



The Shrinking Pattern

YOUR BODY

The psoas and the diaphragm share connective tissue. A collapsed chest compresses the psoas — and a compressed psoas limits the split. Heart opening is not spiritual bypassing. It is structural necessity.

YOUR PATTERN

Cancer shrinks to protect. You may have learned that making yourself smaller kept others comfortable — and kept you safe. The front body closes around what it is trying to protect.

YOUR PRACTICE

- 01 Chest Draping — roll or towel under thoracic spine, arms open, 2 minutes.
- 02 Cat-Cow with chest focus — feel the hip flexors lengthen as the chest opens.
- 03 Kneeling Lunge + arms overhead — psoas and diaphragm release together.

YOUR QUESTION

Who did you shrink for — and are they still in danger?