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*Love your Belly*  
*Love your whole Being*

Your belly, home to your beautiful womb, also referred to as the Sacral Chakra, is a powerful source at the very core of your Being.

'Chakra' is a term from ancient Sanskrit texts dating as far back at 1500 BCE and this term means "wheel" referring to spinning discs of energy that should stay "open" and aligned, as they correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

The sacral chakra governs your emotions, your creativity, sensitivity, sexuality, intimacy, emotional well-being, and self-expression and it is literally at the very core of importance to your dance ~ round as the moon and soft as clouds in the sky.

The Belly is the very 'heart' of femininity and learning to isolate the upper & lower abdominal muscles massages your internal organs leading to feelings of joyful physicality and general well-being.

Similarly, in the Central Scripture of Laozi (early 3d century CE) the description of the belly as the Lower Dantian (one of the three main energy centers in the body) is the "elixir-of-life field" where "essence" and "spirit" are stored. It is related to regeneration and sexual energy. It is where the process of developing the elixir by refining and purifying essence (jing) into vitality (qi) begins. The term 'dantian' used by itself refers to the lower dantian, which is considered to be the foundation of rooted standing, breathing, and body awareness in Qigong. The lower dantian has been described to be "like the root of the tree of life."

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Note: The other two dantien (middle and upper) are located at the level of the heart, which is also called "the crimson palace" and forehead between the eyebrows or third eye and is associated with the pineal gland.