

## **BODY AREAS**

(Collated by Michelle Wilkinson [www.movingnaturally.co.uk](http://www.movingnaturally.co.uk))

### **FEET & LEGS:**

In upright these limbs make connection to the earth below. This relationship offers grounding and stability. Equally they are a means of locomotion providing directional travelling forwards, backwards and sideways. 'Best foot forwards', 'to take a stand' and 'to be thrown off balance' are a few of the expressions associated with this body area.

### **PELVIS:**

This area is framed by the hip bones and spine. It provides a foundation for the mid and upper trunk. Because legs grow out of the pelvis, it is important in locomotion. Home to the reproductive organs it reflects the ability to communicate, relate, experience pleasure and give birth not only to babies but ideas and projects. Containing the bladder and large intestine it is a place of letting go and release.

### **SOLAR PLEXUS:**

Many digestive organs are housed here so it is a place of breakdown, digestion and absorption. The psoas muscles originate in the front surfaces of the transverse processes of the vertebrae from the 12<sup>th</sup> thoracic to the fifth lumbar joints. It travels down through the pelvis to insert into the top of each leg bone (femur) connecting the lower and upper body.

### **SPINE:**

The spine is associated with the human posture with the expressions 'to stand up straight' and 'spineless' meaning to lack inner strength. The bones of the spine house and protect the central nervous system (CNS). It allows body flexion, extension, lateral bending and rotation. It is the first area of the body to be formed after conception with the creation of the primitive streak. People are usually more aware of the front surface of the body rather than the back. Therefore, the back

may be a site where negative feelings are hidden, an area of the shadow-self.

#### **NECK:**

This is the top aspect of the spine and provides the transition between the head and the trunk. It contains the voice box, so people can give voice to their feelings. Additionally, here is where the outer world is taken in through air, food and drink for nourishment. Equally, what has been taken in can be propelled back out in spit and vomit.

#### **HEAD & FACE:**

Here is where people interact with the outer environment through the senses of sight, smell, hearing and taste. Speech and facial expression provide the ability to communicate to others. The face can act as a mask whereby a person hides how they really feel. In contrast it can radiate a person's candour. Shame and embarrassment can be revealed through a red-pink colouration in the facial skin.

#### **RIBCAGE:**

The ribcage protects the vital organs of heart and lungs. Here heartfelt feelings and vitality can be expressed or repressed.

#### **SHOULDERS:**

A place of carrying responsibility as the expression 'to have the weight of the world on your shoulders' reveals. Is a person doing what they want to be doing in life or are they following an undesired pathway? The shoulders are connected to the doing centre of arms and hands forming a bridge to the ribcage.

#### **ARMS & HANDS:**

These limbs reach out and touch the world. They can share the heart energy or resist and push life away.