# SPINAL ENERGETICS

PRE-SESSION BOOKLET



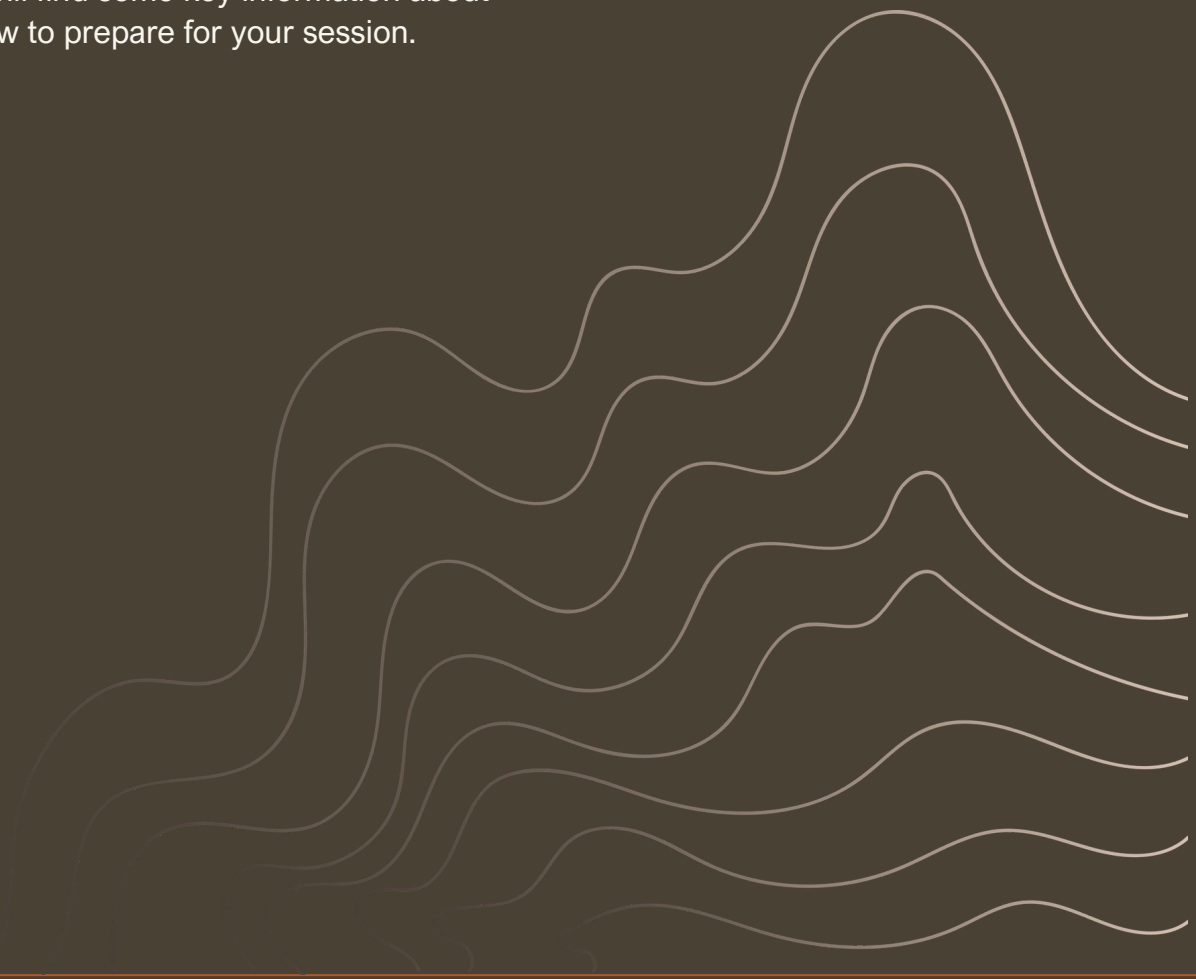
# WELCOME

Hello! Thank you for your trust and openness in booking your session. I am honored and beyond grateful you have chosen to explore the layers of your being and energetics with me.

In this booklet you will find some key information about the modality and how to prepare for your session.

With love,

*Martyna*



# WHAT IS SPINAL ENERGETICS

Spinal Energetics is an integrative therapeutical modality based in chiropractice, somatics and energetics. It works with the spine as our main information and connection channel, gateway to our nervous system and deep energetic pathways. Addressing our bodies innate intelligence, Spinal Energetics creates space for the body to self-organise, release and express stored stress, trauma and survival patterns. It allows our nervous system to reprogramme itself, letting go of the outdated codes it still carries and operates on.

Step by step, layer by layer, it brings us closer to who we really are. Beyond our personal stories, conditioning, subconscious beliefs and stored tensions.

Combining Western knowledge with Eastern healing traditions, it offers a wholesome perspective on our being.



**CORE AREAS OF THE PRACTICE**

TENSION PATTERN WORK

NERVOUS SYSTEM REGULATION

EMOTIONAL & TRAUMA RELEASE

SPIRITUAL SELF-RECOGNITION

# WHAT TO EXPECT

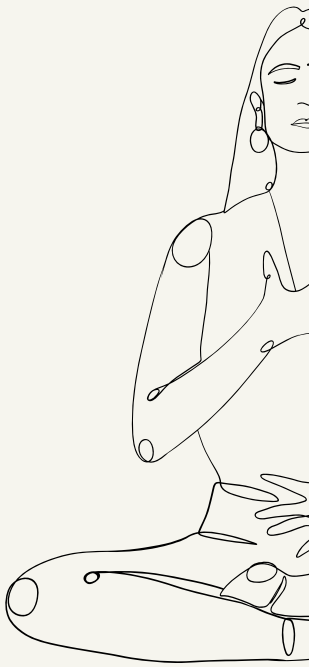
The way Spinal Energetics is experienced varies and brings a wide spectrum of possible sensations throughout the session. It may feel more somatic, more emotional, spiritual, energetic…or all at once.

One of the most important aspects is to **let go of any expectations** of what you should feel, do or look like. Only then can you open up to receiving fully and allowing the process to unravel the way your body and nervous system needs it to.

There is no right or wrong here.

Among the most common responses you may experience are:

- **a deep landing within the body**
- **a sense of lightness, spaciousness and contraction**
- **twitches, tinglings, muscle spasms**
- **shaking or tremors**
- **changes in the breathing pattern**
- **emotional surges, laughter, crying, yelling, yawning...**
- **large stretches, urges to move**
- **partial or full spinal waves**



Whatever arises, is perfectly fine and welcome. The session brings up where you body is at, here and now. Your body will guide where it needs attention and will respond in the way it needs to.

# CONTRAINDICATIONS

Even though Spinal Energetics is a subtle and generally safe modality, it does come with certain contraindications. Please make sure you do not fall under any of them.

**CONTRAINDICATIONS LIST:**

- Diagnosed Severe PTSD
- Severe mental health conditions (bipolar, schizophrenia, psychosis)
- Currently taking heavy medication that alters brain chemistry (anti-depressant, anti-anxiety, antipsychotic)
- Recent physical injuries, fractures and/or surgeries
- Epilepsy
- History or diagnosis of aneurysms
- Cardiovascular problems
- History of seizures
- Severe Asthma
- Heart disease
- Heart conditions
- Hospitalisation for any psychiatric condition, emotional crisis, or spiritual emergence within the past three years
- Any other medical, psychiatric or physical conditions that would impair or affect your ability to engage in activities involving intense physical and/or emotional release.

Spinal Energetics is also not advised during the first and third trimesters of pregnancy, as well as up to 3-6 months postpartum. If you are pregnant or in the postpartum period, please contact me directly.

# HOW TO PREPARE FOR THE SESSION

**BODY**

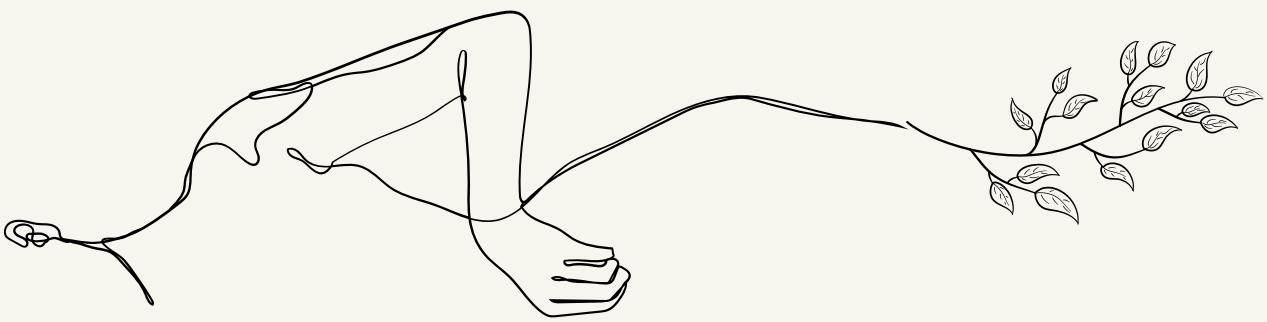
- Try not to eat too much 1 hour before your session.
- Wear comfy clothes that you can easily move in.
- Hydrate! Drink water, add lemon and sea salt or drink herbal tea.

**MIND**

- Make your best to arrive early and take a moment to ground. Close your eyes for a few minutes, focusing on your breath and intention.
- Have an open heart and mind.
- Do your best to create space to integrate afterwards.

**SOUL**

- Connect with your intention and vision of your soul state. Who are you, deep within?
- If possible, take time for meditation or breathing practice before the session.
- Have a walk in nature, tuning into its vibe.



# HOW TO SET UP FOR AN ONLINE SESSION

Prepare yourself a private space where you will not be interrupted, and will feel relaxed and safe to express yourself.

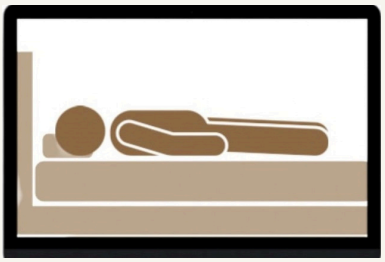
Make yourself cosy. You can lay on your bed, couch, or on the floor, using a yoga mat or blankets for comfort.

Make sure your whole body length is visible on the screen. If you are using your phone, turn it to landscape.

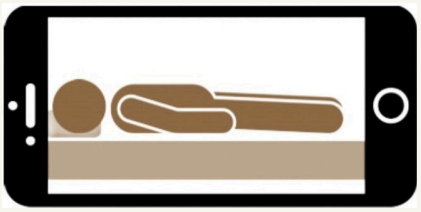
Prepare the lightning in a way that I can see you. Soft light is enough.

You can use wireless headphones, but they are not necessary.

Please come into the session sitting up comfortably. You will lay down once we begin.



**COMPUTER**



**PHONE**

# SEE YOU SOON!

I hope you found this booklet helpful. If you have any questions or doubts concerning the session, please contact me.

