and your mind.

As with the previous playlist, these songs have been rigorously tested in the *Tantra Mataji* kitchen and you can be assured that they rate highly on the ecstasy-o-meter.

When you've got this little lot out of your system, try meditating right after.

I bet it will be a good one - you'll find it much easier to quiet your mind and savour your inner peace.

Enjoy 😊