

Spinal Energetics: Healing Through the Body's Natural Intelligence

Your spine is more than bones and nerves — it's the main channel for your life force.

Spinal Energetics is an energy healing modality working with the spine and field to allow the body to release stuck emotion without living the trauma that created it. Spinal Energetics has been gaining attention in the wellness world lately because of the positive results clients are receiving with each session. It helps regulate the nervous system without causing any harm to the body. More people are looking for ways to properly deal with the constant and growing pressure of the modern society that is constantly weighing on the nervous system causing some major stress to the body. This modality captured my attention a few years ago when I discovered it on Instagram. There was something so beautiful in the way the practitioner accessed the energy field combined with how the client sometimes moved on the table. I didn't hesitate. I took the level 1 certification as soon as I could.

This energy healing modality was created by a chiropractor from Australia, Dr. Sarah Jane, using years of experience across multiple disciplines including chiropractic, trauma-informed care, energetic work, psychology, buddhist philosophy and much more.

Spinal Energetics is based on the energetic principles that the human body consists of multiple layers: the physical body, the emotional, the mental, the spiritual and the personal soul. The chakras play an important role in the session to help regulate the energetic field. Spinal Energetics is a blend of science and the unseen-energetic realm.

Every session is unique and some practitioners combine Spinal Energetics with other energy healing modalities although not necessary. Music and sounds play an important role in a session. The body reacts to sounds and helps bring any issues to the surface so it can be moved and released. The client is encouraged to gently connect to their breath and to surrender to the power of Spinal Energetics. Sensations are also very unique to the client depending on their level of awareness and openness to improve overall wellbeing.

When having a Spinal Energetics session, a client can experience various things from feeling the need to move on the table, cry, laugh, speak or simply feel very at ease and peaceful while laying on the table. Others might feel heat or cold sensations, tingling or twitching, shakes or the urge to stretch. Some will feel energy moving throughout the body especially in areas where blockages have been felt. Sometimes, memories will resurface as they are invited to leave the mind and body making you feel different emotions. This approach isn't forced. The body leads while the practitioner guides the process hands-on and off-body, reading the spine's language.

Spinal Energetics works on both the physical and energetic levels — and that's part of what makes it so special. On the science side, it connects deeply with the nervous system, helping the body move out of stress responses like fight or flight, and into a state where it can actually rest and heal. It's gentle, but powerful. Sometimes just creating the right space allows the body to let go of old tension patterns and stored emotions that have been held for years.

There's also a growing understanding — through fields like somatic therapy and trauma research — that the body holds our experiences. Not just in the brain, but in the spine, fascia, and nervous system. This is where Spinal Energetics really shines.

And then there's the part that's harder to explain — the energetic layer. The shifts people feel often go beyond the physical. Sometimes it's a sense of lightness, deep calm, or even an emotional release that doesn't have a story attached. Some call it energy, life force, or simply intuition.

Whatever you call it, Spinal Energetics honours both what we can measure — and what we can feel.

Spinal Energetics has many benefits. It helps release stored tension and trauma, promotes deep relaxation and nervous regulation, supports emotional healing, improves posture and body awareness, enhances vitality and energy flow, facilitates spiritual connection and self-awareness. It offers a gentle and non-invasive approach so your body can recalibrate at its own pace.

The body is incredibly intelligent and knows what's going on. When in tune with it, we have the ability to change and improve our wellbeing and overall health. We often hold patterns both conscious and unconscious. Spinal Energetics helps release those patterns so that the body can find balance.

Spinal Energetics is something you really have to experience to understand.

You can read about how it works, or watch videos of people moving on the table, but none of that really captures what it feels like in your own body. Every session is different — even for the same person. Sometimes there's movement, sometimes stillness. Sometimes emotions rise, sometimes it just feels peaceful.

It's not about doing anything "right." Your body knows what it's ready for — and Spinal Energetics simply helps it respond.

Think of it like hearing a song that gives you goosebumps. You don't need to know why. You just feel it.

Spinal Energetics is a gentle yet powerful experience that can begin with the lightest touch—or even no touch at all. This subtle approach encourages the body to move and express itself naturally, often through soft motions or sounds. As the process unfolds, hidden tensions and old stories stored deep

within start to release. Everything that happens comes from your own inner energy, guided by your instincts and intuition, as the session helps your body remember its natural flow.

Spinal Energetics bridges body, mind, and energy to unlock the body's wisdom. I invite you to follow Dr Sarah Jane and the wonderful world of Spinal Energetics on Instagram. When you feel the call, find a practitioner that resonates with you to experience your first session. Just like a few other energy modalities, it can be done online or in person. Both ways are very effective.

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