

The Power Pattern

YOUR BODY

The deep external hip rotators — piriformis, obturator internus — sit at the deepest layer of the pelvis. They do not release with force. They release when the nervous system believes the body's power is safe.

YOUR PATTERN

Scorpio was taught that power was dangerous and desire was wrong. The deep pelvis holds what was never allowed to be expressed. This is not metaphor — the obturator internus holds chronic tension in people with deep shame patterns around the body.

YOUR PRACTICE

- 01 Figure Four — breathe into the outer hip, do not pull.
- 02 Seated Figure Four Forward Fold — 8 breaths each side.
- 03 Deep Squat — let gravity do the work. Stay 2 minutes.

YOUR QUESTION

What would you do with your body if you trusted its power completely?