

Meditation for Emotions and the Spine

Sit comfortably with your feet upon the floor, know the connection to the earth. Feel the energy that comes from the earth, through the feet, up through the hips, next to the base of the spine, up the shoulders, to the neck, out through the top of the skull and into the air above.

Take a deep breath in and release all of the tensions of the day. You can keep your eyes open or closed, whichever is most comfortable. Take the time to let each breath go in and gently release back out.

I want you to focus on the bottom of the spine. The base of the spine. Feel how that little piece of the spine is connected to the earth. Feel like there is a little tether that is connecting you down into the earth. It is allowing you to stay connect, it is allowing you to stay present. Feel from that little spot and opening happening just above it. Feel the cartilage that surrounds it and the vertebra above it start to expand, this expansion continues up the spine until we reach the point of T-12.

T-12 is where we can hold on to rage, hate, even the opportunity to be upset or “pissed off” about how things are going. What we are going to do is, we are going to breathe deeply into T-12 and let everything just relax and expand. As that expansion is occurring, I want you to relax the whole body and release it with the breath. Feel how T-12 releasing is changing all the tissue in the body. Then I want to take you to T-11.

T-11 is where we can feel deserted, doomed, abandonment. I want you to breath deeply into this and feel the expansion you can create here. You might start to notice a lightness that is starting to come through the feet and the hands, even the joints in the elbows and the knees. Let’s climb a little bit further.

T-10 is where we can feel unloved or unappreciated. Take a deep breath in and notice what color comes to mind. Let everything expand with that color and perhaps a vision appears, or a movie starts to play. Start to feel the lightness that is expanding through T-12, T-11, T-10.

Let’s expand that a little bit further and go to T-9. T-9 is where you can experience being stressed out or confused. In this space notice how the vertebra can rotate around from side to side. It is working like a corkscrew that is starting to jiggle and it is releasing all the way up the spine. There is a letting go that is allowing the ribs to expand, the whole abdominal cavity is expanding. Let’s bring that further, let’s go to T-8.

T-8 is where self-esteem and self-image sit. And as we pay attention to all that is happening around us, we also need to pay attention to what is happening within us. What we are feeling is what we will be projecting to others. Think about how your expansion through the breath, through the vertebra is changing the way you feel about yourself, the way you project yourself. Imagine the confidence that comes with that and imagine the freedom.

Let’s move up to T-7. T-7 is where we can feel overanxious and unworthy. At T-7 I want you to notice how the shoulder blades start to expand. The expansion of the vertebra continues to get bigger. Now you feel almost like this bungee cord of expansion lengthens you into a place you never imagined before. You might even be a little bit taller. And as the emotions start to convert, things start to change.

Let’s take you to T-6. Frustration, abuse, hostility, can sit at T-6 and this is right between the shoulder blades. I want you to feel how the breath expands the shoulder blades apart, sideways as well as up and

down. That expansion is giving you a new freedom that is going all the way up the shoulders and into the neck and the base of the skull.

Let's move to T-5. Despair and worry. Despair and worry is often where we start to feel the tension rise and it appears at the shoulders. It travels up the neck and begins in a little space just above the shoulder blades. What you are going to do is breath really deeply into here and notice the color, and maybe this time there are some tastes and smells that are also going to come through. I want you to let this expand and see the vision of colors and smells that you love the most. That attract you to love. That attract you to energy. The opportunity to share with other people.

Let's take that to T-4. T-4 is depression and bitterness. So as the expansion is coming up through the base, and up through the spine, this little space can hold a lot of tension for us, particularly if we are working on concentrated things. Depression can appear without us even knowing because of this compacting that happens here, so let's let it go. Imagine everything expands open, your vision expands open, your thought patterns are open, your ability to move is open. If you turn your head, you have all kinds of expansion that you didn't know existed. This spot starts to change the way depression works as well as the way enthusiasm comes in and sparks imagination and vision. Let's go further.

Let's go to T-3, grief, torment, anguish. So, at this place we might have those vision pop in where you feel, "oh yeah, I have not let go of that yet." This is the time. Take a breath in and blow the air out. Let go. Let go of all the things you have been holding on to because you have felt that you needed to process it. The thought that it is going to take time, it is going to take a long time. You haven't had time to get there yet. Let all of that go and take a deep breath in again. Breath out and let go. It is that simple. See what the process of this is going to bring onto the horizon for you as have this new release.

As we move to T-2 we have broken heart and betrayal. So as we think about all the ways that our lives have changed as a result of COVID-19, the way our habits and patterns are going to be different, our new normal and what it is going to look like, how we are going to go forward with it. Let's let all of the opportunities come to the forefront and instead of us putting up the brakes and trying to hold on or stop things, let's just say "What if! What if", and if the what if's start to develop into something wonderful, what if then. And continue to let everything open and evolve in a new patterning way.

So, let's take us to T-1. This is it. This is anxious and broken. We certainly can be there in light of all the circumstances that have come our way. But what if we don't have to be there. What if all the things we have been doing and holding on to has been keeping us in a place that we really didn't want to be? But we didn't have enough time, things we didn't have a chance to get to, to experience, they were on our bucket list. All those kinds of things. What if this is the time to make changes? We are there. We are in that present moment when anything is possible. We have never had that kind of time in our lives. And, this is the time when we can look at it and go...what if...

So, as you feel your spine now, from the base all the way up to the very top, expanded, open, relaxed. The tension releasing, the emotions acknowledged, and let go. I want you to replace everything now with joy. See how joy can bounce around in your biofield, how it goes from the outside to the inside, all the little places it can go. It is very playful. Notice love. Notice where love feels in you body. Notice it expand, how it envelopes you. How does it envelope around you. What kind of blanket can you put on if you need a little more love? What kind of blanket can you put on others who need a little bit more love?

The last is gratitude. Gratitude and opportunity. In this time, in this place, in this opportunity. This is our chance to be free. To be different. To be open and honest. We have gratitude to hold on to.

Take a few more deep breaths and when you are ready, bring yourself back to the present. Open your eyes and see all the possibilities.

“May your Innate Healing Potential be inspired into action.”

Michelle Greenwell

Gratitude for the many people who have assisted my training and educational advancement through my Master’s program and into my Doctorate. For this meditation I give a nod of thank you to Debbie Rossi for helping me to find a love for meditation. Also, to the following references for the information that formed this meditation and a focus in my Qi YINtegration program. (Cyndi Dale, 2009, *The Subtle Energy Body: An Encyclopedia of your Energy Body*, pp. 306-307; Dr. June Wieder, 2004, “Song of the Spine: Sound Healing and Vibrational Therapy; Dr. Randall Robirds, “Emotional Rib Heads”.)

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