

Chapter 51 - Serratus Posterior Inferior Muscles

Acupressure

With yourself lying face up, place a tennis ball under your low back where you have the discomfort, see figure. Roll around on the tennis ball to identify a single or many tender, pressure point/s. Once you find a pressure point allow the tennis ball to dwell on it and maintain a tolerable level of pressure. The tender point should diminish as the pressure is applied. Each tender point in this muscle can & should be treated in this way. Perform this release 3 times a day as needed.



Position: Either sitting comfortably in a high back chair (figure A), sitting in the lotus position (figure B) or laying flat on the floor (figure C)...really any position that is comfortable for you to be in.

The breath: Breath deeply in and out through your nose with your tongue resting comfortably on the roof of your mouth. If you place a hand below your belly button and one on your chest they should be rising and falling together.

The Mindset: Imagine that you are floating in a large, warm, crystal blue, mineral-water lake. Imagine that the minerals in the lake are actually the products of years of your self-less acts of LOVE that may or may not have gone unnoticed. Allow yourself to recognize this moment as a reward of LOVE for yourself as you meditate & invest in yourself. Recognize that you have filled an entire lake through your acts of LOVE for yourself & others. Realize that whenever you invest in yourself through eating right, making a right choice, exercising, meditating, stretching, being with people whom you care about & who care about you are all rewards of LOVE. Each & everyday we make a million decisions, whether it is allowing someone to merge in-front of you on the expressway or picking up a piece of garbage in the parking lot that is not yours. All of these are acts of LOVE: LOVE for yourself; LOVE for others; LOVE of the planet; LOVE of freedom... etc. So, float in the warmth of LOVE that surrounds you.

Affirmation: End your meditation by telling yourself: ***"I am worthy of LOVE. I give myself permission to LOVE myself & I accept that others LOVE me."***

Self-esteem & Love Meditation

