

## **Healthy Low Back Discovery Overcoming Fear Questions and Lesson**

You are more than a physical, emotional / mental, and spiritual being. You are an energy being that encompasses your physical, emotional / mental, and 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 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:**

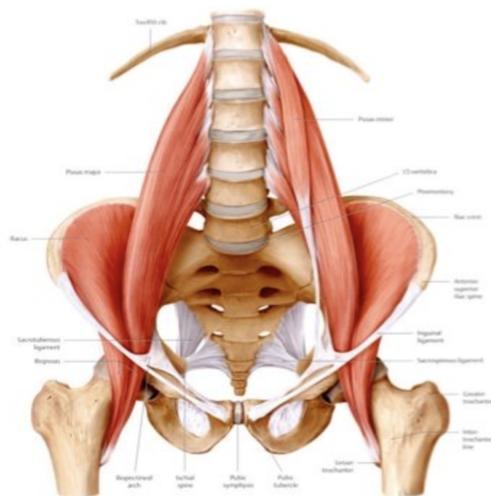
Your Pelvic Bowl is your creative center -- the container of your gifts and talents. Your gifts and talents are the energies that were bestowed onto you that flow with little effort. Your gifts and talents create connections to your inner self and the external world. This space also holds your feelings 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 Iliopsoas / psoas:**

#### **Anatomy: Two Muscles in One**

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The iliopsoas is actually comprised of two muscles: the psoas muscle and the iliacus muscle.



The fear muscle. Fear can emotionally overwhelm you and you're unable to process what is happening, accept your fears, and express them through your body and mind. You hide them deep inside your contracted iliopsoas / psoas muscle where others can't see that you're afraid and you end up hiding fears from yourself too. Yet, they're still there.

### **Iliopsoas**

Your iliopsoas muscle runs from the inside of your hip bone down into the inguinal crease (the top of your leg) and attaches into your great trochanter (the top of your femur /leg bone). It is the fear muscle of your body. This muscle pulls your knees toward your chest. It's used in running and walking. When you feel fear this muscle contracts and will stay contracted until you process through your fear.

When you are stuck in fear your iliopsoas stays contracted and shoves your sacrum (the triangular bone at the bottom of your spine) up into your lower back. Causing a trainwreck in your lumbar vertebrae. It can also contract more on one side than another causing a tork and tilt in your lower spine. These jams, torks, and tilts can cause lower back pain and tension.

Your iliopsoas blends into your psoas muscle right at your hip bone. The iliopsoas and psoas are the same muscle they just have two different actions. As discussed above, the iliopsoas draws your knees into your chest. The psoas brings your shoulders down toward your belly. Both are attempting to protect your soft underbelly from whatever danger is lurking.

### **Psoas**

Your psoas runs from the inside of your pelvic rim to the outer edge of your belly, goes anterior at your floating ribs and attaches to the inside of your spine at T11, 12. When

you experience fear your shoulders drop down and forward and your knees lift up curling you into a ball like position. When you are stuck in fear your shoulders can be stuck rounding forward.

The weight of your shoulders and the jam of your lower back is the cause of most everyone's lower back pain. In other words, ***fear is the main cause of your lower back pain.***

To release lower back pain -- step one is to release unprocessed fear from your body. How you do that is to open your iliopsoas and psoas muscles.

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

**Look at your pelvic bowl and the surrounding area, in particular, the iliopsoas / psoas muscles:**

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 one of the questions -- go away and come back to the question at another time.

1. *Are your hips wide, medium or narrow?*
2. *Is one hip higher than the other?*
3. *Does one hip come forward more than the other?*
4. *Does your lower back have a large, medium or small inward curve or is the curve a straight line?*
5. *What do you feel when you look at your pelvic bowl and lower back?*

6. *When you look at your hips, pelvic bowl, and lower back, what is the first thing that comes to mind?*
7. *Have you had any hip, pelvis or lower back issues, challenges, pain, discomfort, disease, disorders? If so, where and what?*

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

1. *What is your greatest fear?*
2. *Who or what are you afraid of? Yourself? Or Them (anyone outside of you)? Or both?*
3. *In what ways does your fear affect your life?*

### **ASSIGNMENT**

#### **WRITE DOWN YOUR FEARS**

Take a moment to write down the fear that's challenging you. What is it? Name it. Is it the fear of losing your job, being alone, experiencing pain or not having enough money? What wakes you up at night with a racing heart? What smacks you in the face the moment you wake up? What is that little niggle of anxiety that is constantly with you? What is the fear? Write it down in your journal.

#### **DO THESE FIVE STEPS WITH YOUR FEAR**

The five steps to making everything alright. The ancient Hawaiian Ritual of Ho'oponopono.

1. I love you - Say *I love you* to yourself. Repeat it several times.
2. I'm sorry - Say *I'm sorry* to yourself for believing your fear.

3. Please forgive me - Say *please forgive me* to your Higher Power for disconnecting to the higher energy flow and focusing on such a low vibrational thought.
4. Thank you - Say *thank you* to your higher power for gifting you such a wonderful life.
5. I love you - Say *I love you* to your higher power.

### **NOTICE HOW YOU FEEL**

Begin to notice how you feel on a regular basis. If fear comes up go to the five steps listed above and do them. At the end of every day write in your journal about your fears. How often are they coming up and how are you dealing with them?

Share what you notice in the Heal.thy Low Back Facebook Page