

The Phasing System of Network Spinal Analysis

What are the mysterious phases that I keep hearing about?
What's really happening? Is there anything I can do to help?

These are very common questions that many people have when they first begin Network care. We will address this topic in a simple, straightforward way.

Emotional, chemical, mental, and physical traumas will often exceed our body's ability to handle the stress induced by those traumas. When the stress level is exceeded, our body finds a way to "adapt." This altered state can eventually become our "norm" and produce dominant patterns in our nervous system. Network adjustments are initiated in a specific order so that the nervous system can return to its pre-altered state. This order is referred to as a phasing system.

The Network phasing system consists of five phases. Each phase correlates with a specific part of the nervous system. The adjustments are made with the intent to clear a particular subluxation, which is not allowing the person to live as fully as possible. Basically, the goal of Network is to correct subluxations to free up a person's nervous system so that they can live here and now – in a clear state – rather than continue to live out traumas that have occurred in the past.

Perhaps you can remember a time when you were faced with a particular situation and although your mind told you one thing, you found yourself living out an old familiar pattern that was undesirable to you and others. This is one way that our dominant patterns can control our lives. Network Adjustments, "Entrainments" as we call them, are designed to correct subluxations and clear altered nerve patterns.

Everyone is adjusted in all phases, at some time. **NO ONE PHASE IS BETTER THAN ANOTHER!** It is essential that there is no judgment or interpretation of what phase you are in or how fast you think you are moving. There is no competition here. Your Innate Intelligence knows exactly where you are and precisely what you can handle each time you are adjusted. Trusting in your inner wisdom is an important factor in this process. We are all unique individuals and there is no way to compare one person's process to another's. The goal is to be free from the adverse effects of subluxations and become more of who you are...**THE MORE YOU ARE DIFFERENT FROM OTHERS, THE MORE YOU ARE YOU!**

PHASES OF SPINAL SUBLUXATION ADDRESSED WITH NETWORK SPINAL ANALYSIS

There are five phases of subluxation associated with adverse mechanical tension on the brain and spinal cord, called meningeal subluxations. The brain and spinal cord are attached to the spinal bones in the regions of the neck (cervical spine) and at the sacrum and coccyx (pelvic region). In between these areas (upper back, middle back, and lower back) the spinal cord does not directly attach to the spinal bones, it just passes through the opening in the bones, like a rope passing through a stack of bagels (the spinal bones are the bagels, and the rope is the spinal cord).

It is the tension generated by the pulling of the nerve tissues at the vertebral attachment points that produces the abnormal spinal cord tension and altered sense of reality. The first five phases address subluxations that involve the vertebra to which the spinal cord is attached or anchored.

A sixth phase involves the structural type of adjustment. This is the type of adjustment often associated with discernible bone and joint movement and a sound or pop.

Although there is a predominant phase or stage at which each practice member becomes stuck and needs to work through, everyone generally passes through each of the stages, or phases at some point in care.

<u>PHASE</u>	<u>VERTEBRAE INVOLVED</u>	<u>PERCEPTION OR THOUGHT PATTERN</u>
ONE	Occiput (skull bone) Sacrum (base of spine)	Stuck in past emotional or mental trauma or event as if still happening, blame, protective, old patterns
TWO	Upper neck – C1 Lower neck – C5	FLIGHT – Fearful of future, hypervigilant, projecting FIGHT – Anger or mistrust for others and/or self
THREE	Sacrum or Pelvis	Stuck in “shoulds”, rules, roles, don’t know self, EX: job, provider, partner, husband, wife, son or daughter, home life. Fitting in. What should I do?
FOUR	Middle neck – C2 or C3	Dis-connection between “head and heart”, control, rational to avoid emotions, expression, or denial of emotions, heady, fact oriented, taking a stand.
FIVE	Both ends of spine involved. C2 and Sacral subluxation C5 with Coccyx subluxation	Old abuse or personal violation. No room for self. No personal satisfaction. Darker history of self often denied or repressed. Feel taken advantage of. Never enough energy, healing, possibility. Survival. All your fault. Not happy about it.

It is common, when an individual is clearing out a phase five subluxation pattern, to find excuses not to be in for consistent visits. It is critical at this point to intensify the frequency of visits. A shift is about to occur.

These five phases are associated with an individual developing his or her sense of self. What is considered normal development in most circles, according to Network Spinal Analysis is arrested development. In other words, there is a degree of wellness available to us that exceeds the normal. Another way to say this is “normal” is not good enough.