

Mapping The Belly Button Hole

The umbilical knot is sometimes known as the belly button. It is the knot that was tied off on the umbilical cord when we were born and separated from our mother. The umbilical cord was the gateway to the baby's organ fascial bag (the bag of fascia that encased all of the organs). The umbilical cord helped to provide the baby with the nutrients it needed while in the womb. Once we are on our own we still have the same fascia bag that surrounds our organs. Normally in movement this fascia bag would move with us in the direction that we are moving. Sometimes based on fight or flight holding patterns, the lack of movement in all planes of motion, or compressing postures the organ bag of fascia gets adhered somewhere to the fascia that lines the inside of the abdominal cavity. This can prevent the outer layer of the abdominals, where the belly button hole is, from moving, or the inner organ bag layer from moving.

GRID POINTS – Right and Left Outer Edges of Bellybutton Opening.



1. Find your belly button hole. Notice where it is in relationship to the bottom of the breastbone and the pubic bone. Is it closer to one or the other? Notice if the belly button hole is closer to the ribs on the right side of the rib cage or closer to the ribs on the left side of the rib cage.

Try sitting on a stool or chair with your feet and knees pointed out to the 45 degree angle diagonals. Move the Centerline forward in space. Notice if the belly button moves up or down. Does the right and left sides of the bellybutton get closer together, wider or have a stable width?

Do a seated rotation movement. Move the breastbone, navel, and pubic symphysis to the right. Notice the belly button hole changes its position in relationship to the ribs. Does the hole get closer to the right side of the rib cage and move further away from the left or does it stay centered in the rib cage? Try turning to the left. Notice if the belly button hole moves closer to the left side of the rib cage or does it stay centered in the rib cage. Notice if the belly button hole moves to the side because the entire rib cage moves or does the belly button hole have independent motion in relationship to the rib cage?

Try doing some arm motions. Try the hug a tree arm motion. Start by lying on your back with your knees bent, and feet flat on the floor. Bring both arms up to the ceiling with the palms facing inward towards the chest. Start to move the arms, following a hula hoop arc outward to the side wall. Notice if the two edges of the belly button hole hold a stable width or get narrower or wider? Does it move right or left?

Try a movement such as a kneeling mad cat and happy dog. Go from one position to the other and notice any changes in the hole of the belly button. Do the Grid Points get narrower or wider? Do the Grid Points keep a stable distance? Does it move up towards the head on the body or down towards the feet? Does the hole close up entirely?

Notice as you are walking if the two Grid Points maintain a consistent width relationship.