

# Balancing with Universal Frequency Codes 2

## Coccyx & Xiphoid ~ 1st & 3rd Chakras

In this body of work regarding the energetic system of humans, we have come to understand that the coccyx and the xiphoid are influential in maintaining the equilibrium and stability of the physical, emotional, mental, cognitive, and spiritual aspects of ourselves.

### Coccyx

When the atlas is balanced and following the adage of “as above so below”, which is called the Lovett-Brother relationship, it would then be logical to balance the coccyx, which can be tilted, turned, buckled or broken from a variety of life experiences or traumas. The coccyx is the triangular bony structure located at the bottom of the spine. It is composed of three to five bony segments held in place by joints and ligaments. The majority of coccygeal injuries occur in women because the female pelvis is broader and the coccyx is more exposed. A fall on the tailbone can inflame the ligaments or injure the coccyx and cause pain.

In assisting the body’s bio-energetic balance toward regaining health, it is important to remember the communications of the chakras (energy centers) with the spinal column. The universal frequency codes are powerful tools to direct this balancing. They promote a stabilizing influence on the entire spinal column, due to the interrelationship between these two structures. They affect the entire meridian and the chakra systems of our bodies, along with the entire spinal column. Having the coccyx in its downward position broadens the accessibility to both the downward and upward flow of the energies along the spinal column, our vertical axis. The spinal column houses the flow from the earth to the heavens and from the heavens to the earth.

Balancing the coccyx seems to have a direct beneficial effect on the digestive organs and those of the pelvic region, as this empowers these areas to relax into healthier positions. In this way, this improved alignment can also help to relieve the discomfort of low back pain.

### Xiphoid

The xiphoid process is the lower-most extension of the breastbone, and it is connected with that plane of our system that extends horizontally below the rib cage. It is a small extension protruding downward from the site where the lower ribs join the sternum. The point of intersection between the vertical axis (spinal column) and the horizontal axis (xiphoid) is that place which connects us with Mother Earth and all its inhabitants, and indeed, with all of creation.

The xiphoid process is considered to be at the level of the 9<sup>th</sup> thoracic vertebra and the T6 dermatome. It also serves as an attachment point for the diaphragm and abdominal muscles, and serves as a barrier to protect and separate the internal organs from the integumentary system.

Xiphoid process disorders can create symptoms which may include abdominal pain, chest pain, nausea, radiating pain to the neck, back and shoulders, headaches, frequent hiccups, difficulty swallowing, heartburn, acid reflux, anxiety, and pain under the clavicle. Working with universal frequency codes specific to the xiphoid area, along with gentle touch, can assist us to move along the path from living with limitations to living in a more loving and expansive manner.

Balancing the coccyx first strengthens our connection upwards, and this enhances our horizontal connection. This combination offers the potential to give us greater access to all that we can be.

Children usually require only one session at \$150.

Adults require an initial and a follow-up session for a total of \$300.

Additional sessions may be needed in some cases, at \$150 each.

Please feel free to contact me at any time.

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