

Exercise: Clarifying the Energy of Your Bowl

1. Access your pelvic energy by focusing on the sensations of your root. If you feel at ease or peaceful in your center, the energy is clear. If you feel agitated, negative, tense or have difficulty keeping your focus, it is time to clarify the energy.
2. Walk the edges of your bowl with your inner awareness, starting in front and moving to the right. Traveling along the full perimeter, imagine lightly sweeping and touching each place. Visualize an element (like air, water, or fire) cleansing your bowl, balancing the energy, and assisting the movement of stagnant energy down through your root and into the earth.
3. Pay particular attention to any areas of your bowl that you might tend to avoid and work in those areas with focused intent. Your bowl is not dirty, but simply in need of attention. Clarify your bowl with love and respect, using gentle and thoughtful movements.
4. When you are finished, bless your pelvic bowl by calling in the radiant energy of the universe. Imagine the golden warmth of sunlight touching and filling your center.