



# Sacred Sacral Map

Read through this exercise a few times to understand how this mapping is done.

Find a comfortable and private space to make this map. You will need a pen and this workbook to make notes on the following pages.

In doing this exercise you may find areas that are painful or filled with tension. You may also discover a new appreciation for your internal space. You may even be somewhat surprised at what you find here.

This mapping will be done several times over the following weeks and you will get to know intimately this personal space, and notice the changes it will experience.

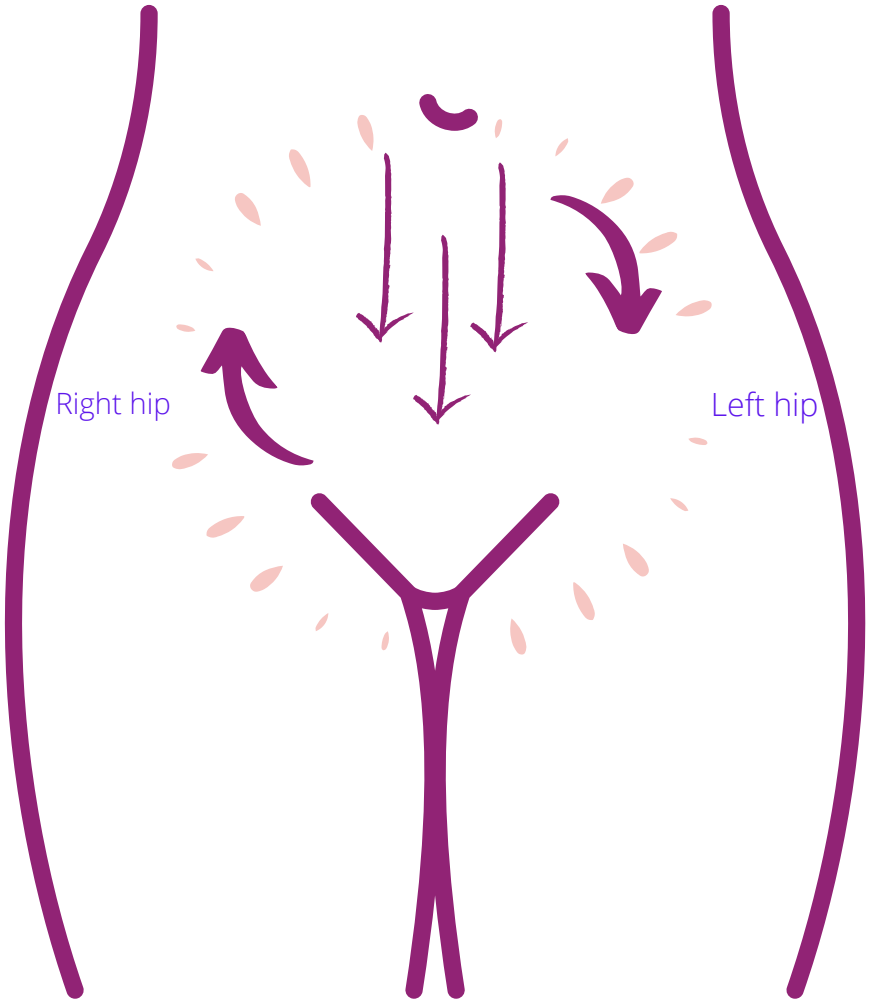
Understand that with practice you will feel the connection to your Sacred Sacral Space.

# Sacred Sacral Map

## Directions:

- Open up sacred space, light a candle and call in your guides to assist you,
- Familiarize yourself with the diagram on page 3,
- Find a quiet and private space and lay down on your back (preferably supported by a bolster on an incline),
- Have this workbook with you along with a pen
- Place your hands with palms facing down over your abdomen with fingers resting on your pubic bone and thumbs under your belly button,
- Take a couple of deep inhalations and exhalations,
- Set the intention to listen to the messages from the spirit of your womb (pelvic bowl),
- Take the fingertips and gently walk around the abdomen in a clockwise direction - moving the fingers to the right making your way to the right hip, below the belly button, left hip and back to the pubic bone.
- Circle around three times or more, pressing down with more firmness each time
- Now move the fingertips across the abdomen from the belly button to the pubic bone from hip to hip
- When you sense or feel something indicate the spot with an x on page 3 and write a note about the feeling i.e. pain, tension, stress, burning, coolness, memory etc.

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# Sacred Root Map

