

# The Physical Connection

## Pursuing Podcast Episode 11

May 6, 2019

| Notes  |  |
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| <b>Main Points</b>   | <ul style="list-style-type: none"><li>• Physical movement can anchor and solidify emotional, mental, and energetic healing.</li></ul>  |
| <b>How movement aids in overall healing</b><br>(quotes from guest) | <ul style="list-style-type: none"><li>• Movement helps with the nervous system.</li><li>• When you build new muscle, you build new neurological pathways.</li><li>• Pilates has a strong foundation in the connection between physical movement and mental health.</li><li>• Research has shown the connection of the chemicals released during physical activity that help with mental well-being.</li><li>• Energetic points (chakras) when aligned aid in our ability for physical movement and overall healing.</li><li>• Our body is our truth meter. (The body can't lie.)</li><li>• Pilates is based on principles and core connections.</li><li>• Grounding helps with healing—ground by movement in our feet, legs, and glutes. We can also ground through our breath. Be mindful of boundaries within our body.</li><li>• Opposition creates stability. (Always moving in two directions to hold our center.)</li><li>• Standing footwork to finish work on emotional/mental healing is powerful. Connect your feet (push balls of feet and heels into the ground while pulling the arches up) and feel that energy go up through your entire body and visualize energy coming down. Begin with heel lifts and concentrate on the energy flowing in both directions.</li><li>• Breath is powerful for healing and shifting internal beliefs. Reprogramming thoughts and beliefs has been shown to happen on an inhale and the exhale is used to let go of what we want to release.</li></ul> |

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|                                  | <ul style="list-style-type: none"> <li>● Visualization is the communication between your subconscious and your physical self.</li> <li>● Pairing movement with intentional breath work is critical.</li> <li>● The body responds with visualization and energetic movement even when it can not actually move physically.</li> <li>● Recognize that movement is not necessarily from Point A to Point B. Think of Point Z as where we want to be, and some days we get to Point F and other days we are back to Point D. Show up with acceptance and compassion for where we are at.</li> <li>● “We don’t really realize the necessity or implications of staying within our boundaries when we are in healing mode.”</li> <li>● “If you are not empowered in a movement position, then why are you going there? Where can you move in your strongest point?”</li> <li>● Once you go past stability and support it is just unnecessary pain.</li> <li>● <b>When you go past that boundary you are no longer in your empowered state.</b></li> <li>● How exhausted are you? Are you really contributing if you aren’t depleted? These are false cultural beliefs that can negatively affect our healing and one of the critical reasons for boundaries.</li> <li>● Our perceptions are critical to set where we can really go.</li> <li>● Setting boundaries physically help us do so emotionally and energetically.</li> </ul> |
| <p><b>Three Action Items</b></p> | <ul style="list-style-type: none"> <li>● “Pain pushes until the vision pulls.” Honor your feelings, whether they show up physically or emotionally and do that with compassion. Seek for understanding without judgement. Pain is a request for change. Listen and respond.</li> <li>● Meditate on the purpose of the pain and see what it might be connected to on all levels.</li> <li>● Move with intentional movement.</li> </ul>  |
| <p><b>Guest Information</b></p>  | <p><b>Tara Marshal</b><br/> Pilates Unbound (Provo, Utah)<br/> Website: Pilatesunbound.com<br/> Email: pilatesunbound@gmail.com<br/> IG: pilatesunbound<br/> FB: pilatesunbound</p>  |