

## HOW TO LISTEN TO YOUR BODY

Stacey: Hi, this is Stacey Mayo and this is *How to Listen to Your Body* and this is class number two.

The last class was just chock full of great information and great participation. I know that today will be the same. Last class we talked about starting to listen to the language, listening to the language. And now, hopefully, you all have been practicing doing that and noticing the language of your symptoms and of other people's symptoms.

Today we're going to talk about muscle testing as one good way to understand what is going on with ourselves and with others. Some of you have higher levels of intuitive ability than others and are able to perhaps access information for others easier than for yourself. This is not uncommon. And that's one the places muscle testing can help, is to better understand what's going on with you and your body. It is a way of accessing source via your body.

Some of you may use a pendulum; that is another way to do what we're going to do today. We're also going to talk about a couple of things. We're going to look at foods and supplements and how they impact our health and the healing process and how to determine what foods and supplements you need and others need via muscle testing and intuitive abilities. We're also going to look at what is underneath such things as depression, multiple-system chronic diseases such as Fibromyalgia, Multiple Sclerosis, things of that nature. We'll look at back problems and what is underneath back problems, particularly vertebrae.

Each of you should have received a handout, an email with a handout, with a meaning behind C1 through C7. Those vertebrae, when they are out in your body or in someone else's' what the subconscious meaning is. We will talk about that more today as well.

If you have anything going on with you related to any of these issues today, we will be happy to use you as an example so that you can get value for yourself and we can interact. Depression and anxiety, multiple-symptom chronic diseases, back problems, or any vertebrae out in your neck or back are good things that we can discuss today.

I'm going to go ahead and take it off lecture mode for a minute and just see what's going on with our group today. Try to be upfront if you've got any of these things going on or if you know of someone else that has it going on. I'm going to take it off lecture mode now.

I know Mary Carol has some back stuff going on. Who else has any of these symptoms going on for themselves that would like to get help with it today?

Suzie This is Suzie and I have usually C2 and C4 out.

Stacey Okay. Okay – anyone else?

Archanna Stacey, this is Archanna. I wanted to check if it's also relating to the neck and shoulder area, that intersection?

Stacey Yes, probably yes, Archanna.

Archanna Yes, then I am in.

Stacey You're in, too. Lots of this going on. And Mary Carol is in. Anyone with depression or know someone that is close to you that has depression or anxiety?

Laura I had depression in the past and I know people who have it now.

Stacey Okay, Laura. We might look there with you and with others.

Laura I'm okay right now, but it's been...yeah...I found myself closer to that than I'd like to be recently.

Stacey All right, so it's good timing, actually good timing for that.

Ann This is Ann. I would exactly what Laura said. I feel a little closer to it these days than I would like to and I definitely have a very close friend who's really struggled with it.

Laura I know several people who have struggled with it and somebody who struggles with the anxiety side of it, too.

Stacey Okay, Laura.

Archanna Stacey, I just have one more question. I know my Mom went through it for quite some time. I'm hoping she's out of it now, but she went through a lot of depression and anxiety as well, not me but I'm just asking if we can, I don't know, explore when you're looking at somebody else.

Stacey Okay, we'll talk about depression and you can apply it to her, Archanna, okay?

Archanna Yes, good. Thank you.

Stacey Absolutely.

Barb This is Barb, and I would say a lot of it is in our community right now, for the collective. And I would say that mine would be more seasonal, so when we get into minerals and vitamins, it's more the darker times of the years than the more sunny that would be where I would be interested, also.

Stacey Seasonal depression – okay. That's a good point, Barb. We'll look at that. That's a great one.

Anyone with chronic diseases like Fibromyalgia, MS, anything like that...Chronic Fatigue? Well, that's good to know. And we will talk about those at any rate as well so you can get a sense of how to deal with those kinds of things. I'm going to go ahead and put it on lecture mode again.

I want to talk about muscle testing, first of all. Now you all have a hand out about it, which shows a variety of ways that you can use muscle testing and finding the way that works best for you is key.

There are several things that are really important when we are muscle testing ourselves. Muscle testing, our ability to muscle test with ease goes up and down, depending on what's going on in our body. For example, if our yeast is out of balance, then it is trickier to muscle test because the fungus can affect our muscle testing.

Same if we have some kind of infection whether it's bacterial or viral stuff going on in our body; it will affect the muscle testing. So you have to be particularly careful in your muscle testing if you have any of this going on in your own body at the time. Doesn't mean you can't do it, but it takes more to be able to do it. And the people on this call, 90 percent of you, all but one of you

has, either some fungus going on or some kind of bacterial or viral infection going on at this time. The only one who does not is Archanna. The rest of you do have something going on in your body now, so just know that. Not bad, just information.

There are a couple of things to do when you've got something going on in your body and you're going to muscle test. One is to take your hand, one hand, and tap on the side of the other hand, where you pinky is, the side where you would make a Karate chop. Tap on that side of that hand and then take your other hand and tap on the Karate chop side of the other hand. So what you're doing is your un-reversing yourself – aligning your circuits, so to speak - because fungus and bacteria will have us be reversed energetically so that we will get incorrect information. You do that to start with.

Then we test to make sure that we are not reversed by testing with our name. What I like to do, and I was taught to do this, is touch my stomach area and then muscle test. We're connecting with our body with our solar plexus area and then we're muscle testing using any of the techniques, saying, "My name is Stacey. My name is Jack." And you want to get a positive response to your name and a negative response to what is not your name. That tells you that you are un-reversed and you're muscle testing at this moment is accurate.

Then you would go on to test for something else. And what I do is I continue to touch my solar plexus in between each time, connecting with my body before I muscle test so I stay un-reversed. Now if you get different answers, it means un-reverse yourself and keep testing until you get the same answer three times. Then you will know if it's accurate. If you keep getting different answers, it's a sign that you're not getting accurate information. It's also good to drink water beforehand. That helps move the toxins through you.

I am going to open up and see if there are questions about that. Any questions about what I just said?

- Ann Yes, this is Ann. I have a question. That really helps me to understand why I've sometimes gotten conflicting answers. When I'm somewhere like the chiropractor and somebody does the muscle testing more on you like with your arm, kind that same kind of thing happen?
- Stacey Yes. Well, actually it's a good question, Ann, because both people need to be un-reversed when you're testing.
- Ann Oh my gosh. Okay.
- Stacey So the tester and you both need to be un-reversed. You don't know if anything's going on with the tester, your hoping they know what they're doing. If the tester is clean and you have fungus or bacteria, than you're more likely to get better results with them than you are doing it yourself. That's another option and it show's third-party testing in the handout. If you can't seem to get it right for yourself, you can have someone else do your arm testing for you with you that might be in your family and show them how to do it.
- Ann Ok – got you. Thank you.
- Stacey Good question. Other questions? So just know that this takes practice and that anyone can do it. It is more challenging when you've got something going on in your body. That's the most important thing. People have often said, "Well I can't do it." If you can't get it right, this is why. Something's going on in your body that's interfering. So you can be diligent about it. You can be diligent about it until you get a consistent answer.

Now another thing that you can do, if you're testing whether a food or a supplement is good for you, you can put it in front of your body and ask if it is good for you – standing straight with it in front of your body – and then notice if your body leans towards it or away from it or stays neutral to it. If it goes towards it, your body really wants it. If it's neutral it won't hurt you and it's not terrific for you. If your body goes away from it – moves like slants backwards from it – it means that it is not good for you at that time. That can be easier to do if you have got something going on in your body if you are testing for a food or supplement.

Now, let's look at depression and we're going to look at it in regards to both emotional things that are going on causing depression and food and supplements that can help alleviate the depressed state.

Stacey So Ann, let's take a look with you. Starting to feel depressed, and someone said it's in mass consciousness and I'm asking for a clear channel regarding that question. Is it in mass consciousness now? It is - it always is. Is it any more now than before? It is, actually, more than it had been in about three years. So there is more depression going on right now, which is interesting considering economically we are not in a depression, coming out of a recession. But there are more people depressed at this time, so it is in mass consciousness to a greater extent than it has been in three years, which is interesting.

Is there anything else? I'm asking for a clear channel. Is there anything else to say about that? That is all.

So for Ann, I'm getting that your depression is moderate and the first thing I want to do, because we're on the subject of foods and supplements, is look at foods that can help lift depression, that are healthy foods. Because when we're depressed, it's easy to run for sugar. And if we eat too much sugar than our yeast gets out of balance and we end up with fungus – yeast is a form of fungus – so we want healthy ways to raise our energy.

Off the bat, I will say one of those ways is food with B12. Now you have choices. You can take a B12 supplement or you can have food with B12 in them that are high in B12. My personal preference is always to have foods over supplements, when I can get foods that I like in enough quantity. Which for the most part, I have been able to do.

Some foods with B12 include kiwi fruit, oysters, shrimp, salmon, beef, pine nuts, lentils; those are all examples of foods that are high in B12. So whether you're a vegetarian or not...

Ann And I like all of them.

Stacey You like all of them. Isn't that great? This will help. You can get high on foods with B12. It's a healthy high. We don't want to overdo anything, but one of those foods in your body every day is a good idea. It will lift your mood. It will give you more energy.

Ann That's interesting because all those are attractive to me, so that probably is my body also telling me that.

Stacey Isn't that marvelous? That's a great point. When we need a food, generally it appeals to us. If something doesn't taste good, it's not the right food for you to be taking at that time. Notice the foods that you are drawn to, other than foods with sugar or carbs with high glycemic indexes.

This is for everyone who has depression or not. It is good to have B12 in your diet. Often time people are missing that. Of the people on this call, all of you could stand to have more B12 in

your diet, to varying extents.

Now, that's a good thing for depression. You can also look at foods that will calm you if you have anxiety. I'm getting that you can be anxious at times, as we call can. So chamomile tea is something good to help calm you down. Foods with tryptophan in it are calming like avocado – does not have tryptophan but is a food that is good for you when you have depression, not really anxiety, but avocado is another good food for depression. Things like yogurt, if you have fungus than you would want to lean towards goat yogurt. Turkey is a food with tryptophan in it. Cheese – only if you don't have fungus going on or sensitivities to milk, is another good food to calm you. I used to eat cheese before I went to bed to help me sleep. But you have to look at what's going on with your body as to whether that's a good idea or not.

That's where the muscle testing comes in. Because if you don't know if you have fungus going on, perform a muscle test to see if cheese is good for you or not. Again, typically your body will be drawn to what it needs. Pay attention to those things.

That's the food part of it. If we look deeper at depression for you Ann, I'm getting that there are four layers that are causing you to be moderately depressed at this time. If you look at what's going on in your own life, do you get a sense of what's having you feel depressed?

Ann Yes, I think it's been a little bit of the lack of clarity regarding my work and then concerns about the consistency of income and things like that. Not feeling like I can relax.

Stacey Good, so those are things you are aware of. Depression is typically depressed feelings or suppressed feelings. Things that we've pushed down and aren't dealing with cause us to be depressed. You can be someone who does a lot of work and still get depressed because there are subconscious things that you're not dealing with. This is true for all of us at different times in our evolution.

For you, I'm getting career is it for you. That uncertainty about your path and which way to go next and conflicting feelings about it are causing your depression. Does that resonate?

Ann Oh yes. Big time.

Stacey You get four layers released, Ann is that right? Yes, that is correct. You may want to use it for that. You may want to have me do that for you. I'm thinking that would be a really good use of the free layers that you get as being a part of this class.

Ann I'm thinking so, too.

Stacey Would you like me to do that for you?

Ann I would love you to do that for me.

Stacey I will do that for you and I will email you when it is done.

Ann Thank you very much.

Stacey You are very welcome. You just got your value of your other class back tenfold right there.

Ann You have no idea, thank you.

Stacey You are very welcome. In the meantime, you need more B12 anyway.

Ann You'll be glad to know I was eating shrimp at lunch, a shrimp salad.

Stacey There you go, you intuitively knew. See how smart we are?

Ann Yes, if we just let ourselves be, right?

Stacey Right. The shrimp isn't going to solve the inner conflict but it's going to make you feel better. It's going to give you more energy. Good.

We're going to move on from depression. Everyone can take that and look at what's going on with you. If you have questions about what's underlying your depression, ask yourself what might be causing it and feel free to use the online forum to ask questions. You can ask yourself and get a hit about it and muscle test and say is that it or not. So use your muscle testing. Get a hit about it, try using your muscle testing, or pair up with each other, or ask me and get at what's underneath your depression.

I want to talk about multiple symptoms. Now no one on the call has Chronic Fatigue or Fibromyalgia, or MS, which is good to know. But when you are looking at chronic diseases like that, it's important to know that they are simply a grouping of symptoms that have added up over time and not been dealt with until it gets debilitating. This is why it is important to listen to your body every step of the way. If you deal with each symptom as it comes up, it will not become a chronic disease like those.

Chronic diseases can be healed symptom by symptom. Sometimes when you knock out one symptom another symptom gets knocked out. But this is again important. When I worked with someone who had MS for example, underneath Multiple Sclerosis, which is a disease of the nervous system, is the fear of your own instinctive or psychic abilities is underneath Multiple Sclerosis. Not everybody is ready to hear that, but I have experienced that with a client, I'm asking for a clear channel, and that is correct 99 percent of the time. Nothing is 100 percent.

The fear of your own abilities gets squashed down and is one of the roots MS, major route of MS. Another symptom that is common in MS is numbness. Numbness of the hands can mean not moving energy through your hands, not using your hands for what they are meant to do; which might be hands on healing and often is with people with MS.

You take one symptom at a time and see what is underneath it. You look at MS nervous system – what is the person nervous about? Numbness is often lack of energy moving through making you numb. What will have the energy move through? Again we're listening to language and I'm basing it on experience and also getting that this is very common for people with MS and very common for people with MS to not heal because they are not open to this due to so many traumatic fears about it that they came in with during this lifetime.

I have two cousins with MS who are not awake to this. And we can only work with people who want to know and who are ready to know, always. In this case, you guys aren't really being trained; most of you aren't being trained. Some of you are in the medical intuitive class. You aren't really being trained to work with other people, but you want to note this for family members. Only give information when they are open and ready to hear. It's not something you would want to blurt out at somebody who has MS. They might tell you you're nuts.

Look at multiple symptoms and get at the route of each symptom and also look at food and supplements that will help each part of the body feel better in the meantime, using intuitive abilities, using language, using muscle testing.

I'm going to open up and see if there are questions about this. Questions, about what I just said?

Chronic disease is a complicated one that many of you may not be ready to look at, but I just wanted to touch on that base and let you know that it's about looking at one symptom at a time and also being with what the soul is ready for is very important. You can use muscle testing to see if the soul is ready to heal a certain part of the body or a certain emotional situation which is all related.

Again, since none of you have that, it's not as important for you guys. Just good information for you to know.

Let's go to back problems because there's a bunch of those in this class. We have back and neck. When the spine is out of alignment, it generally means that we are out of alignment with something. Now you have a handout about this. We're going to start with Mary Carol because I promised you that we would discuss this on the class.

Stacey            So Mary Carol, what's going on with your back?

Mary Carol        It started about 18 months ago, it hurts to look to the left; it hurts to look to the right. It's better now than it has been. I've been to chiropractors, I've been to kinseologists, I've had massages and just since the original issue I came to you with in January. I will say it's better, but I've noticed in the last two weeks it's gotten worse.

Stacey            So it's gotten better and it's gotten worse. I'm getting C2 and C4 – not C4 right now. I'm getting C2 is why you can't turn your neck. If you look at your handout, C2 means you're out of alignment with yourself and not confident about something that is going on. So what does that bring up for you, Mary Carol?

Mary Carol        I just want to laugh. Because you know very well what my issue is, trying to make a transition into an attorney into doing this whole thing. I think I've done really, really well with it, but apparently there's still a piece that's missing. Because I think my neck would be completely in alignment. And there's something else that I just have to add. I suffered a severe injury at the age of eight that...I was buried alive and I basically...

Stacey            Wait, slow down so we can hear you. You were at age eight, what happened? You were buried alive?

Mary Carol        Yes, I was buried alive. Died and came back. Jar in my neck caused my TMJ, I killed four of my bottom teeth and I'm thinking that some of this is also coming forward in this as well. Because at the time I wasn't taken to the hospital, even lied to my parents about what had happened, my cousin and I, because we were fearful we would get into trouble. It wasn't until eight months later when my teeth were messed up and they were taking me to specialists to try and figure out what the problem was that we told my mother what had happened. I feel like some of that is coming forward with this, maybe it's not but...that keeps reoccurring in my meditations over my neck.

Stacey            So great notice. This is coming up for you, which is a sign that it is to be dealt with and it is in fact related. So you are paying attention to your dreams and your thoughts and they are trying to tell you something. That this has not be healed first of all, and you think about, I'm just looking at C2 about can't move to the left, can't see to the right. There's some fear about seeing to the left and to the right. You can't turn your head very easily means there's some fear about

going too far to the left or too far to the right. We have to stay in the middle so that we don't offend anyone. Does that resonate?

Mary Carol Oh absolutely.

Stacey Well, if you're trying so hard to not offend anyone, how could you be in alignment with yourself, right?

Mary Carol That's true.

Stacey So there is this strong need to be liked, and be accepted by everyone, and do what is culturally acceptable, which is an attorney.

Mary Carol Which is killing my soul, yes. It's killing my soul.

Stacey So see how I'm fitting the pieces together? I know you are an attorney, which is culturally a very acceptable career by mainstream, not by everybody. But it's a prestigious career for some, in some eyes. And so there you have it. It's like I have to do what's culturally acceptable, is what needs to be released. Does that make sense?

Mary Carol Yes. Culturally, what did you say?

Stacey Acceptable. What is culturally acceptable is one layer. There is another one also, Mary Carol. I'm guessing it has to do with what happened when you were eight. And it does. You know our dreams and thoughts that come up in meditation are telling us something. If you look at that, you were buried alive. There is a fear of being buried alive, crucified, flogged, killed, harmed, for going outside of mainstream.

Mary Carol How many times is this one going to come up?

Stacey Well, I can't answer that question.

Mary Carol I know, it was more of a rhetorical comment.

Stacey I can't answer that question.

Mary Carol How many times am I going to be killed for doing this stuff?

Stacey Right, right, right. Well, you know, many. Many of those of you who are on this call are on a spiritual path, and came into this lifetime with a lot of fear about that path. A lot of fear about being harmed and have been harmed for those of you who believe in past lives, have been harmed many times. It is time to resolve and release what happened in the past, because we are living in a time when things are much more acceptable. Where the world is waking up and where it is okay to be ourselves.

What is important to understand is when something is released from your energy field, then we attract people, we are more confident in ourselves and we attract to us people who get us. Whereas when we have this unresolved fear in our energy field, then we attract people who bring up that fear for us. Okay Mary Carol?

Mary Carol That makes perfect sense. That makes perfect sense to me.

Stacey So since you know the cash grid, you've taken that class, you just need to muscle test for the next time that it is safe for you to release these two layers.

Mary Carol I will. It's not good for me to do it right now, I think I'm over-processed.

Stacey Correct. Yup, that's another reason to use your muscle testing, is to see how long before you can release something else.

Mary Carol I will use my pendulum. Is there any way to do, would each one of these require like a root ball release?

Stacey You can put those in one root ball, for the advanced cash grid root ball method. But you need to test with your pendulum how long you need to wait before you can release them both.

Mary Carol I will do that. Thank you.

Stacey You're very welcome. We have two more people who have neck issues. Suzie also has C2 going on. Suzie I'm imagining that you can relate. Suzie, could you relate to some of what we just did?

Suzie Yes.

Stacey So you're C2 is out, is actually not correct. You said C2, but it's not.

Suzie The funny thing is, I go to the chiropractor every week. This week I had to cancel and I'm not feeling like I need any adjustments.

Stacey I'm asking for a clear channel. Are the issues underneath C2 and C4 resolved for Suzie? They are resolved.

Suzie It's a miracle.

Stacey We've done the work on it, and that's why you don't need an adjustment. It has now integrated.

Suzie So I wasn't feeling it and I'm so happy. This is a weekly thing for me.

Stacey It's not anymore.

Suzie No. My back feels better this week. And I've had more stuff going on, so it's just like okay this is amazing.

Stacey Yes, Suzie and I have done some one-on-one work together and that's gone for you now, Suzie. Good, that's awesome. So let's take a look now, we're going to take a look with Archanna. Archanna, you said your neck has been bothering you. One of the ways that we can test what's going on, you saw Mary Carol had trouble going side-to-side. Archanna might not have that. When we have trouble moving our neck side-to-side, it's often C2. Not always. Could be a number of vertebrae.

I want everyone to take their neck and look up at the ceiling with your head facing the ceiling and notice if there is any constriction or tightness in your neck. Archanna, what do you notice?

Archanna There was no pinching when I looked at the ceiling. I could easily do that, yes.

Stacey You can easily do that. Good to know. For those of you who do feel tension in your neck when you look up at the ceiling, that means your C1 is out, which means you are out of alignment with your higher purpose. C1 is also known as our Atlas. Archanna what is it that you are noticing in your neck?

Archanna The only the thing I notice is, Stacey, that when I looked up at the ceiling was I felt a little pull under my throat intersection in front, so the intersection right at the face and the throat. Right there I felt a little pull. And then the other thing that also happened a couple of days ago was when I was driving back home and I just turned to left I heard a loud crackle kind of noise coming out of my neck, as if something released or snapped out or something. I feel good, but I heard it. You can actually hear it. That was a couple of days ago. But I still feel the tension in my neck and shoulders.

Stacey I'm asking for a clear channel for Archanna. I'm getting that your C1 is almost fully back in place, not totally. And that you are lining up with your higher purpose at this time. Does that feel true?

Archanna Yes.

Stacey What I sense when you said that your neck kind of moved itself, was your body was aligning itself, because you are moving in alignment – more in alignment with your higher purpose. There is some tension remaining about it. That's the tension you feel still in your neck and shoulders. But you are moving towards it, so your neck is aligning. Your vertebrae are aligning. Does that make sense to you?

Archanna Yes. I feel like more, it's like a very calming affect when you said that.

Stacey Good. I'm getting that you know your path and that you do have some tension about it. Do you feel that you are ready? You tell me.

Archanna Ready for what?

Stacey For your higher path.

Archanna It gives me a feeling that it's almost there. Like you're at the foothills kind of thing.

Stacey Yes. Do you know what it is?

Archanna Which one?

Stacey You're higher path – you're higher purpose.

Archanna Based on the one-on-one we had last month, I think I do have an idea of the direction it's headed.

Stacey Good. So we had a session and you're body is lining up with it. You're body is lining up. You're going towards a place of acceptance. You are moving towards it. And we did some release work at that time that is integrating. I'm not sure there is too much else to say. I think that's good. Are there more fears related to it? There are. There are more fears related to it that are causing the tension in your shoulders. So of course you want to pay attention to tension.

Archanna It's too much a part of that word.

Stacey The tension means there are more fears and that may be something that you would like to use your free layers on, Archanna. I want to touch base with one more person and then wrap up and that's Barb. Barb, you said your depression comes and goes with the seasons, correct?

Barb Yes, it does.

Stacey So when depression comes and goes with the seasons, we want to pay attention to what's going on in that season of our life. Think about it as the seasons of your life rather than thinking about it as having to do with the weather. What comes up when I say that, Barb?

Barb You know, I relate. It resonates. I always feel as if September is my waking although it is in a more dormant season, I feel as though I have an awakening for about three months and then I go dormant. I use sun as my energy. I have realized the last couple of months that on cloudy days I just don't function like I do when I have my mother source. When spring comes again and things are blooming and I am in touch with nature that is when I wake again.

Stacey You said some interesting things. I'm paying attention to language. I use the sun as my energy. That makes you dependent on the sun, which we don't want to be dependent on something outside of ourselves for energy.

For you, first of all B12. Take B12 consistently you will not have to be dependent upon the sun for energy. Second of all, just that statement, I am dependent on something outside of myself, needs to be released. I am dependent on something outside of myself to move forward. I am asking for a clear channel. I am dependent on something outside of myself, needs to be released. Does that resonate, Barb?

Barb Oh yes.

Stacey For you, what happens is you start moving forward but there are hidden fears and you stop and you start and you stop. Right?

Barb Oh yes.

Stacey I'm getting there are three layers, including the one we just said, related to your seasonal affective disorder that have you stop and start. I think we already released quite a bit for you. But this is something for you to look at and you may want to have a session with me or you may want to learn the cash grid so that you can release these. I know you have your own release method as well but the depression is repressed feelings and as we said before, for you they are career related is correct. It has to do with the stopping and starting of your career. There are still fears of you really fully coming out and being all of who you are. Which is not a surprise, right? Given that I know you.

Barb You know me.

Stacey Be with that and I would encourage you to do some journaling about what those are and if you need further help on that to let me know.

Barb I certainly will. May I ask one question about that? You talk about the C1 through 7. My experience is more thoracic in the last week or so it's been 6, 7, 8 and 9. Somewhere in that area, on the right side, feminine side. Do the numbers of C's relate to the T's and the lumbar?

Stacey Ask that question again.

Barb You gave us the definition of what C1 through 7 is related to when your neck is out of alignment. My feeling with back issues is more in the thoracic, the T's. I identify this more on the right; actually it's on the left hand side, the feminine side, around number probably 6, 7, 8. My question is, do the numbers of the C's correlate to the T's and even the lumbar numbers?

Stacey They meanings are different. I'm getting T9 is the main one for you actually, Barb. First of all you said C1 through C7 about neck being out, it's about back being out and sometimes neck. T9 is when you cannot, think about thoracic and I think about the word throat, I'm using language again. When it is so darn scary that if you were in alignment all the time with who you are, you would surely die, not necessarily have your throat slit, that's where I was going, but could be. Could be have your throat slit - thoracic is throat. The T's tend to be about more intense fears sometimes fear related to intense fears that you could die if you were in alignment with whatever it is that you were going to do – career or relationship wise, or spiritually. Not always career.

Barb I got it.

Stacey Thank you. I have not gathered the information for writing for all of the vertebrae, so it was a good question. I'm glad I was able to tap in for you; I'm glad that resonated with you.

Barb Thank you.

Stacey You're welcome.

What we have done today is talk about how to muscle test for food, for supplements, for whether an issue is one that needs to be released, for how long before you can clear an issue. All those are things that you can use muscle testing for. You cannot use muscle testing to predict the future. We talked about some foods that all of you need. And we talked about what's underneath certain symptoms.

Now I'm just going to take five minutes to open up for any questions that you might have before we close for today. I'm going to open up the lines. Any questions about anything today?

Archanna Stacey, this is Archanna. When you talked about anxiety, one of the thing that came to my mind was, I don't know it may sound very simple or not even be bothering somebody else, but it is a little bit of a bother for me. I'm kind of nervous to drive any other car than mine.

Stacey Great notice. You're nervous to drive any other car besides yours.

Archanna It makes me nervous right now even talking about it.

Stacey See how you are noticing that? There is something there for you. Have you been in an accident?

Archanna This fear has been there for a very long time but I had a car acceleration issue last month and thank God but nothing happened to anybody. My car just hit a fence and the car took the brunt of it. When I got the inspection and everything done the manufacturer came back and said there is no problem, obviously they won't accept it. What I'm wondering is, this happened, but this is something very recent. This is a nervousness I've had for a very long time.

Stacey Were you driving your own car when that happened, Archanna?

Archanna Yes.

Stacey Okay, I want to touch on that one really quickly. Car acceleration is you are going fast and you ran into a fence. Think about that for your life. Ready to charge forward but there is something in your way that is stopping you, like bam. That's what symbolically I get about that. In terms of your fear of driving someone else's car, I'm getting like there is an overly responsible part of you that has a lot of insecurity about your ability to handle other people's property without harming it. So it's a lack of trust in yourself is what I'm getting. Does that resonate, lack of trust in yourself?

Archanna Probably. Because I am, like you said, very sensitive when I'm handling either somebody else's stuff or taking care of something for somebody. I'm curious about how I feel about it.

Stacey That's what I'm getting that it is not trusting yourself that needs to be released. I don't trust myself.

I'm going to stay on the line afterwards and answer any questions. I'm going to formally wrap up this call because it's supposed to be an hour and just say thank you to everyone for joining us again. This was a great, great session. We will be taking next week off and come back again in two weeks, so be sure to practice with this information and feel free to ask questions on the forum and support each other as well. Again, thank you so much for being here today.