

The Measuring Pattern

YOUR BODY

The enteric nervous system — your second brain — lives in the gut. Chronic self-criticism creates low-grade stress in the digestive system, which affects the psoas directly. Flexibility is not just muscular. It is the internal environment your muscles live in.

YOUR PATTERN

Virgo asks if it is good enough — and rarely answers yes. You may have learned that love was conditional on performance. Every 'I should be further along' is the inherited voice measuring the body against an impossible standard.

YOUR PRACTICE

- 01 Belly Breathing — one hand on belly, let it rise. 2 minutes.
- 02 90/90 without measuring — just observe, no judgment.
- 03 Low Lunge with eyes closed — feel only, track nothing.

YOUR QUESTION

What would you practice if there was nothing to fix?