


## Here is a small emotional diagram of your spine!



← This area, called the upper cervicals (C1&C2) holds emotional tension "in the moment," related to negative thoughts, worry, arguments, and work related stress.

← This mid-cervical area ( C5, C6 & C7, but **especially C5** ) holds emotional tension built up from fear, anger and a memory of trauma.

← This upper Thoracic area holds emotional tension related to care taking, parenting, and a general feeling of being overworked and under appreciated.

← This mid-Thoracic area responds to deep, very important matters of the heart. A broken heart can make this area quite sore. Dis-honoring or denial of your feelings will place a rock hard "armor" like feeling around this area.

← This upper Lumbar spine usually spasms with an overload of sadness, anxiety, or depression.

← This lower Lumbar spine is very sensitive to stability related issues, especially money related. Most commonly effected are L4&L5, and this can lead to a severe disc problem if not cared for properly.

← The Sacrum (your BUTT BONE) is very sensitive to all of the above emotions! **Butt**, it is most sensitive to stability, personal relationship and sexuality issues.

← The Coccyx holds old emotional tension related to memory of traumatic experience(s). It is a very powerful little bone which can throw your neck out, directly effecting C5 related issues (see above).