

### **Exercise: Spontaneous Creation (E)**

1. Bring awareness down to your root. Place your hand over your pelvis and try to sense how it feels just beneath your hand. Is this area warm or cold, tight or open, quiet or active? Notice the quality of energy here. Some will feel particular sensations (prickly, hot, soft) when sensing energy, while others see colors or light.
2. After reflecting for a moment on the energy in your core, select a medium for spontaneous expression. For five minutes free write, color, dance, sing, play or move your creative energy in whatever way appeals to you. Let yourself follow the movement arising from your center.
3. After five minutes of creation, return your attention back to your body. Again, notice the quality of energy or sensations in your pelvic bowl. What has changed? What has happened with your energy?