

## **Exercise: Clearing the Pelvic Bowl and Planting Your Creative Intentions (M)**

1. Close your eyes and focus on your pelvic bowl. Take a moment to notice the quality of energy in this root place.
2. Now begin to walk the edges of your bowl, starting in front and moving to the right. As you go, use your breath and imagine sweeping your arms to clear the energy in the bowl. Give your body permission to clear anything that is no longer needed, any energy blocking your access to spirit or your own beauty and visualize this excess energy as light or water that moves down, through your root, into the ground.
3. When you have finished walking a complete circle, sweeping out your whole bowl, go to the center of your bowl. Here, in your center, is the energy of your uterus. Sitting in your center, ask yourself, "What is my greatest creative dream?" See what comes to you, whether as words, images or simply an invitation for new energy. Then ask, "What will nourish the seeds of my dream?" Again, see what comes. Plant what you have learned as intentions in your core.

Take one more walk around this newly planted ground and ask for only helpful energies, drawing from the realm of spirit, to come and surround you. Bring this visualization to a close and give thanks for your pelvic bowl, the root for all your creations.

***Try recording your this exercise and then listening to it. It may be easier to hear it rather than having to remember what to do.***