








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Problems • Digestive and Reproductive Complaints 	Disempowered and don't have enough drive to get through life, feel withdrawn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.

