



Spinal Alignment

Drawing in a deep breath, I want you to imagine yourself in a safe comfortable place. The rest of the world is on pause. It can not intrude into your safe place. Find and be in your special place. Relax even more, becoming totally comfortable, gracefully at peace. Now imagine you are sitting on a cushion, a fat fluffy cushion. See its colour, feel its texture, luxuriate in its comfort. This is your cushion, a special cushion. For this cushion is a healing cushion designed especially for you. Full of lovely, nurturing, healing energy. For instant health and vitality. For rebalancing and alignment. In whatever form you see healing as, plus much, much more that you cannot see. Totally at your disposal, just waiting for you to use it.

Now draw attention to your spine, that line of bones, running from your tailbone up to the base of the skull. Holding your nervous system, intersecting each chakra. Bones interspersed by disks, creating an amazing structure that holds you upright, yet still allows so much flexibility. See and allow your backbone to feel open, exposed. See its beauty, admire its simplicity, acknowledge it and allow for the healing to begin. Starting at the base of your spine, imagine your cushion beginning a journey up your spine. See it take the coccyx area and bathe it in its healing energy. Using colour, sound and vibration. Loving, healing energy in all its forms. Feel it removing any grit, any impurities. Reversing aging, any other decay. See it transform this bone into an even stronger healthy bone. Know it is a stronger healthy bone. Now move up to the sacrum. Soak it in your cushion's healing power. Feel it absorb this energy. Strengthening, making it alive, rejuvenated. Complete and whole. Continue upwards to the next bone and give it the special treatment. Nurture it, radiate through the healing properties of your cushion. Remove weakness and fragility. Infuse youthful vitality and healthy support. Move into the disk that exists between this bone and the next. Allow your cushion to pump up this disk. Bleaching out any ill health, any dark spots. Replacing it with light and energy. Correctly aligned and richly full. In perfect harmonious balance. Continue to the next bone. Give it its turn for healing, for perfect alignment. And then to the next disk. Bathing in turn, each bone, each disk all the way up your back. Restoring youth and strength. One by one. Pumping them up to the max. Taking whatever time is required. Letting your healing cushion, a cushion of unlimited power, clean, heal, restore, nourish, rejuvenate, reenergize, vitalise. Creating a spine proudly in balance, youthfully strong, fully connected, working at 100% plus. Bathe each bone, each disk. Don't skimp on any of them. Honour them all with this gift of healing. See them all respond instantly. Feel your spine cells vibrating. Vibrating in harmonious



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communion of their full potential. All in joyful balanced alignment. Providing a healthy backbone to project out into your other energetic fields. Counterbalancing your chakras. Providing a powerful framework for the physical, linking the mental, emotional and spiritual fields.

Continue as long as you need to, to bring your spine into balance. Once you feel the completion of this alignment, sit a few moments and luxuriate in this feeling of a super charged backbone.

To finish this healing session, continue the cushion upwards through your skull bones and then let it return to its original position at your tailbone. Thus completing an energy circle. And, in your own time, gently return back to the world

