

Spinal Energy Quick Guide

Spinal segment	Body Connection	Harmonize spine for	Emotional Connection
C1	<ul style="list-style-type: none"> • Middle ear • Pituitary gland • Blood supply to the head 	<ul style="list-style-type: none"> • Headaches, insomnia • High blood pressure • Migraines, chronic fatigue, dizziness 	Fear of being judged.
C2	<ul style="list-style-type: none"> • Eyes, ears, sinuses, tongue, forehead • Optic nerve • Auditory nerve 	<ul style="list-style-type: none"> • Sinusitis, • Ear aches • Vision problems, • Hearing problems 	Resentment and blame
C3	<ul style="list-style-type: none"> • Teeth • Facial nerves 	<ul style="list-style-type: none"> • Nerve irritation, • Acne, eczema, skin issues. 	Not wanting to take personal responsibility.
C4	<ul style="list-style-type: none"> • Nose, lips, mouth • Eustachian tube 	<ul style="list-style-type: none"> • Sore throat, laryngitis • Hay fever, allergies • Post nasal drip 	Emotions are blocked, held in, need release. Wants to speak their true voice
C5	<ul style="list-style-type: none"> • Vocal cords 	<ul style="list-style-type: none"> • Tonsillitis, persistent cough 	Too many things on one's plate.
C6	<ul style="list-style-type: none"> • Neck, shoulders, tonsils 	<ul style="list-style-type: none"> • Stiff neck, tense neck, rounded shoulders, persistent cough 	Inflexible. Resistance.
C7	<ul style="list-style-type: none"> • Thyroid gland • Shoulder bursae 	<ul style="list-style-type: none"> • Bursitis, • Upper respiratory infection • Colds 	Thinking your are helpless.
T1	<ul style="list-style-type: none"> • Forearms, hands, wrists, fingers. • Esophagus, trachea 	<ul style="list-style-type: none"> • Shortness of breath • Asthma • Arm and hand pain 	Fear of truly living one's truth. Fear of life.
T2	<ul style="list-style-type: none"> • Heart, coronary arteries • Heart valves 	<ul style="list-style-type: none"> • Coronary artery disease, heart issues • Chest pain, bronchitis, Pneumonia, Chest cold. 	Past hurt is too much to bear, closed heart for protection. Shutting off heart.
T3	<ul style="list-style-type: none"> • Lungs, bronchial tubes, pleura, chest, breast 	<ul style="list-style-type: none"> • Bronchitis, pneumonia, any lung or chest infection 	Still holding onto past transgressions. Wanting to communicate.
T4	<ul style="list-style-type: none"> • Gallbladder and hepatopancreatic duct 	<ul style="list-style-type: none"> • Gallbladder issues • Gallstones, liver toxicity, liver energy stuck, • Chronic viruses, shingles 	Bitterness. Need to make others wrong.
T5	<ul style="list-style-type: none"> • Liver, solar plexus, blood circulation 	<ul style="list-style-type: none"> • High blood pressure • issues with circulation, hemorrhoids 	Rage. Need to process and release emotions.

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T6	<ul style="list-style-type: none"> Stomach 	<ul style="list-style-type: none"> Indigestion, reflux, Food sensitivities 	Constant worry. Stuffed emotions.
T7	<ul style="list-style-type: none"> Pancreas, duodenum 	<ul style="list-style-type: none"> Ulcers, poor digestion Blood sugar issues 	Not deriving the sweetness from life.
T8	<ul style="list-style-type: none"> Spleen Diaphragm 	<ul style="list-style-type: none"> Immune system issues Chronic viruses and chronic infections. 	Self-sabotage, not digesting events in life long enough to learn from them
T9	<ul style="list-style-type: none"> Adrenal glands 	<ul style="list-style-type: none"> Allergies Chronic fatigue Hypertension Hair loss 	Feeling a victim to life or life's circumstances
T10	<ul style="list-style-type: none"> Kidneys 	<ul style="list-style-type: none"> Kidney stones Chronic fatigue Atherosclerosis 	Hard to take charge of one's life, hard to go with the flow of authentic direction
T11	<ul style="list-style-type: none"> Kidneys, ureters 	<ul style="list-style-type: none"> Skin conditions, bladder conditions 	Fear of relationships
T12	<ul style="list-style-type: none"> Small intestine Lymphatic circulation 	<ul style="list-style-type: none"> Gas pains, Muscle or joint aches 	Not wanting to truly live and embrace all life has to offer
L1	<ul style="list-style-type: none"> Large Intestine 	<ul style="list-style-type: none"> Bowel issues, constipation Hiatal hernia 	Insecurity
L2	<ul style="list-style-type: none"> Appendix, abdomen, Thigh 	<ul style="list-style-type: none"> Cramps, appendicitis varicose veins, leg pain 	Not seeing a way out, old hurts are not released
L3	<ul style="list-style-type: none"> Reproductive organs. Uterus Bladder Knees 	<ul style="list-style-type: none"> Bladder issues Uterine, menstrual issues, hot flashes Knee pain 	Guilt
L4	<ul style="list-style-type: none"> Muscles of lower back Sciatic nerve 	<ul style="list-style-type: none"> Back pain Urinary issues - frequent or painful 	Feeling Powerless
L5	<ul style="list-style-type: none"> Legs, Ankle, feet, toes, arches 	<ul style="list-style-type: none"> Circulation in legs Swollen ankles Cold feet Weak arches 	Communication issues, hard to accept pleasure and joy.
Sacrum	<ul style="list-style-type: none"> Hip bones, buttocks 	<ul style="list-style-type: none"> Sacroiliac conditions back pain, hip pain 	Stuck in childhood trauma patterns
Coccyx	<ul style="list-style-type: none"> Rectum, anus 	<ul style="list-style-type: none"> Hemorrhoids Pain at the end of the spine upon sitting 	Sitting on old pain, out of balance