

Heal.thy Low Back EGS Emotional Guidance System Introduction and Lesson Mirroring

I love, love, LOVE sharing the Emotional Guidance System work with others!

Most of you weren't taught how to use your feelings and intuitions to guide you through your life. No worries -- you're not alone.

The majority of us are emotionally stunted because we came out of a patriarchal time where thinking was honored more than feeling. So we lost our own individual guidance system to be controlled by men in charge.

When you learn what your emotions are and how to use them -- Life gets a whole lot simpler. Your feelings and intuition eases your lower back pain, hip and pelvic pain. Why?? Because the pelvis and lower back are energetically the containers of your emotions. When you are blocking feelings you are setting up energy blocks in your pelvic bowl.

Your emotional structure

Legs

Your legs are your root energetically. Your right leg represents the teachings of dad. He came here to teach you how to be in the outer world.

Right leg issues represent the things that dad taught you that don't work for you.

The left leg represents the teachings of mom. Your mom came to teach you how to be in your inner world -- your emotions and intuition.

Left leg issues represent the things that mom taught you that don't work for you around feeling your feelings and accepting your inner knowings.

Knees

Your knees lie in the space of your root, the time of childhood. They are located in your energetic preteen space.

When you are taught by your mom to keep your emotions to yourself or not to feel them at all -- you push back on your left knee.

When you were taught by dad to control your feelings or inner knowings you push back on your right knee.

The push back is called hyperextension of the knee and ultimately sets you up for lower back and knee pain.

Pelvic Bowl, Hips & Lower Back

The pelvis, hips and lower back are the container of your emotions energetically. The emotions of fear and anger greatly affect this area of the pelvis. The desire to control can cause issues in this sacral space.

Fear - When you give your feelings and intuitions away to others, you'll have a forward and downward tilt in your pelvis on the right side because of a tight iliopsoas (fear) muscle on the right. And it may be so tight that it forces your right sacroiliac joint (SI joint) out of alignment -- causing your sacrum to yawn open on the right. A crack in your pelvic bowl that spills out your feelings and intuitions causing you to be over-emotional or causing you to hold back from sharing feelings with others.

Perhaps your left iliopsoas (fear) muscle is tight causing your left hip to tilt forward and down spilling your feelings out. Or the iliopsoas on the left is so tight it forces the left SI joint out of alignment which is like having a crack in the pelvic bowl causing your emotions to flow out so you don't feel them or your intuitions.

Anger - Your gracilis (anger) muscle in your inner leg, the groin area is there to support your pelvic bowl and keep it centered. When you are overly angry at the outer world this muscle becomes stuck and doesn't support your pelvic bowl allowing it to slosh around (be too loose) on the right side.

Your left gracilis (anger) muscle is tight when you hang on to anger around yourself. When you are not supported on the left side of your pelvic bowl you can be too loose on your left side.

Control - You can control your emotions in the outer world with a squeeze of your right butt cheek, causing your right glutes and piriformis (control) muscles in your butt cheeks to push up and into the right side of your sacrum causing it to tilt and jam up into your lower back. Causing a train wreck in your lumbar (lower back vertebrae).

When you control your emotions in your inner world. You allow yourself to feel or only feel certain emotions. Your left butt cheek grabs, causing your left glutes and piriformis

(control) muscles in the butt cheeks to push up and into the left side of your sacrum causing it to tilt and jam up into your lower back. Causing a train wreck in your lumbar (lower back vertebrae).

Warning signal

Due to these grabs, holds, jams and tilts in your pelvic bowl, hip, pelvis, and lower back pain are a signal that you need to reinstate your Emotional Guidance System and use your emotions and intuitions to guide you through your life.

Belly

Your belly is your intuitive warning signal -- your gut reaction. When something is about to happen you often feel it in your belly before the experience even begins.

I remember when my daughter was young ...

I was walking down the street in Dallas, Texas holding on to my roller skating daughter with one hand and my dog's leash in the other. When my belly suddenly signaled a -- *something's wrong warning*. I couldn't see anything going on in front of us. As we were just about to step out to cross the street I looked behind and noticed a car creeping along.

I also became keenly aware that we were pushed up against a wooden barrier that ran right up to the sidewalk we were walking on -- I knew we needed to get across the street to be safe. As soon as we stepped off the sidewalk the car gunned it and came charging toward us. I whipped my daughter as hard as I could across the street on her roller skates, I bent down to pick up our Corgi who's short little legs couldn't go fast enough and sprinted full on to the telephone pole across the street. I shouted for my daughter to get behind the pole and just in time the three of us huddled as the car hit the pole instead of us.

I looked into the driver's eyes staring straight into insanity.

The man backed up to come at us again but as he did my daughter rolled and I ran, carrying our dog onto the porch of the house in front of the telephone pole. As the insane man behind the wheel noticed we were out of reach he gave out a blood-curdling scream, backed up and squealed off down the street.

I got the number on his license plate as he drove away and called the police when we reached the safety of our home. They got a hit on the plate -- the owner had just been released from prison for vehicular manslaughter. My gut saved our lives.

Heart

Your heart is the emotional container of love. You feel love. Your heart actually kicks up its pace and your breath quickens when you feel the flush of love. I know you've all experienced that.

Emotional Guidance System (EGS)

The sole purpose of your emotions and intuition is to guide you through your life. When you feel something it's either a positive emotion going toward joy or a negative emotion going toward depression.

Road map

Your feelings are like a road map. To travel by car from NYC to LA you have to go from New York City to Toledo, OH, to Chicago, to Des Moines, IA to Omaha, NE, to Denver, CO to Las Vegas, NV to Los Angeles.

Your feelings are the same way. So-- let's say you are depressed. You have to go from depression, fear, anxiety, to anger, then to frustration, and to overwhelm. Moving onto pessimism to pessimistic/optimism, to optimism, to hope, to faith, to trust, to happiness, to joy.

When you were taught to block emotions it is like running into a road closed sign on the freeway. You have to turn around and emotionally go back down the emotional scale. That's why many of you feel the same feelings over and over again. You may be going toward joy but you aren't supposed to feel anger so you go right back to depression.

When something happens and triggers frustration — in order to move to joy, you have to go through all the emotions from frustration to joy. You have to feel those emotions you were taught not to feel.

So, how do we do that?

Mirroring

Your mother was meant to teach you how to use your inner guidance system through mirroring. For example, if you were yelling because someone broke your toy, your mother was meant to get down at your level and mimic you shouting and clenching your fists and say, "Shouting, you are shouting because you are angry. Angry that your toy broke. Your fists are clenched because you are angry" From that mirroring you then know that when you feel that feeling, shout, and clench your fists that means you are angry.

You lose anger as a valid emotion when your mother says, "Don't shout, settle down, your toy just broke. Get over it."

To reinstate our Emotional Guidance System (EGS) you need to mirror your emotions back to yourself. You are going to do this by making an Emotional Guidance System (EGS).

Make your EGS

You're going to get creative. Your pelvis is your creative center so you are going to connect with your creative gifts and make your emotional guidance system.

Find inspiration in nature. Get out your crayons and paints, get a stack of magazines, find pictures on the internet, have thick art paper, cardboard or index cards and glue

You are going to make an external picture that represents each emotion from:

Depression/Anxiety/Fear - Anger - Frustration - Overwhelm - Pessimism -
Pessimistic/Optimism - Optimism - Hope - Faith - Trust - Happiness - Joy

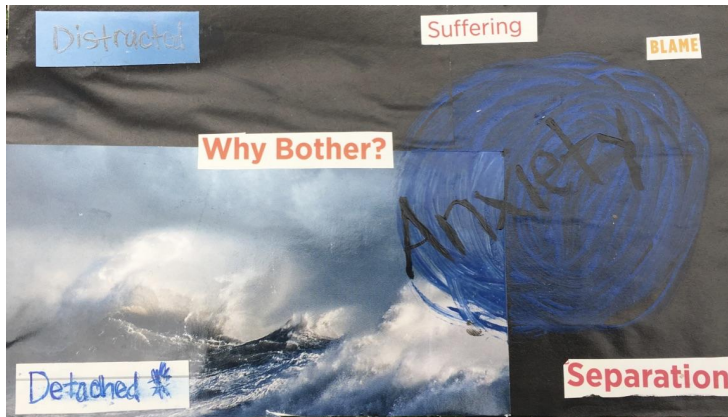
I realize all the emotions aren't included. You can create any emotions you'd like and place them where they feel right on the emotional scale.

Pick the colors, the words, the pictures, the images so when you look at the picture you've created it represents the feeling inside. Your picture of anger needs only to represent anger to you. ONLY you!! Don't get others opinions on your EGS!

Have fun! Get your childlike creative self inspired to make art. Go find representations of your feelings in nature. Go for a hike and glue your findings to your paper or cardboard.

Here's my definitions of the feelings and my EGS for inspiration!

Depression, Anxiety & Fear



Depression is a feeling of sadness or loss of interest. It feels heavy and is the heaviest/darkest human feeling you can have.

Anxiety is excessive nervousness, apprehension, and worry.

Fear is necessary to keep you safe. You don't want to hang on to fear once you've felt it and it gets

you out of the fearful situation. Acute fear is okay but chronic fear is not.

Anger

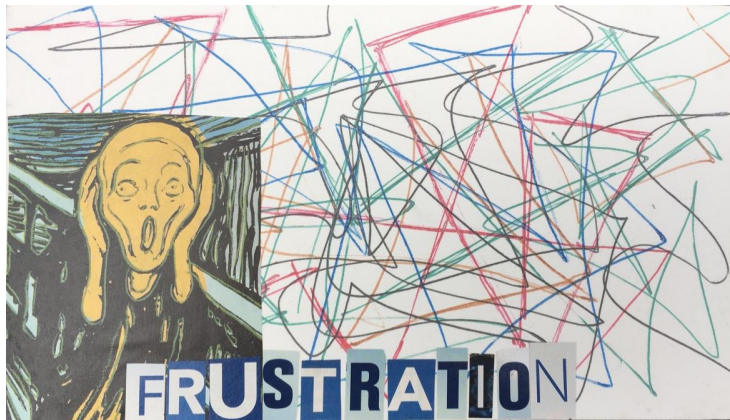


Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong.

Anger can be a good thing. It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems.

I get angry when my needs aren't met. The anger fuels my power to do something about my situation so I can meet my needs.

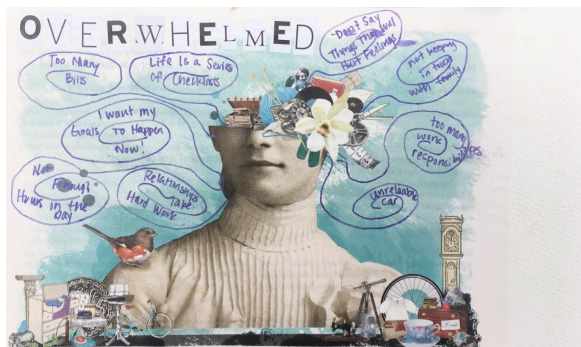
Frustration



Frustration is the feeling of being upset or annoyed, especially because of an inability to change or achieve something.

I relate frustration to that low-level grrrrrr I feel when something's amiss in my life and I feel powerless over changing it.

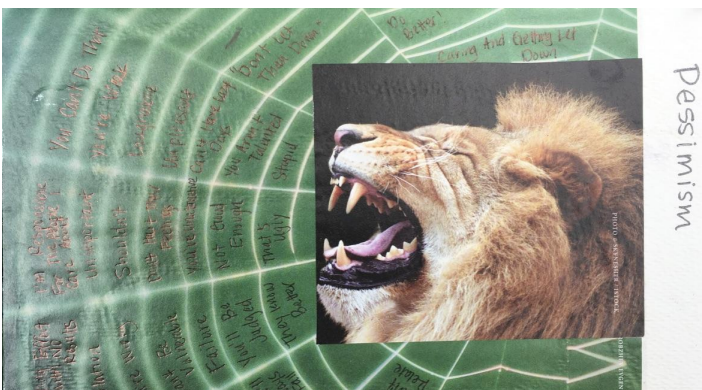
Overwhelm



Overwhelm feels like you are going to be buried or drowned beneath something heavy.

I feel overwhelmed when I'm too busy working or having too many projects on my list of things to do.

Pessimism



Pessimism is a tendency to see the worst aspect of things or believe that the worst will happen; a lack of hope or confidence in the future.

This negativity invades me when things take too long to change.

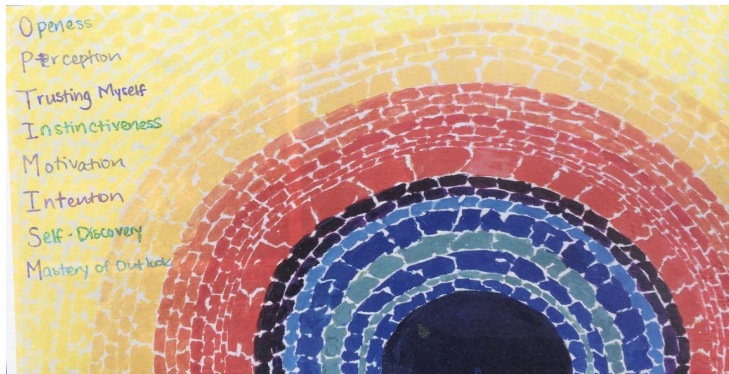
Pessimistic Optimism



Pessimistic Optimism is feeling like you need to plan ahead because you know to expect the unexpected but it could go all wrong so you're always prepared for the worst but it could go alright.

I can feel this when I'm about to do something I've never done before.

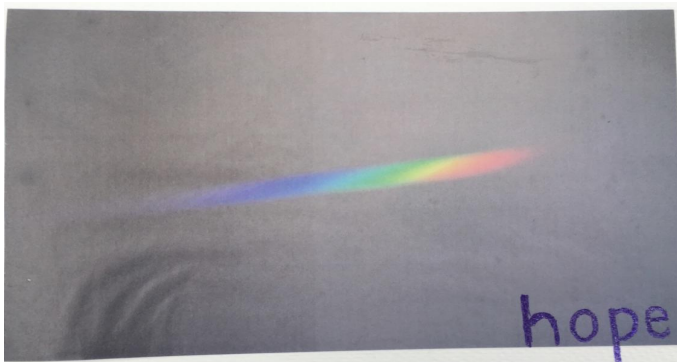
Optimism



Optimism is hopefulness and confidence about the future or the successful outcome of something.

I feel optimistic when I've gone into the unknown and accomplished something.

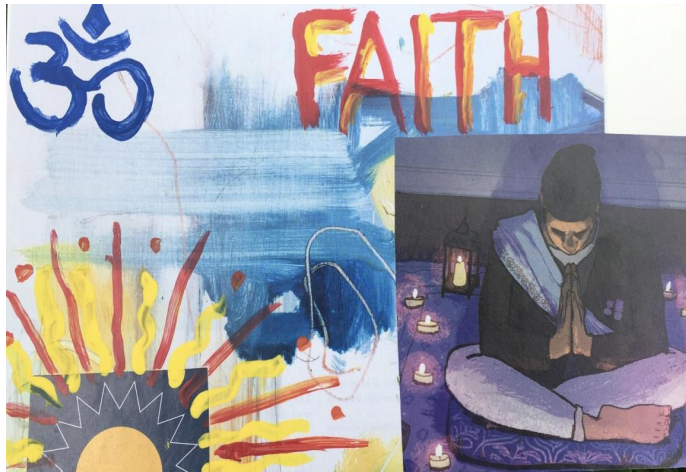
Hope



Hope is a feeling of expectation and desire for a certain thing to happen.

I feel hopeful when I sense progress in difficult situations.

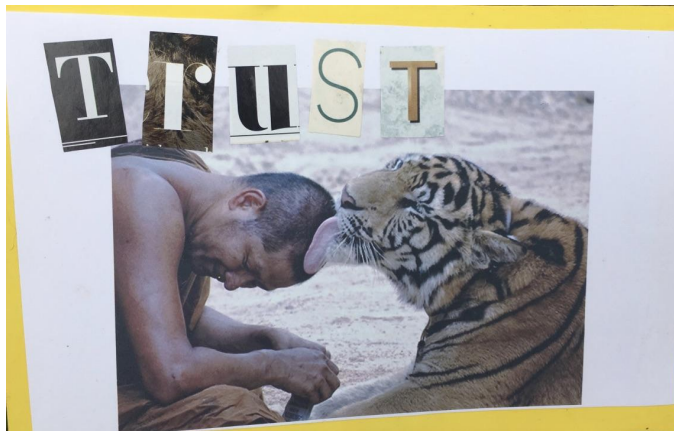
Faith



Faith is complete trust or confidence in someone or something.

I have faith when people's words and actions line up.

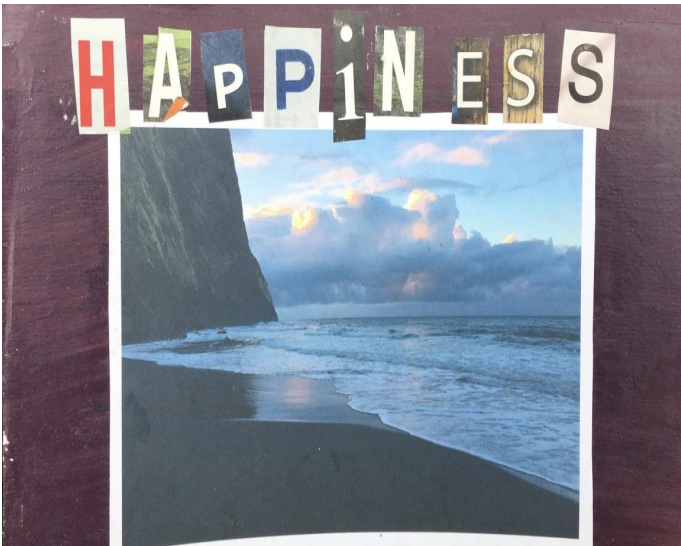
Trust



Trust is a firm belief in the reliability, truth, ability, or strength of someone or something.

I trust people and situations that remain constantly steady in my life.

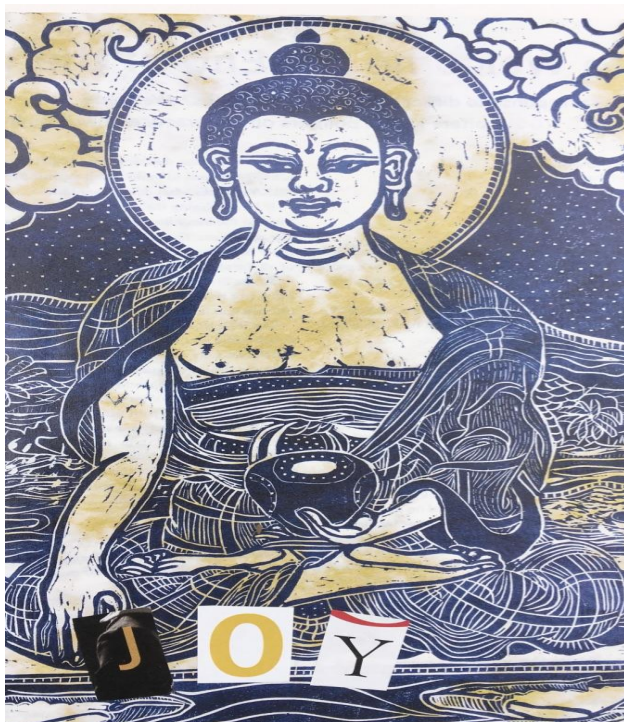
Happiness



Happiness is that feeling that comes over you when you know life is good and you can't help but smile.

I feel happy when I'm walking on the beach, going hiking in beauty. Snorkeling with the fish, creating my Ageless Movement Practices and programs. I feel satisfied and content.

Joy



Joy is the feeling of great delight.

I've experienced joy in watching nature. It's a feeling of complete ease with vulnerability.

Here's my EGS and definitions of the feelings for inspiration!

See you in the next EGS meditation Video to learn how to move your emotions.

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