

The three power centers practice

The aim of this Breathwork and energy practice to bring awareness to the connection between your pelvic area, heart and mind.

The main purpose is to check if there hasn't been alignment between your pelvis (desires), heart and mind.

Is there a kind of pattern, like for example:

- having sex with people you don't love
- having a hard time being attracted to people you love
- feeling like you make bad sexual decisions without reason
- feeling like your mind controls your sexuality and doesn't let you be free

If these any of these patterns show up, or you feel like there is a disconnection, than

- you can start be embodying your pelvis and letting it talk to your heart and mind
- embody your heart and let it talk to your pelvis and mind
- get into the mind / wisdom / rational and speak to your heart and pelvis
- you can embody one and speck to the other and back, for as long as it takes to get to a new understanding and communication

This practice helps to:

- create a sense of connection, communication, integration energetically & psychologically inside the body

Can be done:

- seated or
- standing

Step 1

- breath in & out of your pelvis, incl. genitals
- feel their desire
- feel their agenda, desire, impulse, things they want

Step 2

- inhale from your pelvis, up your spine, into your heart
- exhale from your heart to your pelvis
- feel that the desire in your pelvis is connecting with your heart

- feel these two parts deeply connected

Step 3

- inhale from your pelvis, up your spine, to your brain
- exhale from your brain to your pelvis
- feel that the desire in your pelvis is connecting to clarity, insight, rationality of the mind
- feel these two parts deeply connected

Step 4

- inhale from your pelvis, up your spine, through your heart, into your brain
- as you exhale, feel the clarity, insight and guidance of your mind connecting to your heart
- inhale and feel your heart, love, compassion, empathy connecting to your reason and the insight of your mind
- exhale – connect mind to heart
- inhale – connect heart to mind

Step 5

- exhale, connect your mind to your pelvis
- let the insight, clarity, guidance of your mind connect to your pelvis
- inhale and feel your pelvis connect back up to your mind
- let this connection happen on the front of the body

Step 6

- exhale, connect your heart to your pelvis
- have this love, compassion, empathy for others connect to your sexuality, impulse
- inhale from your pelvis back up to your heart
- feel this connection on the front of the body

Step 7

- do this whole loop, inhale from the pelvis up the back of the spine
- feel the connection to your heart
- through your head and mind to the top of your head
- touch the tongue to the roof of the mouth
- exhale and feel your mind connecting to your heart, connecting to your pelvis

As you do this loop, inhaling and exhaling, feel all three in alignment, agreement and connection. You have integrity inside.