

## **THE GIRDLES**

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

**A girdle is an encircling arrangement of bones on the horizontal axis.**

**The shoulder girdle is formed of the clavicles (collar bones) at the front and the scapulae (shoulder blades) at the back. They connect via the spine of each scapula.**

**The shoulder girdle functions in a similar way to a yoke and is suspended from the muscles of the neck and rests on the sternum (breastbone) above the ribcage.**

**The arms balance in a similar way to a pair of buckets suspending from the bamboo-stick a Chinese watercarrier would use in olden days.**

**Try hanging the arms loose. Imagine they are the weighted arms of a gorilla thumping around your terrain. You are using your arms in the way nature intended.**

**Directly connected to the shoulder girdle, arms can reach out in desire, anger or repulsion. Positively or negatively, they reflect a person's relationship with other people and the world beyond themselves.**

**The arms can be viewed as wings enabling flight or protection.**

**Humans raise their shoulders in fear. The shoulders can reflect levels of responsibility as shown by the expression *the weight of the world on your shoulders*.**

**Designed for mobility and allowing differentiation between right and left arms, the scapulae are not directly connected to each other or the spine.**

**The Gall Bladder meridian travels around each scapula.**

**The scapulae could be viewed as a pair of floating rafts on the sea of the back. They create a moving support for many muscles.**

**The Linking Vessels in Traditional Chinese Medicine connect the head, shoulder girdle, pelvic girdle and feet along the inside and outside edges of the body. They have the capacity to reach us out into space while at the same time connect us lightly with the earth. Memories of life experience are especially held in the muscles and tendons.**

**The lower body is designed for stability as it transfers weight and provides support. This is reflected in the pelvic girdle as it directly connects with the spine through the sacrum.**

**The legs extending from the pelvic girdle could be viewed as human roots reaching into the earth.**

**The pelvic girdle has three bones on each side namely the ilium, ischium and pubis. It is the ilium which connects to the sacrum.**

**The Girdle Vessel in Traditional Chinese Medicine surrounds the pelvic girdle both within and without enveloping and protecting like a cocoon. It is here humans hold on and let go.**