

## **Sacral Inquiry Questions the Hips, Pelvis and Lower Back**

The pelvis is your sacred bowl that contains your energy of creativity. The hips, pelvis and lower back represent your right feel and to create relationships

You will be answering what questions. The body answers to "What". Please write out the first thing that comes to mind. Don't think about the questions too much.

### **The Basic Right To Feel, Create and Connect Questions -**

What is your favorite way to move?

What brings you pleasure?

What is the overall state of health of your pelvic bowl?

What do you feel chronically guilty of?

What or who are you controlling?

What is the level of tension you hold in you butt cheeks?

What is your sexual life like? Is it pleasurable?

What do you struggle with sexually?

What are the reasons you make love?

What is the state of your lower back? Painful or no pain?

What best describes you impulsive or compulsive?

What is your relationship to money? (Yes, I'm asking this for the 2nd time).

Who or what are you willing to interact with in order to find yourself?

What is the state of your most intimate relationship? Do you feel nurtured, respected and heard.

What are you willing to risk for your dream, for love, to be all that you are?  
What are you willing to let go of so that your dream can be manifest?  
What or who do you trust to support you? What or who shares your dreams?

What or who do you turn to when the going gets tough?

What do you do when confronted with change?

What really bothers you about someone else? What shadow aspect of yourself is that person showing you?

### **Sacral Trauma Questions -**

What are your feelings for?

What emotion or emotions do you normally feel?

What is your level of emotional literacy on a scale from 1-10. (1) I don't understand my feelings at all to (10) I know how to manage my emotions.

What is your awareness level of others feelings?

What is your experience with sexual abuse?

What is your experience with rape?

What is your experience with abortion?

**Spend a moment with your hips, pelvis and lower back -**

Is one hip one pushed further forward than the other?

Are your butt cheeks squeezed together? In the upper region, lower region or both?

**Standing, Walking and Sitting Questions**

What direction does your pelvis move when standing? Walking? Sitting?

Does your sacrum move up as the front of your pelvis tips down? Does your sacrum tuck under toward your pubic bone? Does your sacrum root down and the front of your pelvic bowl tilts up? Is your lower back in neutral meaning you have a slight curve in your lower back and the front of your pelvis is set balanced at center.

### **Sacral Pain Questions**

What pain do you have in your hips?

What pain do you have in your lower back?

What pain do you have in your inner legs?

### **The common challenges of the hips, pelvis and lower back**

**Hip replacement** - When the piriformis muscle is too tight, it pulls the trochanter into the hip socket eventually causing bone on bone. When this happens the hip has to be replaced. Hip replacement is an epidemic in our society at this time. The piriformis is the control muscle of the body, if you learn to let go and allow the flow of life, you'll have healthy hips. The energetic meaning is too controlling. The remedy is to release the piriformis muscle with a ball in the butt cheeks and stretches that open the glutes. Let go of those you want to be different.

What is the state of your hips? Open or contracted?

What or who do you want to be different than they are?

**Sexual Issues, reproductive issues, bladder and lower bowel problems.**

What sexual or reproductive issues do you or have you had? What challenges of the bladder or lower bowel have you experienced?

**SI joint issues** - The SI joints are held together by ligaments and tendons. When you have a hypermobile pelvis the sacrum can pop out of joint from the ligaments and tendons of the sacrum becoming overstretched. Releasing the iliopsoas, warming up to yoga nidra and taking yoga nidra will put the sacrum back into place. Unfortunately, once the ligaments and tendons are overstretched in the sacral area the student will always have to work on this space.

**All lower back — herniated disks, bulging disks, degenerative disk disease** are all caused by compression in the lower back. The way to release this tension is to open the iliopsoas and create space in the lower back. The energetic meaning is fear. The remedy is to release your iliopsoas muscles (fear muscles) with ball work, stretching and breathing. What lower back or sacral issues have you had?

**Broken pelvic bowl** - usually happens in older women due to osteoporosis. Energetic meaning is shattering your energy cup. The remedy is to do weight bearing movements such as squats to keep your bones healthy. What is the state of health of your bones?

## **Frontiers of Health by Christine Page Questions**

What illness do you have or have you experienced that is listed in Chapter #8 The Sacral Chakra — Associated Illnesses?

What did you feel when you read the explanation of the condition?