



## *The Earning Pattern*

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### YOUR BODY

The split lives in the hips but it is built in the ankles. Joint mobility from the ground up — ankle, knee, hip — creates the structural foundation that makes the split possible and sustainable.

### YOUR PATTERN

Capricorn earns everything. The body is a project to be completed, not a home to be lived in. You may have learned that rest, play and receiving without working are not for you. The joints hold the weight of relentless self-discipline.

### YOUR PRACTICE

- 01 Ankle Circles — 10 each direction, each foot.
- 02 Hip CARs — slow, full range, 5 each direction.
- 03 Split entry with full joint awareness — bottom up.

### YOUR QUESTION

*What would you receive today, without earning it first?*