GUIDED VISUALIZATIONS
Pelvic Floor

The pelvic floor is a key power source since it lies at the base of the mind-body connection that make such a huge difference in both our physical and emotional health. In Eastern traditions, the pelvic floor is known as the root chakra—it’s where we hold our fears; specifically fears around primary instincts, such as our health, our family’s safety, and our financial security. It’s where we process emotion and house our fight-or-flight reactions. You know that feeling when you get cut off by someone while driving, get bad news, or are about to go into a high-stress situation? This can cause you to clench your pelvic floor. It’s also where our live force, or chi is thought to emanate from.

Some of the benefits of awakening and engaging the pelvic floor include increased flexibility, a boosted metabolism, a flatter tummy, a deeper enjoyment of intimacy, improved digestion and immunity, and glowing skin. But beyond that, having a healthy pelvic floor can help you deal with some of these other fears and live in a more balanced and harmonious state.
The Deep Core Power Center includes the core muscles as well as the organs (including the female reproductive system), the digestive system, nerves, as well as emotional energy. One area that’s particularly important is the psoas, which is connected to your hip flexors and connects our torso to our legs. The psoas is one place in particular that we can work on awakening and connecting to in order to release trapped emotions, tension, and fears.

Finally, connecting to and healing the Deep Core Power Center is essential to fully harnessing our intuition and creative energy since our adrenal glands are located here. And the key to unlocking our intuition and creative energy is by existing in a "rest-and-digest" state more than we live in "fight or flight."
The Upper Core Power Center encompasses the upper abdomen, and also the diaphragm and lungs. When this Power Center is imbalanced you will often find that someone experiences lower levels of energy, slower metabolism and digestion, and difficulty sleeping. Working on this Power Center, in particular to enhance the breath and function of the diaphragm and the lungs can be truly transformational.

The breath and weight loss in particular have a key connection since there is a direct correlation between exhalation and fat loss. It’s amazing to many people what using the breath as a tool for weight loss can do since fat is converted to carbon dioxide and water, which means everything comes back out via the lungs. This means in order to effectively lose weight and fat, you have to learn how to breathe deeply and expansively, which I explain in my book more in-depth.
The Heart and Shoulders Power Center is directly connected to our heart, how we experience and give love, as well as powerful patterns connected to how we handle stress and negative emotions. In particular, feelings of anxiety and depression are connected to this Power Center, and working on the root causes of those feelings (as well as movement medicine techniques to open up the shoulders and heart) can do wonders when it comes to relieving this type of pain and emotional stress.

Another important facet to this center is the lymphatic system, which is the body's natural "garbage disposal" and helps the system rid itself of toxins.
HEAD

We know that head and neck issues are connected to our posture and stress. When we become stressed, often we complain of a tense neck or tight jaw. What’s worse is that our modern lives cause us to spend a lot of time hunched over or looking down, which over time comprises the muscles in our neck. And since the neck supports the weight of our heads, from an alignment perspective this is really an issue.

This power center also encompasses three of the chakras: the throat chakra, the third eye chakra, and the crown chakra. Among other things these chakras are connected to our voice and creativity (throat chakra), wisdom and decision making (third eye), consciousness and intuition (crown chakra).