


7 GATEWAYS OF THE SPINE



| GATEWAY | SPINAL LEVEL | NERVE SUPPLY | SYMPTOMS OF SPINAL BLOCKAGES | FEELS LIKE |
|------------------------|---------------------------------|---|---|--|
| AWAKEN ∞ | Cranium | Head, Brain and Cranial Nerves | <ul style="list-style-type: none"> ● Low Energy ● Spaciness, Dizziness ● Memory Issues & Brain Fog | You don't have enough life force or energy. You can feel disconnected and living life separate and alone. |
| PAUSE ⌀ | C1-C2, The Upper Cervical Spine | Neck, Eyes, Ears, Nose And Sinuses | <ul style="list-style-type: none"> ● Headaches, Migraines ● Colds, Flu, Earaches, Tinnitus ● TMJ, Sinus Problems ● Sleep Disorders, Snoring ● Learning Disorders | Your head is about to explode and that your thoughts are not in alignment with your body. You are busy with thinking and stuck in the future. |
| PASSION ⊕ | C3-C7, The Lower Cervical Spine | Neck, Shoulders, Arm, Throat and Thyroid | <ul style="list-style-type: none"> ● Neck, Shoulder or Arm Pain ● Sore Throats, Thyroid Issues ● Swollen Glands ● Food Sensitivities ● Tiredness after Eating | You need to swallow your thoughts and ideas. May feel as though no-one listens and you cannot speak your truth. |
| CENTRE ∞ | T1-T12, The Thoracic Spine | Upper and Mid Back, Heart, Lungs, Gallbladder, Stomach, Pancreas, Spleen, Liver and Kidneys | <ul style="list-style-type: none"> ● Breathing Issues, Asthma ● Chest Pain, Heartburn ● High or Low Blood Pressure ● Gas, Burping ● Trouble with Fatty Foods, Indigestion ● Kidney and Bladder Problems | Taking the weight of the world on your shoulders. Feels like you try to protect or hide your heart. Rarely prioritising yourself. |
| POWER ✽ | L1 - L5 | Low Back, Colon, Prostate, Uterus | <ul style="list-style-type: none"> ● Lower Back Pain ● Disc Problems ● Digestive and Reproductive Complaints | Disempowered and don't have enough drive to get through life, feel withdrawn |
| FOUNDATION ⊖ | Sacrum | Pelvis, Groin, Hip, Leg, Knee, Ankle | <ul style="list-style-type: none"> ● Lower Back Pain, Sciatica ● Hip Issues, Groin Problems ● Knee Pain | Being stuck in the past, can't move forward or make a decision. Overall feelings that you are unsupported. |
| BASE ⌀ | Coccyx | Tail Bone, Toes | <ul style="list-style-type: none"> ● Anxiety ● Depression ● Nervous System Issues ● Neurological Disorders | Body is stuck in the fight: flight response and trying to survive rather than thrive. Can feel ungrounded, as though feet can't rest on the floor. |