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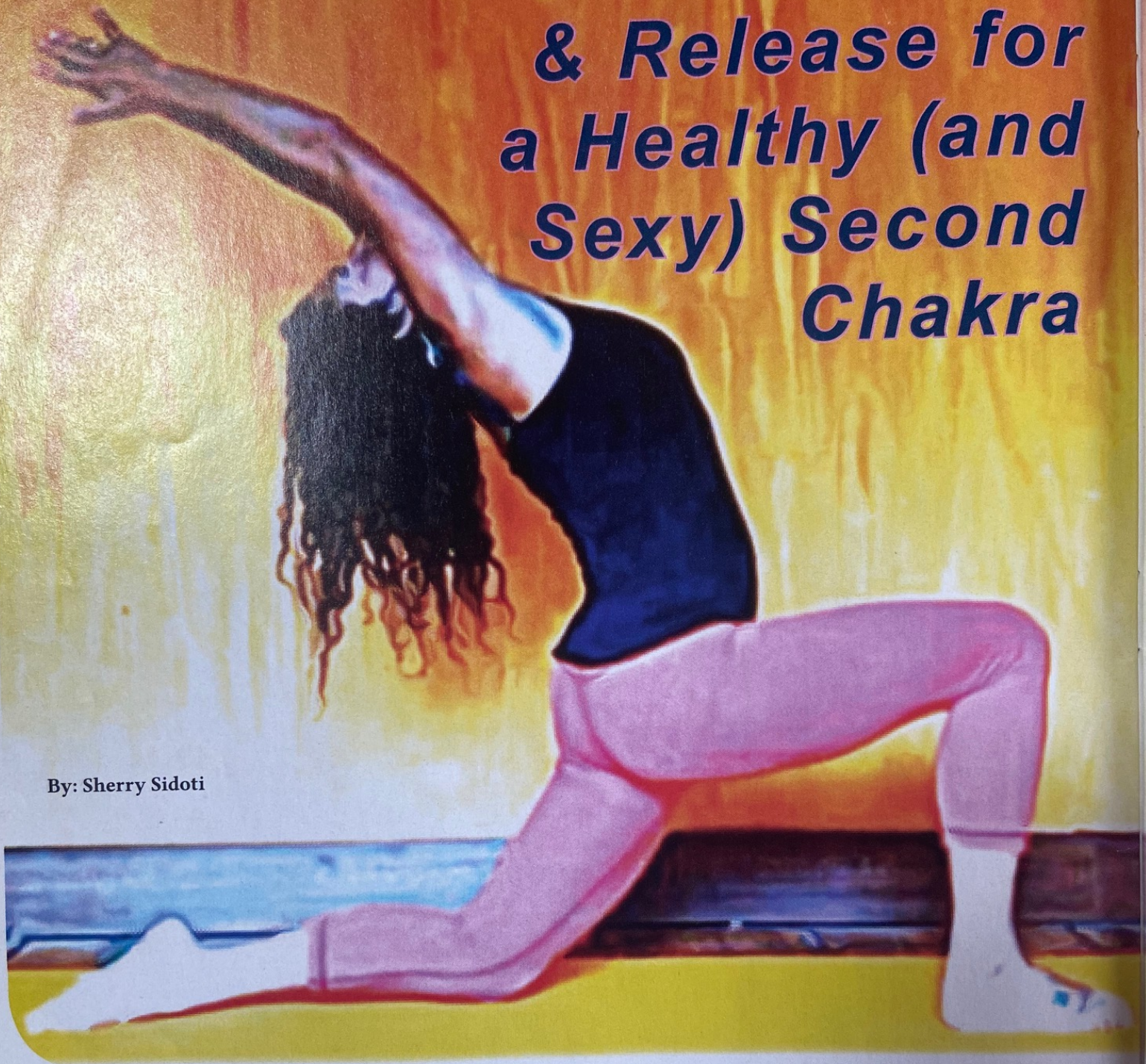
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No Place Like Ohm

# Psoas Stretch & Release for a Healthy (and Sexy) Second Chakra



By: Sherry Sidoti

**T**here are days when we wake up feeling playful, sexy, free. Those are the good ones. We feel tapped into some special flow, reunited with our child-like natures. Nothing can stop us.

Then, there are the more weighty days.

The ones when our minds feel stressed and our bodies tight. We feel trapped in the quicksand of mundanity. It is as if a stifling blanket has been thrown over our creative fires.

In the yogic science, how well we feel physically and energetically are constantly informing each other, resulting in either a lower or higher

vibration of mood and attitude. Deep inside, we all know we want to do more than simply exist. We want our days to feel vibrant, meaningful and full of high vibes.

Whereas the physical body is governed by anatomy: bones, organs, musculature, connective tissue, etc., our energetic body has it's own makeup: the chakras



(energy hubs), nadis (energy currents) and marmas (energetic points of contact).

There is nowhere in our bodies where these two realms converge more masterfully than in the Psoas Muscle/Second Chakra. It is right at this physical and energetic point that we tap an unlimited source of creativity, sensuality and youthfulness!

As somatic expert, Liz Koch puts it, "Deep within our physical body emerges a bio-intelligent tissue called the Psoas. The Psoas, like the tongue, is more of an organ of perception than it is an anatomical or functional muscle. It is the filet mignon of the human body – juicy, delicate, tender and very responsive, embodying our deepest urge for survival, and more profoundly, our elemental desire to flourish."

The Psoas, which grows out of the spine from T12 to L5, spans in a pyramid-shape through the deepest abdominal core, through the pelvis & hips, and fans open, inserting into the bones of the upper inner thighs. It is the only 'muscle' to connect the spine to the legs, thus joining the upper and the lower body. Both anatomically and energetically, the psoas is literally the muscle "holding us together."

A primal messenger of the central nervous system, the Psoas is an informational muscle, expressing what is deeply felt in our energetic body. It plays a primary role in our 200 million year old primitive human survival response, located in the embryonic brain stem or "the reptilian brain", and physically controlling breath and heart rate, in addition to the flight/flight/freeze response. Its main function in our development has been to interpret danger and then direct the body in response to it.

The Psoas filters and manages many opposing social and emotional behaviors such as: Pleasure/Pain, Trust/Worry, Creativity/Stagnation, Power and Dominance Over Others/Self Confidence and Compassion, Resentment/ Forgiveness and Loneliness/Comfort in Solitude.

Within the energy body, the psoas

is related to the second chakra, called Svadhisthana, and is represented by the color orange. It is the source of creativity and inspiration, influencing sexuality and sensuality, physical force, sexual and passionate love, open-mindedness, our ability to yield and cooperating amicably with others.

When this area is relaxed and balanced, it encourages intuition, a creative and playful frame of mind, high energy and success. It is the center of freedom in body & spirit, helping to soften us into the flow of our lives.

Many of us are living with tension and blockages in this vital region. With too much time sitting, stressing, and judging, we've lost our intuitive capacity to release and play. This is the culprit behind many physical & emotional ailments, creating back, pelvic and hip problems, organ dysfunction, as well as triggering unnecessary fear, creative dullness, guilt, envy, and sensual rigidity.

It's so important to purposefully help our body and spirit by releasing the tension and blockages found in this region of the body. Below is a short practice to free ourselves from the holding and stagnation, thus allowing us to tap our unlimited source of free play!

### **Psoas Stretch Pose: Anjanayasana**

While in a lunge position, with the front knee bent deeply over the foot and the back knee resting on the ground, let your hips soften and pelvis drop towards the floor in the direction of your front leg. Walk your hands up to press the front knee, getting an added stretch across the abdomen. If you feel stable, send the arms up toward the sky, aligned with your outer ears. Arch the upper spine and lean back, making sure not to add stress to the lower back by keeping it long and stabilized. If it feels good for your neck, tip your face upwards and open the front of the throat.

Stay here for 5-10 breaths. Switch sides.

To bring some added balancing for the energy body, chant the seed mantra for the Second Chakra, "Vam" three times, stretching out the "aaaaah" sound,

similar to an OM. Visualize the entire hip, lower belly and upper leg area being filled with the bright color orange.

### **Psoas Release**

Lay with your back on the ground and your calves resting on a chair or stack of pillows at 90 degrees, hips directly under the knees. Relax the body as much as possible, particularly the legs, lower belly and pelvic floor region. Bring your attention to your breathing and focus on the area right where your legs meet your pelvis. Be as mindful as you can to every physical sensation that arises, from tightness in some areas, to freedom in others. If the mind wanders, bring it back to this area. There may be some odd sensations, such as pulling, burning, bubbling or popping. Additionally, some memories from your past may arise, or certain feelings or smells. These are normal responses to Psoas release. Rest in this position for 25-

40 minutes. Move very slowly as you arise from this posture.

### **Playlist**

*2nd Chakra Svadhistana* by David & Steve Gordon/*Chakra Healing Zone*

*Who Knows Where the Time Goes* by Cat Power/*Dark End of the Street*

*Dunes* by Alabama Shakes/*Sound & Color*

*Beat the Drum* by Africa Drum/*Africa Soukous Music*

*Light My Fire* by Al Green/*Get Next to You*

*Transcendence-Kundalini Rising* by Karma Cosmic/*Chakra Healing Zone*