



SPINAL SUPPORT HEALING

To step out on the spiritual journey, a strong energetic support system is needed. The spine represents the underlying structure and belief systems that allow us to either glide through life effortlessly and flexibly (with flexibility), or trudge through life stiff and limited by our burdens and problems. The spine is formed around the central current of energy that we call the **Life Purpose Line**. This is what the chakras are rooted into. What flows through the central current is clear, raw life force that integrates the life force entering the chakras and supports each chakra with awareness and energetic power it needs to thrive and exist.

As Caroline Myss says, "We need a backbone, not a wishbone" to do spiritual work. Your spine is literally the backbone that supports your spiritual journey and gives you strength and solidity as you go forward in life.

The Life Purpose Line and the spine are totally indicative of the amount of energy that you run through your system. If it's constricted, you will not have enough energy and physical vitality to complete your mission here.

Often the spine and the Life Purpose Line are constricted in certain areas, usually in conjunction with where there is also a blocked chakra. Constriction can also occur in an area of trauma or past life issue. The constriction makes the client feel that they cannot support themselves in being whom they are. We often manifest spinal issues when we are not properly supported either by our self or the others in our life.

You use this healing with anyone who has back pain. Back pain can go one of two ways.

- They are using too much will in their life and are overly controlling of themselves and others. This creates a rigid, inflexible spine and the same approach in the world. This can look like bone injuries, breaks and fractures, stiff spine and sciatica.
- Or they don't have enough will and are wishy-washy. In this case there is not enough will to act on their dreams. If there is deficient energy in the spine, they will experience themselves as "spineless." This manifests more frequently as a collapsed spine, scoliosis, disk bulges and herniation.

Everyone is born with the perfect body and energy flow to easily live their life purpose. Our soul and life purpose are unbendable and non-negotiable yet flexible in how that life purpose is expressed in every moment. The spine should match the life purpose perfectly.

- Creative Idealists need their spine light and quick to act.
- Emotional Intelligence Specialists need to be soft and flowing throughout the spine.
- Team Players need to be strong in the lower and middle back.
- Charismatic Leaders need it strong, flexible and dynamic, especially in the hip and neck areas.
- Knowledgeable Achievers need perfect alignment and balance.

Healing Preparation

1. Install a face cradle in your table and have the client lay prone (face down).
2. Perform the Bow and release knees. Be more gentle than usual here since the client is prone.
3. Do a quick Chakra Balance up through the second chakra. This grounds the clients before the healing and brings them fully into their bodies.
4. Give a gentle massage up both sides of the spine to the base of the skull and up to the crown of the head. This relaxes the small muscles that hold the spine in place, allowing the bones of the spine to move if needed. Many people experience natural spinal adjustments in this healing.

Clearing The Central Current

1. Fill your own energy field with bright orange and red energy. These are the colors of the first and second chakras. This strengthens the client's own "foundation" for the spine.
2. Hold both hands over the back of the second chakra and fill the second chakra with grounded orange and red energy until it is full. Your hands are in a hover position, not touching the client.
3. Switch your color to a clear light blue. This is the natural color of the central energy current/life purpose line. Allow bright clear blue energy to now flow out of your hands and up the spine to begin the releasing process by angling your hands toward the head over the sacrum. "Push" the light blue energy up the spine, leaving your hands where they are at the second chakra until the central channel begins to clear.
4. Once the blue energy has reached the crown, clear the excess energy by sweeping your hands up the spine and slowly guiding the blue light through and out the top of their head. Do this two or three times until it feels clear. Notice where the blocks are as you move up the spine.

The Spinal Wraps

1. Once the spine is clear, place your lower hand in the cupped position at the base of the spine, right at the tailbone. Place your upper hand in a cupped position at the top of the spine, at the occipital joint (base of the skull).
2. Make sure that you choose a good, comfortable position for your arms. Body position is important so that your arms don't get tired during the healing.
3. Get as grounded as you can and shift your energy field to root chakra red. Call in your healing guides to help you at this point. Send a filament of red light spiraling up the spine strengthening it and giving it structure and the ability to support the first chakra. Envision that you are wrapping the spine with a DNA like helix of red. Notice as it moves up the spine where the red energy flows and where it is constricted. It may flow very easily or it may be very blocked around certain chakras. If you get to a block, be gentle but persistent and the red light filament will clear the block. Once the spiral gets to the occipital joint in your other hand then send the spiral back down. Do this at least twice, moving the spiraling red energy up and down your spine between your hands.



4. When the wrap is complete, clear the spinal field by moving both hands up over the spine and top of the head, using the color blue. Do a few sweeps.
5. Repeat steps 3-4 for all of the chakras, wrapping and then clearing each. It's okay to rest your arms in between colors and perhaps shake out your arms for a few seconds before starting the next one. Feel each color come alive in solid form:
 - Fire truck red for the first chakra
 - Orange juice for the second chakra
 - The yellow of the sun for the third chakra
 - Liquid emeralds for the heart, fourth chakra
 - Summer sky blue for the throat, fifth chakra
 - Midnight blue for the brow, sixth chakra
 - Violet purple for the crown, seventh chakra
6. After the last chakra wrapping and clearing is finished, place your hands holding their spine from top to bottom. Feel the dynamic and flexible rainbow of light that spirals through it at all times and feel the central current of light flowing easily.

Standard Closing:

1. Hold both hands over the forehead/third eye, palms down, sending hand on bottom, receiving hand on the top. Hover over the 6th chakra, but don't touch the forehead.
2. Send indigo energy going down through the body on the exhale breath. This allows them to see themselves in a different way.
3. Bring up orange energy on the inhale breath to help them feel themselves in a new way. Do this for a few breaths. It will help them hold and integrate the changes to their energy field.
4. Close the field. Lift your hands over your head and sweep them down in a circle to help seal up their energy field after the work they received. Use the color gold for this.
5. Close the front and back of your 2nd chakra to complete the healing for you.

Encourage them to stay on the table for a minute or two to let the healing settle and integrate within their system.

Ask them to share their experience, before volunteering any information that you may have gained.