

## **Healthy Low Back Discovery Letting Go of Guilt/Control Questions and Lesson**

AS A REMINDER:

You are more than a physical, emotional / mental, and spiritual being. You are an energy being that encompasses your physical, emotional / mental, and your spiritual nature. Your body is the container of your energy.

Knowing where your energy is freely flowing within your physical body and where it is blocked is the first step in unblocking and releasing that energy. When you move stuck energy out of your body, your physical health, your emotional / mental health, and your spiritual health will benefit.

You do this is by understanding the energy map of your body. This map prepares you to begin your journey. It guides you on your trip, teaches you how to read the signs, and keeps you from getting lost. Understanding this map gives you the tools to move through all the challenges in your life with ease, love, and grace.

### **What is the energy map of the body?**

The ancient people mapped out the energy lines of the body in several different modalities.

From China came the meridians and the modern-day practices of acupuncture.

From India and Nepal came the nadis and the chakras. The modern-day practices of yoga and Ayurveda come from these roots.

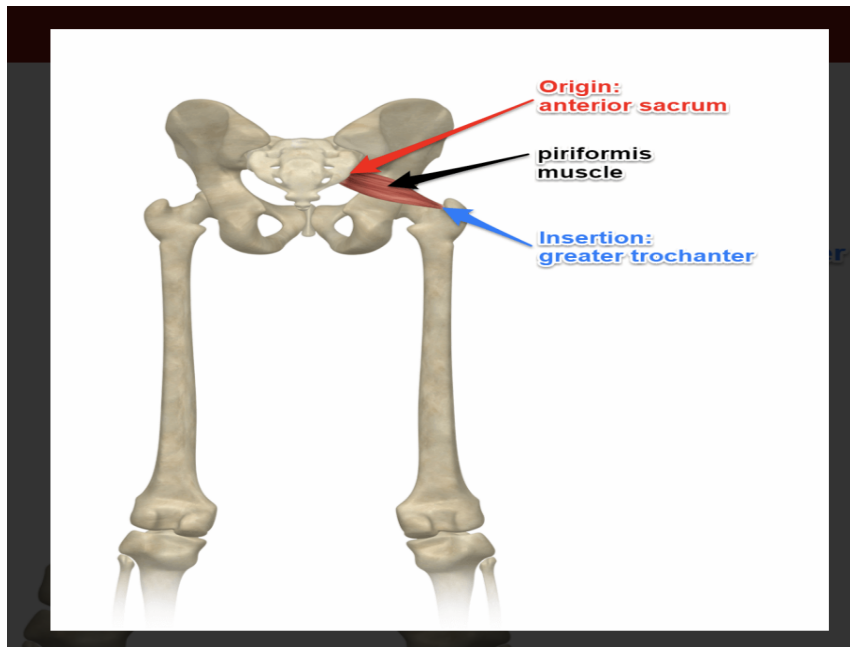
From the ancient cultural roots of Christianity, we have the energy practices of Hands-On Healing. These practices are described in the Bible as Jesus directing his energy through touch and healing people. The modern name for this practice is called Reiki.

Using these ancient practices, you will begin to understand the language of your body. I'm going to provide you the map, all you have to do is follow along.

### **Journey into your pelvic bowl:**

Your Pelvic Bowl is your creative center -- the container of your gifts and talents. Your gifts and talents are the energies that were bestowed onto you that flow with little effort. Your gifts and talents create connections to your inner self and the external world. This space also holds your feelings and, as a result, you must **feel** to create a connection with yourself and others. **To resolve lower back pain you must process feelings, own your gifts and talents and use your feelings and gifts to connect to others.**

## Your piriformis muscle:



This space grips when you want to control something. You don't have to actively control -- *wishing something was different than it is* causes the piriformis muscle to contract. The desire to control often comes from unprocessed guilt. If you are driven by guilt you often suppress yourself, have right and wrong thinking, and judge others.

The piriformis is a small muscle located deep in the buttock, behind the gluteus maximus. It runs diagonally from the lower spine to the upper surface of the femur, with the sciatic nerve running underneath or through the muscle. The piriformis muscle helps the hip rotate, turning the leg and foot outward.

The right butt cheek and piriformis is tight when you don't accept others and the outer world just as it is. The left butt cheek and piriformis is tight when you don't accept your inner world, yourself.

The tension held in the butt cheeks causes the sacrum to push up and into the lumbar spine. This causes herniated discs, degenerative disc disease, bulging discs, rotated discs and other disc-related challenges.

The jam in the lower back causes the quadratus lumborum muscle located in the lower back to be tight. It can also cause tension in the erector spinae muscle that runs along the spine from the top of the sacrum to the cervical spine.

As you let go of control the sacrum can fall down away from the lower back. This releases pressure in the lumbar vertebra, quadratus lumborum, and erector spinae.

To release lower back pain -- step three is to release guilt and stop controlling. How you do that is to open your piriformis muscles and allow the sacrum and lower spine to fall back into alignment.

## **DEEPLY LOOK, SENSE, AND EXPLORE**

**Look at your pelvic bowl and the surrounding area, in particular, your butt cheeks and lower back.** Stand in front of a full-length mirror in your underwear. Gather up a small hand mirror so you can look at your back. Answer the questions below in your journal. *Nothing you write down is wrong.* Answer these questions honestly and without judgment. If you don't get an answer to a question -- go away and come back to the question at another time.

1. *Is your bottom large, medium or small?*
2. *Do you have a C-like indent in your butt cheeks?*
3. *Do your feet turn out / duck out? (Represents a tight piriformis muscle.)*
4. *Is the right foot more turned out than the left?*
5. *Is the left foot more turned out more than the right?*

6. *Is your lower back curve deep, medium, or shallow?*
7. *Do you have an outward curve in your lower back?*
8. *When you look at your butt cheeks what is the first thing that comes to mind?*
9. *What do you feel when you look at your butt cheeks?*
10. *When you look at your lower back what is the first thing that comes to mind?*
11. *What do you feel when you look at your lower back?*
12. *Describe in detail your lower back challenges. What have you been diagnosed with? How does it feel? How long have you had the challenge? What does the challenge do to your life?*

### **Feelings Held in the Pelvis and Lower Back**

1. *What or who do you control?*
2. *What do you wish was different in your outer world?*
3. *Who do you wish was different?*
4. *What about yourself do you wish was different?*
5. *In what ways does your control affect your life?*

### **ASSIGNMENT**

- **Practice self-care** - Do your movement practices every day. Drink lots of water. Get plenty of rest. Schedule playtime. Pursue your own interests. Eat a whole food plant-based diet. Check out [Clean Food Dirty Girl](#) for great meal plans. Love you first.
- **Own your gifts and talents** - Play with them. Create something using your gifts and talents!
- **Understand that feeling lower emotions means there is a need that isn't being met which can cause you to control.** Name the underlying need. For

instance, if your partner is going out with friends and you wish she wouldn't, the need that's not being met could be companionship, trust, to feel special, or to be considered. If you need some help with this -- I really like Marshall Rosenberg's book [Nonviolent Communication](#).

- **Encourage those around you** - Encouragement will draw people toward you, whereas control will push them away.
- **Trust others & yourself** - Choose your battles. Let the small stuff go. Trust others to make good decisions, even when you're sure they're NOT on the right track.
- **Ask for support** - If you are in pain or feeling stuck in the lower emotions -- reach out to us in the [Lower Back Bliss Private Facebook Page](#). We can't do this life solo. We all need each other to get through the challenges.
- **Make a Universe box** - Write down anything that challenges you and put it in the Universe box. Let go and allow the Universe go to work around your issue.
- **Go on rampages of appreciation** - Write down everything in your life that you are grateful for. Keep the list handy when you start to slip back into control.