









# 7 GATEWAYS OF THE SPINE



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	Disempowered and don't have enough drive to get through life, feel withdrawn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