Yoga for Stomach/Spleen

**Stomach Description**
- Extracts prana (energy) from the food we eat and makes that energy available to the rest of the body.
- So is responsible for the function of all the other organs in the body.
- Responsible for us accepting nourishment in all its forms.
- Is stressed by overthinking.

**Signs of imbalance**
- Stomach troubles
- Trouble breastfeeding
- Overthinking
- Worrying
- Obsessiveness
- Self-pity
- Breast problems
- Deafness
- Epilepsy
- Fatigue
- Genital problems
- Hernia
- Leg pain or paralysis
- Vomiting
- Difficulty gaining weight or overweight
- Voracious appetite or no appetite
- Ovarian or uterine problems
- Mental confusion
- Feel ungrounded or anxious
- Arthritis of leg and knee
- Cough, emphysema
- Diarrhea
- Eye problems.
- Flatulence
- Headache
- Jaw problems
- Tonsillitis

**Spleen Description**
- In charge of decision-making and judgment.
- Promotes physical suppleness and psychological flexibility.
- Helps us see the future with vision and courage.
- Rules the ligaments.

**Signs of imbalance**
- Digestive problems from deficient or excessive digestive enzymes.
- Mental confusion
- Overthinking
- Worrying
- Anemia
- Edema
- Insomnia
- Menstrual Cramps
- Genital disorders
- Constipation
- Vomiting
- Hemorrhoids
- Diabetes
- Diarrhea
- Voracious appetite or no appetite
- Irregular, painful, heavy periods or no periods
- Obsessiveness
- Feel ungrounded or anxious
- Abdominal cramps or pain
- Fatigue
- Big Toe problems
- Muscle spasms
- Hemorrhage
- Depression
- Weakness in legs.
- Indigestion
- Spleen points helpful during labor and delivery.
Mudras

Adhi: Soothes whole nervous system; facilitates three part breathing in low abs and back body; helps high blood pressure, anxiety, fear, and insecurity. Contraindicated for low blood pressure and recent abdominal surgery.
   1. Curl the fingers around the thumb, forming a soft fist
   2. Place the palms down on the thighs or knees

Gupta Mudra: Enhances immunity; grounding, increasing sexual potency; creates a sense of protection and well-being; balances and increases overall immunity; may be contraindicated for autoimmune disorders.
   1. Place the hands in front of the abdomen
   2. Interlace the fingers inward with the right thumb over the left
   3. Press the palms gently together to create a protected and secure pace within the hands

Mahasirs: Quiets the senses and brings energy down away from the head; eliminates mucous congestion; releases jaw; helps headaches and sinus problems. Begin cautiously for headaches.
   1. Curl the ring finger into the palm of the hand
   2. Bring the middle and index finger to the thumb
   3. Extend the little finger
   4. Rest the back of the hands on the thighs or knees

Anjali: Invokes the spirit within ourselves and those we meet; helps fear, anxiety, immune imbalance, heart disease.
   1. Place the hands together in front of the heart, leaving a small space between the palms
   2. Sense the contact between the finger tips and the base of the palms
   3. Move the forearms toward parallel to the earth

Dhyana: Helps mental focus, calming of the senses, balanced thought, and tranquility
   1. Place the left hand at the level of the abdomen
   2. Lie the right hand palm up onto the left

Apana: Energizes entire nervous system; assists three part breathing; helps breathing problems and depression; contraindicated for high blood pressure.
   1. Bend the index finger down to touch the thenar eminence of the thumb
   2. Fold the thumb over the index finger
   3. Bring the tips of the middle and ring fingers to the tip of the thumb
   4. Extend the little finger
   5. Rest the back of the hands on the thighs
Stomach/Spleen Affirmations

My soul is surefooted on its path. Balance is the key to my serenity. I attain balance by listening to my inner wisdom and to the wisdom of others. There is no situation in which I cannot find a point of balance. There is no circumstance in which I cannot find inner harmony. As I ask to be led into equilibrium and clarity, I will find that my answers come to me, I am wiser than I know, more capable of right action and attitudes than I yet believe. In every event, I seek the balance point of God’s action through me.

My perceptions are acute and accurate. In times of doubt, I remind myself that my sensitivity is acute. I am alert and perceptive. I know – and notice – what I need to know. I register people and events accurately. My antennae are subtle and keen. Denial does not block my perceptions. I am accurate and intuitive. I am shrewd, knowledgeable, sensitive, and clear. Appearances do not deceive me. I sense the truth, respond accurately to reality. I am precisely in tune with my environment. I am grounded and safe. I am sensitive and secure. I am secure because of my sensitivity. It is a divine asset and I use it well.

My vision is clear-eyed and longsighted. I choose reality over denial. I choose clarity over fear. I choose to allow my full potential for clear, grounded thought and action to emerge. I accept divine guidance in its many forms. Guided and clear I act in my own behalf for my own good and the highest good of others.

My true nature is the experience of unity. All separation is fear. All fear is illusion. We forget that we are one. We forget that your joy is my joy. Your pain, my pain. In our unity we have communion, compassion, consolation, communication. In our unity, we are one people, one earth, one song. Each of us sings a True Note. Each of us adds to the chorus. Each of us contains the wisdom, the breadth, and the height, to encompass all of us in our full humanity. When we remember who we are, we know there is only union, only hope, only good unfolding for us all. When we remember Life within us and us within Life, fear drops away. Loneliness passes. Reunion and rejoicing fill my heart.

Life requires courage. All courage that I need is given me by Life itself. I am guided and supported in every step. I need only open myself to receiving support and guidance. I honor my humility in admitting my need for help. I welcome the dignity of being a fellow among fellows. I honor myself for my courage in following my guidance.

I expand beyond my fears. I relinquish all agendas and timelines originating in my fears. I relinquish all rationalizations and defenses grounded in my fears. I open my heart instead to the healing perspectives of compassionate patience for others and myself. I allow myself the luxury of time, the dignity of right action and right timing.

I am abundantly supplied. As I ask, I receive. As I reach inward, Source flows from me outward. There is no lack, no hesitation. I am directly sourced to universal abundance. My needs are met. My wants are supplied. I draw with confidence upon Divine Source, knowing that it responds to me with immediate and full attention.
Money is a strong current flowing to me and through me for good. Money is a means to an end. It is a servant and not a master. When I ask for money I am asking for supply. It may come to me as money, but it may also come to me in other forms. I am alert to the many forms my supply may take. While I welcome and receive supply in all forms it appears. My trust expands. As I trust, I learn to trust more fully. I honor myself for my bravery in taking risks. As I risk, I learn to risk more fully. Life supports my expansion into a larger and more grounded self. I am able to admit mistakes freely and make course adjustments easily. I see myself as a process, a work in progress. I extend compassion for growing pains to myself and others.

**Asana**

**Stomach**
- *Reclining Virasana (Stomach) - YTT 58 and TPM*
- *Camel (Stomach) – YTT 57 and TPM*
- *Thigh Stretch Up the Wall (Stomach) - TPM*
- *King Pigeon with back leg bent (Stomach) – YTT 37D & E*

**Spleen**
- *Seated Wide Angle (Spleen) – See below under assisted postures.*
- *Single Arm Turtle (Spleen) – TPM and below*
- *Rotated Separate Leg Forward Fold (Spleen) – YTT 48 (I also call this pose Standing Wide Angle Twist)*
- *Happy Baby/Yogic Sleep (Spleen) – YTT 32A or B*
- *Squat (Spleen) – YTT 33*

**Half Turtle**
- Stand with feet wide, knees slightly bent.
- Bend forward, reaching the right arm through the legs to the left buttock.
- Reach behind you with the left hand to clasp the right hand.
- You may need to grasp a strap in the left hand for the right hand to grab onto if you cannot quite reach.
- Hold for 5-10 breaths.
- Switch sides.
Assisted Poses for Stomach

Assisted Half Hero Pose

- Ask the client to sit with the left leg folded back in hero and the right leg bent with the foot on the floor.
- Place a block under the right buttock so that the right and left buttocks are equidistant from the floor.
- Cross bolsters behind the client with the top bolster against the client’s buttocks.
- Create enough height so that when the client reclines back her hips are level with each other in relation to the ground.
- Stagger your legs so that your left leg is forward and you can place your hand firmly on the client’s thigh.
- Left the client’s right leg to your hip (or you may need to hold it at a lower position to keep the client’s his level).
- Ask the client to press down into the resistance of your leg or hand with the right leg and push up into the resistance of your hand with her left thigh.
- Hold or five breaths before attempting to left the right leg a little higher.
- Eventually you may be able to resist the client with your left shoulder and by stepping on the left thigh, but this requires quite a lot of flexibility in your client.
- Repeat two more rounds of five breaths before switching sides.

Assisted Pigeon

In the middle of the room:

- The client moves into pigeon with the front foot strongly flexed and the left knee in line with the left hip.
- The client bends the right leg.
- Squat so that you can resist the client both in extending her right leg and at the buttocks.
- The client presses into your right hand with her right leg and presses up into your left hand with her buttocks.
- Hold resistance for five breaths.
- See if the client can deepen the pose by moving the right leg back or squaring off the left knee more.
- Repeat the resistance twice more before switching sides.
Assisted Pigeon at the wall (no picture):
- The client positions her right knee at the junction of the floor and the wall with the right lower leg up the wall.
- Cushion the right knee as necessary.
- The client moves the left foot out in front in a lunge, then maneuvers her foot across the mat so she can lay the knee down in pigeon.
- The client comes onto forearms.
- Press down on the buttocks for five breaths as the client resists.
- After five breaths see if the client can deepen the pose.
- Repeat two more rounds of resistance before switching sides.
- On the more extreme side, you can stand on the client’s buttocks and hold the client’s arms extended over her head.

**Assisted Poses for Spleen**

**Assisted Wide Angle Pose 1**
- Both you and the client move into wide angle pose.
- Place your feet to the inside of your client’s feet.
- Clasp your client’s hands with her palms up.
- Make sure the client has the center of her thighs facing the ceiling.
- Ask the client to press her feet into yours for at least five breaths while drawing her shoulder blades slightly back.

- After holding for at least 5 breaths, ask the client to see if she can move her legs further apart
- Repeat the resistance two more rounds.

**Assisted Wide Angle Pose 2**
- The client moves into wide angle pose, leaving you enough room to sit behind her against the wall.
- Place your feet on the client’s low back.
- Make sure the centers of the client’s thighs are facing upward.
- The client slightly bends her knees and presses her heels into the floor.
- Press your feet into the client’s back, gently anteriorly rotating the hips.
Assisted Wide Angle Pose 3

- The client moves into wide angle pose with the buttocks completely against the wall.
- The client moves her legs apart with the centers of her thighs facing the center of the room.
- Straddle the client with knees bent.
- Place your hands on the inside of the client’s legs and ask the client to press into your hands for at least five breaths.
- If the client experiences knee discomfort place your hands above the knee instead of below.
- After five breaths, ask the client to move her legs further apart.
- Repeat two more rounds.

Wide Angle Pose on the wall with a strap

- The client moves into wide angle pose with the buttocks completely against the wall.
- The client moves her legs apart with the centers of her thighs facing the center of the room.
- Place a looped strap (you may need to hook two straps together) around the center of both your client’s feet at their maximum range of motion.
- Ask the client to press into the strap for at least five breaths.
- After five breaths, ask the client to move her legs further apart, widening the loop to allow her to do so.
- Repeat two more rounds.
Thank you to Sally Watson and Bethany Peabody for graciously modeling.


