

Alignment with Life

The five factors that promote well-being are:

1. Exercise
2. Rest
3. Nutrition
4. Hygiene, including spinal care
5. Attitude, including one's outlook

Today is our opportunity to consider #4, spinal alignment as part of personal hygiene.

Grooming:

Brushing one's teeth, and combing one's hair leads to personal comfort, as well as better performance.

Spinal care:

Spinal care impacts every inch of the body that the nerves communicate with. It has been said that Nature likes balance. Humans are gifted with the ability to balance. We can even move on two legs, and maintain our balance. While we are moving, we are scanning the neighbourhood for dangers. We rely on our senses to feed information to our brain components. The more accurate the information, the easier and more rapidly we can respond with successful survival strategies.

As we mature, the quality of information feeding in may become lowered. Interference comes from a variety of sources. Some seem inevitable, but many sources of interference can be avoided by good spinal care. The Egyptians recognized this. Their glyph for the spine was a snakelike form. This was also the glyph for longevity.

The Greeks knew about the value of the spine in performance. Hippocrates illustrated traction equipment for the spine. The Chinese developed Tai Chi, and Chi Kong. The East Indian Gurus, and Yogis understood that prana, and kundelini travelled through the spine.

Embryology:

In the developing Embryo, the spine is the first structure to form. Then there is a streak that folds along one side of the egg. A tube then forms with a bud on one end that gives rise to the brain. Along the rest of the tube, nerves branch out. They grow across the surface, and at the end of each nerve, the cells are told what to become. The cells organize into tissues. They eventually form organs. As the organs mature, the embryo grows into an infant ready to be raised on the outside.

All this happens because the nerves tell cells what to become. That connection remains for the life of the individual, until the last breath.

This connection with each organ, and limb is the reason that spinal care is of value.

Keeping the nerve pathways clear, and strong keeps the organs, and limbs strong. Why don't we do some Tai Chi to keep the limbs, and organs strong?

Y-Dan:

Y-Dan is a variant of Tai Chi. It was developed for the Chinese Imperial Family, and remained private for centuries. In 1986 the family released Y-Dan to Taiwan. From there, it came to Canada.

Sensiblehealth.com has a description of Y-Dan in case you would like to do it at home. You may also order the video demo from them.