In Your Abode

Themes

Belonging, connectivity,

Tending, responsiveness, responsibility, care

Yes and No, I want / I don't want

Developmental processes

Resonance, attunement

Interconnection, interdependence, biodiversity

Ebb and flow, seasons, cycles of nature and rhythm

Body timing

Innate creativity, eros, desire, pleasure

Watery emotions

Connection with youth and elders

Elements & Senses

Water • Our fluids

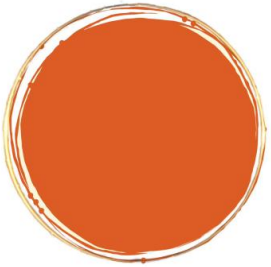
Tasting • Movement • Flow

Physiology

Coccyx • Sacrum

Pelvic bowl • Lower abdomen

Womb • Prostate



An Invitation to Explore Your Experience

What is emerging in you?

In your body's way, gently welcome what comes into being through your experience, your longing, your participation in life.

Gateway through the Abode

Belonging, connectivity, interconnection

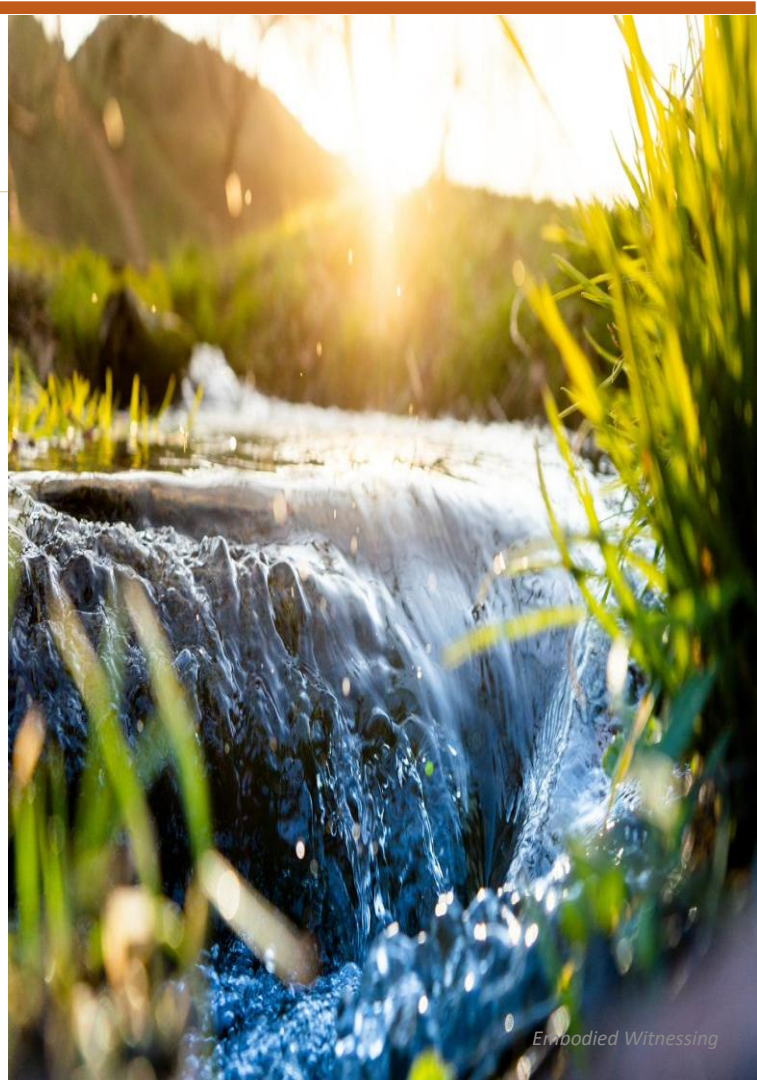
The sacral remembers that we are woven of the same water,
the same tides, the same web of life.

Interdependence and biodiversity are physiologically represented through our sacral center.

Connectivity is not something to achieve.

It is what we are, beneath the conditioning that taught us otherwise.

We start with honoring our somatic experience in sacred body, including when we experience not feeling connected.



Gateway through the Abode

Developmental processes

The sacral center is one of the places where our earliest relational experiences become encoded in our bodies.

Attachment, attunement, the felt sense of being met

How we reached for what we needed, and what happened when we did

How we protested what we didn't want, and how that was received

Through our sacral center, we can restore relational resource and healing through resonance and being received.

Gateway through the Abode

A process of restoring

Through our sacral center, we can restore relational resource and healing through resonance and being received.

Experience is twofold ~ The experience itself and how you meet it. This is the first level of inner relationship.
(A following step is how you choose to express or move into action.)

Compassion

Love

Tolerance

Understanding

Protection of the sacred

Gateway through the Abode

Tending, responsiveness, responsibility, care

The sacral center holds the intelligence of tending ~
responsiveness that arises when we are present to another.

Responsibility at the sacral level is related to our innate capacity to respond:
how we feel what is here, and how we meet experience.

We can explore our experience of tending self ~ relationship ~ community
as a living continuum.

Related to the collective, cultivating capacity to appreciate differences and to recognize and honor the gifts others who are different from us contribute to the collective is healing for our collective whole.

Gateway through the Abode

Eros, creativity, sexuality, pleasure, enjoyment

Eros is life's inherent movement
Life's aliveness

An impulse toward what nourishes, what delights,
what connects, what ignites

Your body's way ~ friendly with your experience ~ matching your pace ~ honoring your particularity

Innate creativity is the intelligence of life finding its way
Life's natural generativity ~ the impulse to make, to express, to participate in the ongoing creation of life

Pleasure and enjoyment are part of being human, specifically being human as you.

Gateway through the Abode

Ebb and flow, cycles of nature and time, body rhythms, life rhythms

Seasons move through us as much as through the world outside ~

Cycles of aliveness and rest, of creative surge and fallow, of reaching and receiving, moving towards and moving within.

Learning to live in rhythm with your own nature, rather than against it, is one of the deepest offerings this center holds.

The sacral knows time differently than the mind does. Body timing is not clock timing. The ebb is not a failure of flow.

Prayer

What prayer connected to the sacral center resonates for you? What follows may inspire some ideas.

A Sacral Integration Invitation

Grounding capacity for tolerance and understanding towards whatever emerges in you, through you.

Bringing the mechanisms of intolerance or inner fragmentation gently into the fold of compassion and understanding.

Mysteriously coming into existence through me / us

Mantra

Seed Sound VAM

Nurturing Mantras • Protecting Mantras

Serenity Prayer

An Invitation to Explore Your Experience

What sacral prayers resonate for you, in your life, or informed by your ancestors, sacred traditions, or the Earth?

What is most essential for you in connecting with your Abode?

Potential ways to connect with your Abode

Noticing movement, quality of movement
Hips, pelvis, buttocks, jaw
Sense of taste
Exhaling downwardly and gently moving your spine with your breath
Presencing emotions and impulses as inner body movements without rushing to assess, interpret, act out, express, or suppress
Connecting with water in nature ~ rivers, streams, ponds, ocean, rain
Gazing through the lower third of your visual field of your eyes
Letting your tongue rest in the base of your lower teeth
Walking meditation, with soft (not locked) knees
Your instinctive sense of yes and no
resonance from your pelvis “mmmmm” and “uh uh”
Enjoyment, sensuality, warmth, pleasure
Your experience of eros, aliveness
Your experience of sexuality
Your experience of your gender

How did your ancestors connect with the Earth?

What practices in your life already connect you with your root?