

## SESSION SIX ω FREEING THE PELVIS

*The greatest thing then in all education, is to make the nervous system our ally instead of our enemy. --William James*

Following the lengthening of the front of the body in Session Five, you may have felt like you were standing on your heels. Session Six will change that. You may also have noticed that we have not worked much on the posterior side of the body. Session Six focuses directly on the spine and the coccyx, affecting the balance of the entire body. We also work directly on the sacrum, which affects the respiratory mechanism. Free movement of the sacrum affects circulation of the cerebrospinal fluid.

For many people, the backs of the legs are very alien places. They are far away and out of sight. Awakenning the energy there often leads to startled reactions, to sensations which the person has rarely felt. A whole new area of the body is becoming alive. There is frequently a great deal of holding in the backs of the legs, because this area of the body

“The present moment is where life can be found, and if you don’t arrive there, you miss your appointment with life. You don’t have to run any more. Breathing in, we say, ‘I have arrived.’ Breathing out, we say, ‘I am home.’ This is a very deep practice.”

Thich Nhat Hanh, from *The Present Moment*

bears the brunt of the burden of presenting a relaxed, stable image. The back must work very hard to present a good “front” to the world. This results in holding and tension in the backs of the legs, the buttocks, and the lower back.

Session Six pays a lot of attention to the five muscles deep in the buttocks called the rotators. One of these rotators is the piriformis which, like the psoas, is a muscle that connects the upper and lower parts of the body. It extends from the inside of the sacrum, the triangular bone at the base of the spine, to the top of the leg bone (the greater trochanter of the femur). Freedom in this middle part of the body allows a free flow of energy through the pelvis and the genitals into the legs. It is therefore central to the integration of the body flow.

### PREVIEW OF SESSION SEVEN

Session Seven begins to separate by manipulation your physiological doing and being. We begin to balance your inside to your outside. Be prepared for a significant session.

## QUITTING

*“This practice begins with discovering just a tiny seed of spaciousness within ourselves. Over time, it cultivates spaciousness, openness, relaxation, and even celebration. The experience is much like that of fresh air.”*

*Pema Chodron from Awakening Compassion*

Now it is time to see how much you are accomplishing for yourself in the work you are doing between sessions. This exercise is very important. If you want to change, you must stop doing one thing in order for something new to enter. This exercise helps you practice letting go.

Your assignment is to quit. Yes, that is right – **QUIT**. Quit doing anything that you do not enjoy doing. No matter what it is, if you find that you are not enjoying doing it, you must stop right at that moment. It does not matter if you are driving, eating, working, or doing anything else. Nothing is exempt. You may have to give up your work, stop in the middle of the street, or sit on the floor and be hungry. You may look to others like an idiot. Unless you enjoy whatever you are doing, you may not do it.

Each time you are unhappy, you will find that you are centered on your thoughts, worries, and concerns. For example, the next time you are driving and become bored with traffic, continual driving, or whatever, stop and open your eyes, ears, nose, and awareness of touch. Allow the reality of smells, sounds, and familiar color to fill the space of your attention. You will find that the sensate world will enter suddenly like an enormous guest who takes up all the room but none of the space. You will enjoy it. This will not be happiness; happiness is something that comes from inside yourself. Enjoyment is in the being of the outside world when it comes inside. Enjoyment will come with the flavor of things: the car’s qualities, its special presence, noisy voice, hurtling character, the comfort of the seats that are heated when it is cold, the perfect sound system, and the comforts in driving this car.

When this happens you have to quit, temporarily.

Consider quitting from another angle. How long do you work? Eight hours? Not likely. Chances are that you work every minute you are awake, and part-time while you are asleep. Consider all the orders you receive and all the ways you labor to meet the stream of commands. From your boss, “finish today”; from yourself, “make it neat”; from your mind, “how?”; from your spouse, “listen to me”; from a problem, “solve me”; from the radio “remember this”; from a bottle, “drink me”; and even from your vacation, “enjoy me!”

You may never have done this quitting, never really taken time, any amount of time, just for yourself. You may never have said, “The next ten minutes are just for myself,” and stopped doing. Think about it, ten full minutes in which to be aware, just for yourself, not doing anything, just being aware of your existence. Do you know what it is like to stop and give it all to yourself? To have the whole world just for yourself for as long as ten minutes? Find out. Try it now. Realize that no matter what problems face you, no matter what work you have to do, what people need you, or what your body wants, for ten minutes there is nothing you must do. That is true. Realistically, no matter what your situation is right now, it can wait for ten minutes. The END may be coming, but the next ten minutes can be yours!

What was it like? You probably did not stop, but kept on reading. You may have felt that you did not have time, that you wanted to finish. That is the whole point. You are driven. So, stop now and do it. Even if you have done “meditation” and think you know all about quitting, it is important that you stop, NOW, and do it anyway. Do not continue reading. **QUIT** now, for ten minutes, right where you are.

You may have found that a world emerges that seems different. When the outward pressure of your mind relaxes, it leaves spaces that can be filled. Do not be afraid. Let the world move in and fill that space. See what it is like. Experience the rich, massive presence of the emerging world. Later realize that time was gone and so was your personality. Some part of the self may have stayed to register anxiety or ask questions in your mind, but only from the back row. Satisfaction is the main event. When you let in the moment world, comparison collapses, for memory is gone, displaced by the fullness of the chair, the tree, the air, the sounds. You have been peering out the door at the world and, in the twinkling of an eye, the world jumps into the room. Let it stay. Get acquainted with your guest. He will not stay long; he is very sensitive to the host’s concerns and will be gone before you voice the thought. Enjoy him. Be entertained. Even rest your head awhile on his strong shoulder. Then you can come back to thinking, to doing.