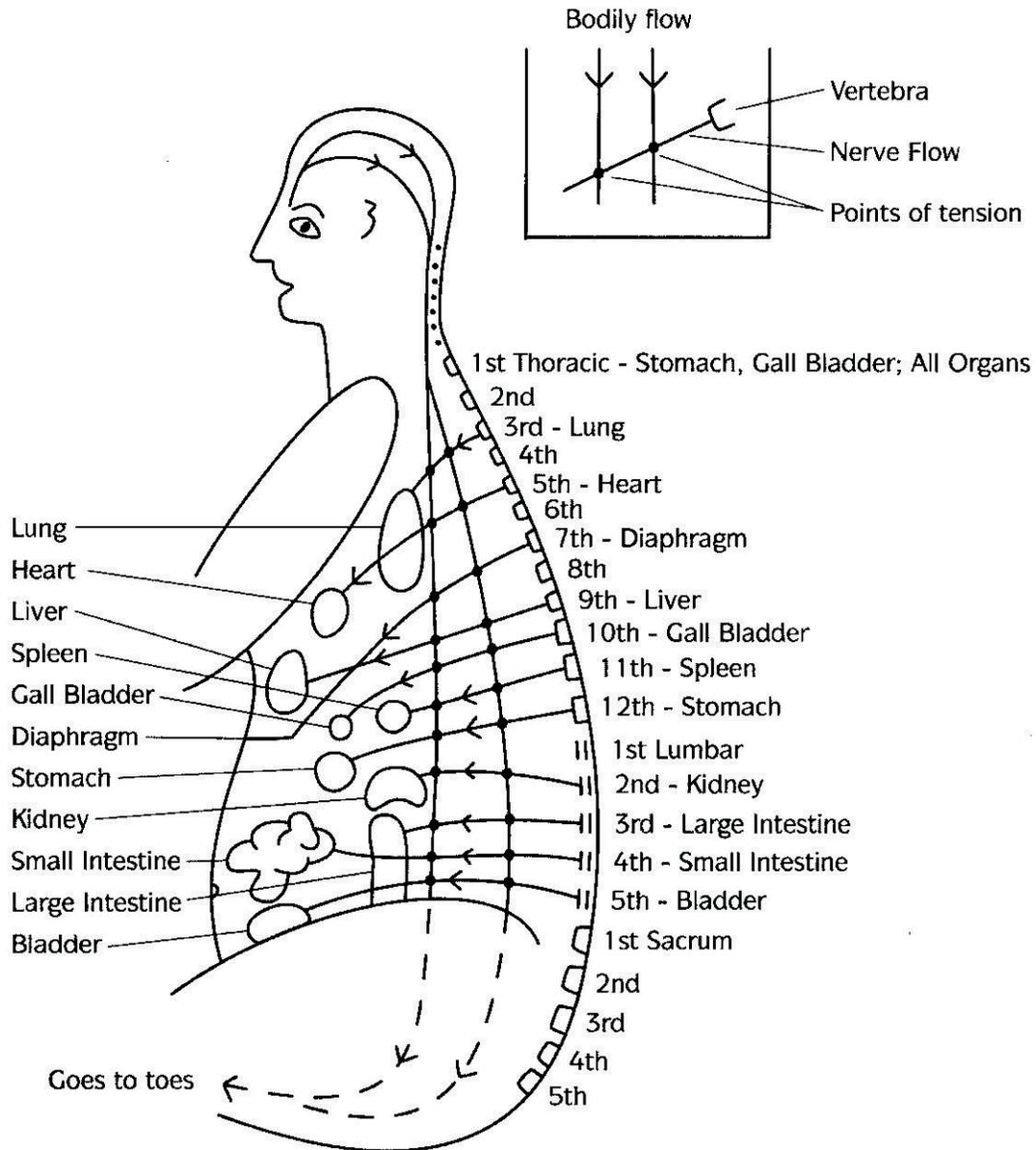


HARMONIZING VERTEBRAE FOR ORGANS - Text 1, page 38



An article by Mona Harris

There are subsequent reprints of Text 1 where the drawing on the version of page 38 has become page 38A. And the new page 38 is Mary's '79 Text chart of the same information showing the organs in relation to the vertebrae. For each vertebra, a line to write in has been added to make it easier to write in the fingers corresponding to each vertebra. Mary explained that each vertebra has a relationship to one of the fingers – so you could hold the corresponding finger if you have a project in one of your vertebrae.

NEXT PAGE

“Harmonizing Vertebrae...” Continued from Page 6

Lucky us – most of it is quite easy to remember ;-)

THUMB is related to TV1, L1 and S1 (as well as C1 – on page 39).

INDEX FINGER is related to TV2, L2, S2 (and C2).

MIDDLE FINGER is related to TV3, L3, S3 (and C3).

RING FINGER is in relationship to TV4, L4, S4 (and C4).

LITTLE FINGER is related to TV5, L5, S5 (and C5,6,7).

TV6 is different – it is not related to a finger but to the center front of wrist.

After this exception, we start again:

THUMB TV7

INDEX FINGER TV8

MIDDLE FINGER TV9

RING FINGER TV10

LITTLE FINGER TV 11

And finally, TV12 – center back of wrist.

Very simply: the whole spine can be harmonized by holding fingers and center front and back of wrist!
There's more!

If we look at the Chart, we see that Mary has written organs next to certain vertebrae. So, there is also a relationship between organs, vertebrae – and fingers!

Mary explains: “When disharmony of organs occurs, Spinal Energy stagnates within vertebra-in-charge and is unable to flow horizontally to its respective organ. Energy hardens within the vertebra.” This information tells us that sometimes a hurting vertebra might only be the effect; the cause might be a disharmony in an organ! ...in both cases, we can harmonize cause or effect by holding the respective finger. AND: that in this specific case, horizontal movement is a harmonious action. Looking at the new added page, you can see this horizontal movement of the Spinal Energy from a vertebra to an organ. That's the reason why Bladder function energy is related to the 5th lumbar vertebra – all the way down on the list – because the organ is the furthest down in our body – and why lung is all the way up top. You can also see that TV1 (thumb) helps Stomach, Gall Bladder; All Organs – but it is obvious that this is an exception – there is no line going out from the spine. Because of the relationship to the thumb, it makes me think of Mary's words in Self-Help Book 3, page 27: “The THUMBS are like leaders in a parade. If the THUMB is not in rhythm, then all that follow the leader will get out of step, out of harmony. THUMBS are very important for the harmonious functioning of the whole body.”

Thanks to the newly added page the next paragraph on page 38A is easier to understand: “If disharmony of left or right Spinal Energy occurs at cross points of body function energy, this results in tension and/or stress becoming more and more acute.” The points of tension are clearly visible. The flow pattern of this bodily flow reminds me of two (out of three) lines of the “Individualized” Bladder Function Energy. Is this one of the reasons Mary gave us a Self Help for this POSTERIOR DESCENDING (down the back of body) energy in Self-Help Book 1?