

## Healing Your Back, Neck and Central Nervous System (CNS)

I am setting the intent that everything in this guided meditation is aligned with highest good of all and supports the spiritual evolution of each being with ease and grace. I am setting the intent that all energies exchanged between you and me will be love and only love and that nothing from our mental bodies or personality self/selves or ego or shadow side will enter into this recording or impact the transmission of the healing and enlightenment energies encoded on this recording.

Legal Stuff - Please note that this guided meditation and energy healing session is not intended to be medical or psychiatric treatment and/or a replacement for such treatment. All healing that occurs in any session comes from your soul and Spirit. I merely facilitate this process and set a space for the healing to occur. Also I ask that you not listen to this guided recording while you are driving or doing something that requires an active mental state of consciousness.

### Introduction to this Meditation

The Central Nervous System is the first system to develop in the embryo and is one of the most important systems in the physical body. In this guided meditation, I will be working with the angels of love and healing to bring in some angelic healing energy for the back, neck and central nervous system. We will be running the Angelic Love and Healing Wash through each major section of the sacral, lumbar, thoracic and cervical areas of the spine and spinal column. We will be beginning with healing for the Coccyx, then move up to the vertebrae for the sacrum – S5 to S1, then we will move from the lower back or lumbar curvature L5 to L1, then the mid back or thoracic curvature T12 to T1 and conclude with healing for the neck and cervical curvature C8 to C1.

We will also be running many levels of what the angels are calling an Angelic Healing Treatment for the Back, Neck, Vertebrae, Discs and Central Nervous System. This Angelic Healing Treatment for the Back, Neck and CNS will contain healing profiles to clear, transmute, heal and release fear, anxiety, stress, trauma, pain and suffering stored in the back and neck and sacral areas. Each vertebra and disc is associated with physical systems and organs and the angels will be directing healing energy to these areas as well as we move up the spine from vertebra S5 to C1. The angels will also be directing healing to all of the nerves in the body – especially the over a billion nerves located in the brains and minds as well as to the thirty-two pairs of spinal nerves that connect the spine and spinal column to the rest of the body energetically.

The Central Nervous System is closely related to the chakra energy centers and meridians and a lot of important acupuncture points are located in this area as well so the angels will be bringing in energies and frequencies to help clear, heal and balance the energetic centers, organs and systems. People who have back and neck problems often have areas of their life where they do not feel supported either emotionally or financially as well as areas where they are inflexible and resisting change and so a lot of healing will occur in these areas as well. The Angelic Healing Treatment for the Back, Neck Vertebrae and Central Nervous System also has energies to heal what chiropractors call spinal subluxations. The

angels also want to bring in some energies to heal the entire central nervous system and to clear, transmute, heal and release energetic blocks, weaknesses, imbalances, disorders and conditions associated with the CNS, spine, back and neck. Also the angels want to bring in some energy to heal arthritis and the cartilage, skin and musculoskeletal system and heal strain on the back from extra weight.

1. We will begin with transmitting the first level of the Angelic Healing Treatment for the Back, Neck and Central Nervous System with ease and grace and to bathe the whole spine, back, necks and CNS in a love and healing wash.
2. The second transmission will be to bring in healing for the hips and for the coccyx area and region of the physical body. In more common terms the coccyx is your tailbone.

#### Healing for the Sacrum Region of the Spine and Spinal Column

3. We will begin with transmitting the second level of the Angelic Healing Treatment for the Back, Neck and Central Nervous System with ease and grace and to bathe the whole coccyx, spine, vertebrae, spinal column, discs, nerves, back, neck and CNS in a love and healing wash.
4. We are going to ask the angels at this time to bathe the whole sacrum region, vertebrae and nerves in an Angelic Love and Healing Wash
5. The angels are now focusing on the S5 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for S5.
6. The angels are now focusing on the S4 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for S4.
7. The angels are now focusing on the S3 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for S3.
8. The angels are now focusing on the S2 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for S2.
9. The angels are now focusing on the S1 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for S1.

### Healing for the Lower Back or Lumbar Region of the Spine and Spinal Column

10. We will begin with transmitting the third level of the Angelic Healing Treatment for the Back, Neck and Central Nervous System with ease and grace and to bathe the whole coccyx, spine, vertebrae, spinal column, discs, nerves, back, neck and CNS in a love and healing wash.
11. We are going to ask the angels at this time to bathe the whole lumbar region, vertebrae and nerves in an Angelic Love and Healing Wash
12. The angels are now focusing on the L5 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for L5.
13. The angels are now focusing on the L4 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for L4.
14. The angels are now focusing on the L3 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for L3.
15. The angels are now focusing on the L2 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for L2.
16. The angels are now focusing on the L1 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for L1.

### Healing for the Mid and Upper Back or the Thoracic Region of the Spine and Spinal Column

17. We will begin with transmitting the fourth level of the Angelic Healing Treatment for the Back, Neck and Central Nervous System with ease and grace and to bathe the whole coccyx, spine, vertebrae, spinal column, discs, nerves, back, neck and CNS in a love and healing wash.
18. We are going to ask the angels at this time to bathe the whole thoracic region, vertebrae and nerves in an Angelic Love and Healing Wash
19. The angels are now focusing on the T12 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T12.
20. The angels are now focusing on the T11 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T11.
21. The angels are now focusing on the T10 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T10.

22. The angels are now focusing on the T9 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T9.
23. The angels are now focusing on the T8 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T8.
24. The angels are now focusing on the T7 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T7.
25. The angels are now focusing on the T6 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T6.
26. The angels are now focusing on the T5 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T5.
27. The angels are now focusing on the T4 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T4.
28. The angels are now focusing on the T3 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T3.
29. The angels are now focusing on the T2 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T2.
30. The angels are now focusing on the T1 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for T1.

#### Healing for the Neck or Cervical Region of the Spine and Spinal Column

31. We will begin with transmitting the Fifth level of the Angelic Healing Treatment for the Back, Neck and Central Nervous System with ease and grace and to bathe the whole coccyx, spine, vertebrae, spinal column, discs, nerves, back, neck and CNS in a love and healing wash.
32. We are going to ask the angels at this time to bathe the whole neck and cervical region, vertebrae and nerves in an Angelic Love and Healing Wash
33. The angels are now focusing on the C8 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for C8.

34. The angels are now focusing on the C7 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for C7.
35. The angels are now focusing on the C6 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for C6.
36. The angels are now focusing on the L5 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for L5.
37. The angels are now focusing on the C4 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for C4.
38. The angels are now focusing on the C3 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for C3.
39. The angels are now focusing on the C2 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for C2.
40. The angels are now focusing on the C1 vertebra, nerves and all associated organs and systems and applying a love and healing wash of focused healing energy for C1.

#### Healing For the Brains and Minds and Nerves

41. We will begin with transmitting the Sixth level of the Angelic Healing Treatment for the Back, Neck and Central Nervous System with ease and grace and to bathe the whole coccyx, spine, vertebrae, spinal column, discs, nerves, back, neck and CNS in a love and healing wash.
42. We are going to ask the angels at this time to bathe the brains, minds, personality self/selves, nerves and brain chemistry in an Angelic Love and Healing Wash
43. Conclude with energies to assist in integration with ease and grace.