

The spinal cord is the information super-highway, with messages traveling to and from the brain and body.

The spine - including the spinal cord and surrounding structures of bones, ligaments, and muscles - is the link between the brain and body. Working with the spine is efficient, because improvements in spinal structure and behaviour reflects in all body processes, increases self-awareness, and develops new abilities for the body to become self-reliant.

To successfully activate the chakras we need to appreciate how precious the spine is. More importantly, we need to engage practices that foster a healthy back and spine at both the physical and subtle levels. These practices need to maintain physical strength and flexibility as well as the flow of prana, mind and awareness within the spinal system.

C1 - Controls blood supply to the head, pituitary gland, scalp, bones of the face, brain, in and middle ear, sympathetic nervous system.

Possible symptoms; headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, and the easier, chronic tiredness, dizziness.

C2 - Controls eyes, auditory nerves, sinuses, mastoid bone, tongue, forehead.

Possible symptoms; sinus trouble, allergies, crossed eyes, deafness, eye trouble, fainting, vision difficulties.

C3 - Controls cheeks, ears, facial bone, teeth and tri-facial nerve.

Possible symptoms; neuralgia, neuritis, acne, eczema.

C4 - Controls nose, lips, mouth and eustachian tube. Possible symptoms; hay fever, hearing loss and adenoid problems.

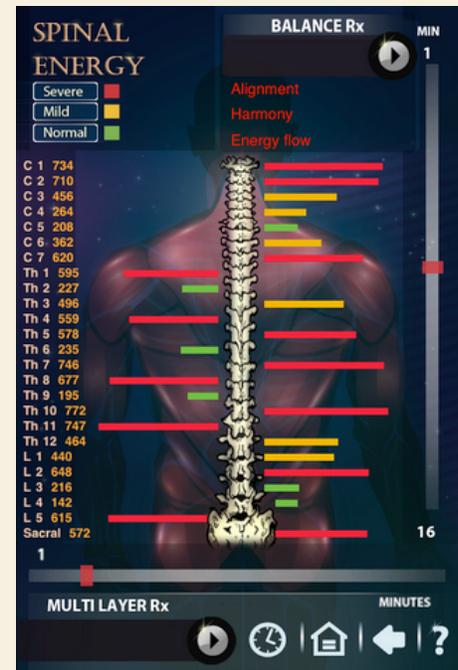
C5 - Controls vocal chords, and neck glands and pharynx. possible symptom; laryngitis, hoarseness, sore throat.

C6 - Controls nose, lips, mouth, eustachian tube. Possible symptoms; hay fever, hearing loss and adenoids.

C7 - Controls nose, lips, mouth and eustachian tube. Possible symptoms; hay fever, hearing loss and adenoids.

T1 - Controls arms from the elbows down including hands, oesophagus and trachea. Possible symptoms; asthma, cough, difficulty breathing, shortness of breath, pain in lower arm including hands.

T2 - Controls heart, pericardium and coronary arteries. Possible symptoms; functional heart conditions and chest conditions.



Kundalini could be described as energy being coiled up at the base of the spine, usually within muladhara chakra. The image given is that of a serpent coiled 3 and a half times around a smokey grey lingam. Each coil is said to represent one of the 3 gunas (means 'string' or 'a single thread or strand of a cord or twine), with the half coil signifying transcendence.

T3 - Controls lungs, bronchial tubes, pleura, and chest area.
Possible symptoms; bronchitis, pleurisy, pneumonia, congestion and influenza.

T4 - Controls gallbladder and the common bile duct.
Possible symptoms; Gall bladder conditions, jaundice, shingles.

T5 - Controls liver, solar plexus and blood.
Possible symptoms; liver conditions, fevers, low blood pressure, anaemia, poor circulation, arthritis.

T6 - Controls stomach.
Possible symptoms; stomach troubles, indigestion, heartburn.

T7 - Controls pancreas and duodenum.
Possible symptoms; ulcers and gastritis.

T8 - Controls spleen.
Possible symptoms; Lowered resistance to colds and disease.

T9 - Controls adrenal glands and suprarenal glands.
Possible symptoms; allergies and hives.

T10 - Controls kidneys.
Possible symptoms; kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis.

T11 - Controls kidneys and ureters.
Possible symptoms; acne, pimples, eczema and boils.

T12 - Controls small intestine, lymph and circulation.
Possible symptoms; rheumatism, gas pains, sterility.

L1 - Controls large intestine and inguinal rings.
Possible symptoms; constipation, colitis, dysentery, diarrhea, ruptures and hernias.

L2 - Controls appendix, abdomen, and upper leg.
Possible symptoms; cramps, difficulty breathing, acidosis, of varicose veins.

L3 - Controls sex organs, uterus, bladder, knees.
Possible symptoms; bladder troubles, menstrual troubles, miscarriages, bed wetting, impotency, change of life symptoms, knee pain.

L4 - Controls prostate gland, muscles of the low back and sciatic nerve.
Possible symptoms; sciatica, lumbago, painful or to frequent urination, backaches.

L5 - Controls lower legs, ankles and feet.
Possible symptoms; poor circulation legs, swollen ankles, cold feet, weakness in the legs and ankles and leg cramps

Sacrum - controls hipbones and buttocks.
Possible symptoms; low back pain and spinal curvature.

