



The 5 Rays of Consciousness

A Guide line to healing ~ By Dr. Jennifer Lees

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Have you ever wondered why your body stiffens, twists and sometimes hurts? Can your body guide you into healing?

I see the body as a metaphor or a conduit to express our inner being. The question is, "How well are you dealing with life?" When you are quiet and you really allow yourself to listen to your inner voices, what do they say? Are they cranky and annoyed or calm and peaceful?

Your body talks to you. Can you hear it? Can you listen? Can you gain wisdom from it? Network Care helps you to tap into this realm and practice listening. This is a path to inner wisdom. Your body tells all.

Dr. Donald Epstein, the founder of Network Spinal Analysis, has developed *The 5 Rays of Consciousness*. It is this theory that guides the Network Practitioner to help you connect to and release various patterns of tightness or problems in your body. It explains how our body is affected by our psyche. Network Care is an analysis of how our spine and body has contracted, protected and/or twisted over the years. Once we become accustomed to reacting, feeling or thinking a certain way, our habitual nature forms our behavior and our health. This process molds who we are over the years. It is present in babies and becomes more engrained as we age.

The Network Practitioner uses the technique to read your body like a map. It is a system that guides you to connect to and release the perspective that you are stuck in. For instance, are you stuck in the past? Consumed with the future? Are you questioning yourself? Trusting? Passionate? Are life's experiences flat? Are you feeling like you are not enough? When you are able to connect to these patterns, you will gain awareness and release the hold it has on you. You will gain perspective.

Your body responds to the perspective you hold in any given moment. Your reality is literally based upon what story you believe to be true. This forms your reality and your physiology. You are what you think. There are 5 patterns that affect us. Use this as a guide.

1) The first ray of consciousness or perspective is when you are stuck in the past. You are consumed with what happened. You may believe that your upbringing or your parents are to blame for who you are today. You may not see any other options in the future because all

you can see is who you have been and where you came from. This perspective tends to tighten your occiput (skull) and your sacrum (pelvis). As you heal, you begin to see the past as a gift. You may gain appreciation for what and who you have been. Your past will now guide you, but not run you.

2) The second ray of consciousness is concerned with trust. Do you have faith that it will all work out? Are you worried about the future? Do you trust yourself? Do you trust others? Lack of faith tends to tighten the 1st and 5th vertebrae in the neck (C1 & C5). As you heal this wound, you develop trust, intuition, and a deep knowingness that all is well no matter what happens.

3) The third ray of consciousness is how you define yourself. Are you questioning who you are? What are you going to be when you grow up? What is your purpose in life? Do you feel like you fit in? This uncertainty may tighten your pelvis and hips. As this wound heals, you walk forward with confidence and a deep conviction for who you are and why you are here.

4) The fourth ray of consciousness asks: Are you present? Alive? Passionate? Or disconnected? Being disconnected often affects the 2nd & 3rd vertebrae (C2 & C3) in the neck. It secondarily tightens the low back or lumbar spine (slouch). When you heal from this wound you become fully connected to your feelings, your thoughts and your life even if you don't like it.

5) The fifth ray of consciousness has to do with a feeling of abundance. Do you have enough love, resources, time, work or money? Do you feel that you are not enough? When you feel violated or that life is not fair, your body "slumps" down and it feels like you have the weight of the world on your shoulders and your tail between your legs (C5/Coccyx). It may also twist your body when you feel like you are being pulled in many directions (C2/sacrum). In this wound you experience inner conflict, lack of resources &/or violated. As you heal this wound, you grow into abundance, peace and deep inner calmness.

Use Network Care to help you reconnect to those parts of yourself that you have at one time disconnected from. Although we may not always like what life has to offer, healing will bring us more skills to breathe through the hard times and even thrive from the challenges. Let your wounds become your greatest gifts.