

Root Inquiry Questions: The Legs

The legs represent the teachings of Mom and Dad. The right leg represents Dad's teachings of how to be in the outer world. The left leg represents Mom's teachings of how to be in your inner world of feelings and intuition.

You will be answering what questions. The body answers to "What". Please write out the first thing that comes to mind. Don't think about the questions too much.

The Basic Right To Be Here Questions -

What have you manifested for yourself?

What is your relationship to money?

What do you trust?

What do you mistrust?

What do you do when you need to set boundaries?

What co-dependent traits do you have?

Root Trauma Questions -

What forms of abuse have you experienced?

What accidents have you had?

What illness have you or do you have?

What surgeries have you had?

What traumas have you inherited?

What is your relationship with your body?

Standing and Walking

Look down at legs as you stand before in a mirror.

What do you notice?

What direction do your knees go when you stand?

Are they turned out?

If yes, what causes you to give up your core truth?

What is your greatest strength?

Are they turning in?

If yes, what causes you to release your boundaries?

Are your legs sturdy and strong?

Are your legs weak?

Do you feel grounded?

Spend a moment with your legs —

What are they saying to you?

What would you describe your legs as energetically: deficient, excessive or balanced?

If deficient, were you neglected or abandoned in childhood?

If excessive, were you stressed out or smothered in childhood?

Balanced?

Parents

What is/was your dad like? Describe him in as much detail as possible including his strengths and weaknesses.

What is/was your mom like? Describe her in as much detail as possible including her strengths and weaknesses.

What diseases or disorders do or did your parents have?

What diseases or disorders that your parents had/have do you struggle with?

What was or is your parent's primary emotional state? Mom? Dad?

What is your primary emotional state?

Leg Pain

What parts of your legs cause you pain?

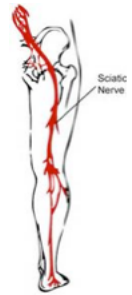
What are you doing to alleviate the pain and tension in your legs?

Place any significant answers or ahhh aaaa's on your root body map.

Challenges of The Legs

Read through the common foot challenges and answer only the questions pertaining to the challenges you have.

Sciatica - compression of the sciatic nerve creates pain along the pathway of the sciatic nerve. The energetic meaning is attempting to control. Right side sciatica issues represent wishing others were different outside of yourself. Left side sciatica issues represent wishing you were different than you are. The remedy is to roll a ball in the buttocks to alleviate.



Question:

What do you wish was different about other people or situations outside of you?

What do you wish was different about yourself?

What is your most common way to control others? Yourself?

Tight hips, hip replacement and breaking a hip - Tight hips occur when the greater trochanter is pulled into the hip socket. Once it gets bone on bone you have to have a hip replacement. Hip breaks usually occur in older people, in particular women, because of osteoporosis. The break occurs in the neck of the femur, severing the **greater trochanter** from the

femur bone. The energetic meaning is controlling your outer world with the right hip, and inner world with the left hip. The remedy is to go with the flow.

Question:

What stops you from accepting everything as it is and going with the flow of life?

Pulled groin - Strained or torn inner thighs muscles from sudden or extreme abduction of the thigh. The energetic meaning is anger toward others on the right side and yourself on the left side. The remedy is to let go of anger by rolling the ball in the inner leg and doing inner leg stretches.

Question:

What are you angry about?

Hyperextension of the knee - The knee joint pushing out the back of the knee.

The energetic meaning is you were taught to emotionally shutdown at an early age in an attempt to stop feeling feelings. Left knee hyperextension is taught by Mom's message that feelings are not ok. Right knee hyperextension is taught by Dad's message that feelings are not ok. The overall energetic meaning is don't feel.

The remedy is to take a soft bend to the knees when standing to bring the knee back into alignment as you feel your feelings.

Question:

What did your parents teach you about feelings?

Knee injuries - The posterior cruciate ligament may be injured if the tibia is struck when the knee is flexed. This makes the flexed knee unstable. The anterior cruciate ligament (ACL) may be torn when the medial collateral ligament (MCL) ruptures after the knee is hit from the lateral side while the foot is on the ground.

Rupture of the MCL and ACL is associated with the tearing of the medial meniscus and is a common football injury.

Damage to the three C's, collateral ligaments, cruciate ligaments and cartilage or menisci requires surgery most of the time.

The energetic meaning — it is time to feel your feelings. The remedy is to release the tension in your quads, hamstrings, IT band, gracilis and calf muscles through rolling the ball and stretching.

Question:

What are feelings for?

What feelings do you allow yourself to feel?

Handmaids knee - Swelling of the knee. Usually caused by kneeling for long lengths of time. The energetic meaning is you've spent too much

time being subservient. The remedy is to get off your knees. The knee may have to be drained.

Question:

What brings you to your knees and why do you stay down?