

Healthy Low Back Discovery Releasing Anger 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.

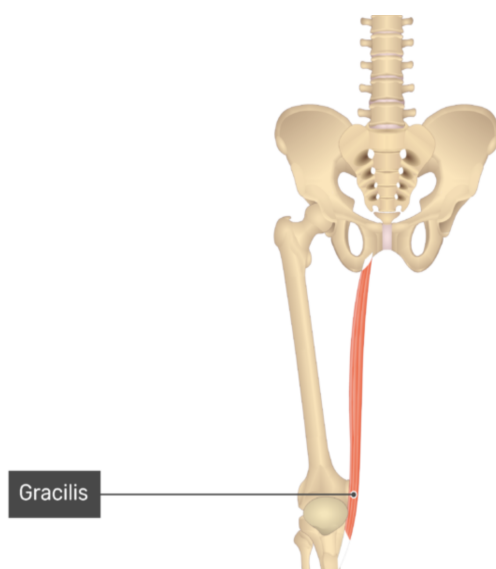
From the ancient cultural roots of Christianity, we have the energy practices of Hands-On Healing. These practices are described in the Bible as Jesus directing his energy through touch and healing people. The modern name for this practice is called Reiki.

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 Gracilis Muscle:



Your gracilis muscle holds unprocessed anger. Unresolved anger gets trapped in your body in the inner leg. The held emotions can build and fester, draining your energy, leading to burnout, emotional imbalance, and lower back pain and tension.

Your gracilis muscle is a long, strap-like muscle that passes from the pubic bone to the tibia in the lower leg. Your inner leg space from your groin to the inside of your knee. It functions to adduct the thigh, to flex and rotate the leg medially at the knee and to stabilize the pelvic bowl. It holds unprocessed anger.

When you hold on to anger in your right inner leg you get knots of tension in the gracilis and for most of us, it becomes a stuck and weak muscle. When you hold anger here it is toward the outer world. Energetically the gracilis is located in your root and the right inner leg represents your Dad's teachings on how to deal with anger in the outer world.

When the right gracilis is tight and weak it causes your pelvic bowl to be unsupported on the right side. Which can cause hypermobility in your sacroiliac joint and may take it out of alignment. It can also cause the sacrum to jam up into the lumbar vertebra on the right side.

When you hold on to anger in your left inner leg you get knots of tension in the gracilis and for most of us, it becomes a stuck and weak muscle. When you hold anger here it is toward your inner world. Energetically the gracilis is located in your root and the left inner leg represents your Mom's teachings on how to deal with anger toward yourself.

When the left gracilis is tight and weak it causes your pelvic bowl to be unsupported on the left side. Which can cause hypermobility in your sacroiliac joint and may take it out of alignment. It can also cause the sacrum to jam up into the lumbar vertebra on the left side.

As a result, unprocessed anger can cause lower back pain. A side note -- A tight weak gracilis can cause inner knee pain.

To resolve lower back pain you must release unprocessed anger from your body. How you do that is to open your gracilis muscles and get them working again to stabilize your pelvic bowl.

DEEPLY LOOK, SENSE, AND EXPLORE

Look at your pelvic bowl and the surrounding area, in particular, the inner leg from the groin to your inner knee:

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. *Is there fat gathered in your inner legs? More on the left or right inner legs?*
2. *Do your feet turn in, pigeon-toed? (Represents a tight inner leg.)*
3. *Are the arches of your feet collapsed? (Represents a weak / non-functioning inner leg.)*
4. *Do your feet duck out? (Represents a weak inner leg.)*
5. *When you look at your inner leg, what is the first thing that comes to mind?*
6. *What do you feel when you look at your inner legs?*
7. *Have you had any inner groin, inner knee issues or challenges? If so, where and what?*

Feelings Held in the Pelvis and Lower Back

1. *What or who are you angry at?*
2. *What are you angry about within yourself?*
3. *In what ways does your anger affect your life?*

ASSIGNMENT

Held Anger Awareness

Sit still for a few minutes with your eyes closed. Listen to your inner legs and become curious.

What does your right inner leg feel like? Is there any pressure or tingling? Where? Do you feel heavy, hot, contracted, warm, or cold? What is the texture, weight, and shape of sensations you notice in your right inner leg? What or who do you feel anger toward? What did your dad do when he got angry at someone or something?

What does your left inner leg feel like? Is there any pressure or tingling? Where? Do you feel heavy, hot, contracted, warm, or cold? What is the texture, weight, and shape of sensations you notice in your left inner leg? What or who do you feel anger toward? What did your mom do when she got angry at herself?

Breathe into your inner legs. What do they want to tell you? What do they want?

Express Anger Writing Prompt

What's happening in your life right now that is your greatest source of frustration? As you write, notice the sensations in your inner legs. What are they trying to tell you? What needs healing, attention, or change?

Soothe Your Inner Legs

Grab your favorite lotion, essential oil or balm. (Lavender essential oil calms and soothes).

Massage the oil into your inner legs from your inner groin all the way down to the inside of your knees. As you massage speak softly to yourself saying -- *I'm here and present now. It's okay to release anger. We're going to take good care of you from now on. Anytime you feel angry. We're going to stop, breathe and feel the anger for 90 seconds and move up to frustration and feel it for 90 seconds.*