

Module #2 - The Sacral Daily Itinerary 52-Days

CREATE WELLNESS - Your Sacral -- Open your pelvic bowl to release guilt, feel your feelings, own your gifts and talents to draw in people that will assist in creating a life of wellness.

Day #1 - Welcome to Your Sacral Energy Center. Download, review and print out your Sacral Itinerary to help keep you on schedule.

Day #2 - Introduction of the Sacral Energy Center. Look over pdf. *5-min.*

Day #3 - Sacral Body Map Assignment. Create an outline of your pelvic bowl Pdf. *10-min*

Day #4 - Complete your Sacral Body Map Assignment. Create an outline of your pelvic bowl Pdf. *10-min.*

Day #5 - An experience with your Fascia - Watch this Ted Talk video.

Day #6 - Let Go of Control Movement Practice video. *9-min.*

Day #7 - Read BodyMind by Ken Dychwald. Chapter #4. Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

Day #8 - Continue reading BodyMind by Ken Dychwald. Chapter #4. Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

Day #9 - Finish up reading BodyMind by Ken Dychwald. Chapter #4. Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

Day #10 - Roll a softball-sized ball, use your fingers and move to explore your pelvis, hips, and lower back to connect with the bones, and joints of your pelvis. Color the bolded bones and joints found on your pdf in The Anatomy Coloring Book pg. 35-37. (pdf) *15 min.*

Day #11 - Finish up rolling a softball-sized ball, use your fingers and move to explore your pelvis, hips, and lower back to connect with the bones, and joints of your pelvis. Color the bolded bones and joints found on your pdf in The Anatomy Coloring Book pg. 35-37. (pdf) *15 min.*

Day #12 - Roll a softball on your pelvic bowl to connect with the muscles of your pelvis. Color the bolded pelvic muscles found on your pdf in The Anatomy Coloring Book pg. 50, 51 & 59. (pdf) *15 min.*

Day #13 - Finish up rolling softball on your pelvic bowl to connect with the muscles of your pelvis. Color the bolded pelvic muscles found on your pdf in The Anatomy Coloring Book pg. 50, 51 & 59. (pdf) *15 min.*

Day #14 - Your Emotional Guidance System - Watch the Emotional Guidance System Overview. You will learn how your emotions got taken away from you, what emotions are for, and how to get your Emotional Guidance System back video *20-min.*

Day #15 - Open your pelvic bowl video. *9 min.*

Day #16 - Finish watching or review your Emotional Guidance System Video.

Day #17 - Sacral Movement Practice #1 - The hips, pelvis, and lower back. *30-min.*

Day #18 - Go into nature and find an image that matches the feelings of (1) guilt, (2) grief, (3) shame, (4) overwhelm, and (5) pessimism. Place your

images on a separate piece of paper. You can add words or colors to your images. When done place your images in your 3-ring binder. I'm giving you my image of overwhelm for inspiration. Don't overthink this — feel it! *15-min.*

Day #19 - Complete going into nature and find an image that matches the feelings of (1) guilt, (2) grief, (3) shame, (4) overwhelm, and (5) pessimism. Place your images on a separate piece of paper. You can add words or colors to your images. When done place your images in your 3-ring binder. I'm giving you my image of overwhelm for inspiration. Don't overthink this — feel it! *15-min.*

Day #20 - Understanding how to make your EGS - You've completed your images of depression, anxiety, anger, frustration, guilt, grief, shame, overwhelm, and pessimism. Watch the video to get a deeper understanding of how you'll create your Emotional Guidance System and what to do with what you've created so far. *5-min.*

Day #21 - Complete understanding how to make your EGS - You've completed your images of depression, anxiety, anger, frustration, guilt, grief, shame, overwhelm, and pessimism. Watch the video to get a deeper understanding of how you'll create your Emotional Guidance System and what to do with what you've created so far. *5-min.*

Day #22 - Finish up your lower emotions EGS. *10-min.*

Day #23 - Let Go of Control Movement Practice video. *9-min.*

Day #24 - EGS Meditation on the lower human emotions. Follow the video to practice your Emotional Guidance System meditation. *8-min.*

Day #25 - EGS Meditation on the lower human emotions. Follow the video to practice your Emotional Guidance System meditation. *8-min.*

Day #26 - Let Go of Control Movement Practice video. *9-min.*

Day #27 - Read *Frontiers of Health* by Christine Page Chapter #8 - The Sacral Chakra pg. 125-146. Double-check your page numbers as you may have a new edition. Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). *15 min.*

Day #28 - Continue reading *Frontiers of Health* by Christine Page Chapter #8 - The Sacral Chakra pg. 125-146. Double-check your page numbers as you may have a new edition. Take notes for discussion on Group Zoom and for your Body Map (place significant finds on your body map). *15 min.*

Day #29 - Open your lower back quick movement practice video. *5-min.*

Day #30 - Sacral Inquiry Questions the hips, pelvis and lower back. Place significant finds on your body map (pdf) *10 min.*

Day #31 - Work on your Sacral Inquiry Questions the hips, pelvis and lower back. Place significant finds on your body map (pdf) *10 min.*

Day #32 - Complete your Sacral Inquiry Questions the hips, pelvis and lower back. Place significant finds on your body map (pdf) *10 min.*

Day #33 - What have you created in your life? List the 3 things you've created that make you smile when you think of them. Place images or words that describe your creation on your body map. *5 min.*

Day #34 - Finish up -- What have you created in your life? List the 3 things you've created that make you smile when you think of them. Place images or words that describe your creation on your body map. *5 min.*

Day #35 - What do you want to create? List the top one to three things that you'd like to create and place the description or an image of your dream on your body map. *5 min.*

Day #36 - Finish up -- What do you want to create? List the top one to three things that you'd like to create and place the description or an image of your dream on your body map. *5 min.*

Day #37 - Sacral Movement Practice #2 – The hips, lower back & pelvis. Place any Ah Haaaa's on your body map noting any places of pain with the color-coding system — red equals very painful, orange mildly painful & yellow slightly painful. *48 min.*

Day #38 - What are your gifts and talents? List your gifts and talents on your body map — if you know your gifts and talents — check out the — What are your gifts and talents pdf it will give you clarity. (pdf) *10 min.*

Day #39 - Finish up -- What are your gifts and talents? List your gifts and talents on your body map — if you know your gifts and talents — check out the — What are your gifts and talents pdf it will give you clarity. (pdf) *10 min.*

Day #40 - Own your gifts and talents - Use your gifts and talents to create something. Your gifts and talents are there for you to connect to others — share what you've created with us on the Heal.thy Self Facebook page.

Day #41 - Finish up -- Own your gifts and talents - Use your gifts and talents to create something. Your gifts and talents are there for you to connect to others — share what you've created with us on the Heal.thy Self Facebook page.

Day #42 - Release Fear Quick Movement Practice. Watch and move to release fear. *5-min.*

Day #43 - Make your Modern-Day Dream Board - You don't have to get out your scissors and a stack of magazines to make a dream board — make a modern-day dream board using Pinterest. (pdf) *15-min.*

Day #44 - Complete your Modern-Day Dream Board - You don't have to get out your scissors and a stack of magazines to make a dream board — make a modern-day dream board using Pinterest. (pdf) *15-min.*

Day #45 - Read Eastern Body Western Mind by Anodea Judith - Chakra two - Chakra Two – Take notes for your Body Map (place significant finds on your body map). You'll have two days to complete this assignment. *15-min.*

Day #46 - Finish up Reading Eastern Body Western Mind by Anodea Judith - Chakra two - Chakra Two – Take notes for your Body Map (place significant finds on your body map). You'll have two days to complete this assignment. *15-min.*

Day #47 - Sacral Movement Practice #3 - Release Fear video *40-min.*

Day #48 - Go into nature and find something the color Orange - Sit before your orange object and bring its energy and color into your pelvic bowl Visualize a spinning ball of orange light like a spinning atom. Notice which direction your ball is circling — right to left or left to right. The spin can change from one direction to another. Pausing to notice the direction of spin on a regular basis is an important way to connect to your sacral chakra. Place your object or a picture of it on your body map. *15 min.*

Day #49 - Root to Sacral Spiral Meditation. Move up from root to sacral. Get comfy and listen to move your energy up from your root to sacral. You'll be feeling so grounded and creative after this meditation video *13-min.*

Day #50 - Mantra meditation. The vowel sound of the sacral energy center is oo as in you. Sit comfortably and with each out-breath chant ooooo.
10-min.

Day #51 - Work on your Sacral Body Map.

Day #52 - Connect to Your Sacral Body Map.