

Dear Steve,

About two years ago, I was playing soccer, hit the ball off my head (possibly the wrong way), and I hurt my neck. I went to the chiropractor and had several adjustments, which seems to help a whole lot. The problem went away for months at a time, then came back. So I had some more adjustments, which worked temporarily. Then the pain came back. I had some X-rays taken, and nothing seems to be injured, but neck keeps popping out for some reason. I know it's stress related, but can't pin it down.

I am 32 years old, and have my own business. I like my work and the money I make. I am married and have a 4 year old son. I can't really think of anything big or different that happened between 2 and 3 years ago. We've been in our same house for about 5 years. It's almost paid off, even added on to it after the baby was born. No deaths I can think of. My parents are both fine. My wife works part-time at a college and likes it.

I don't like getting addicted to the chiropractor, and I want to heal this once and for all.

Tired of the pain in the neck,

David - St. Paul, MN

Dear David,

Neck pain can result from many different causes. It can be from a build up of toxins in the system - the digestive system or other organs. It can also be a result of pinched nerves and stress within the upper or middle back, or of an injury. You may have a "tendency" for your neck to act out for a while to come, but you can compensate for that tendency and take care of it quicker and easier. Thank your neck for pointing out a lesson you may need to focus upon. Seek out a nutritional consultant, and perhaps someone who can suggest exercises for strengthening the "proper, specific" muscles in your neck. With the right muscles toned up, without the specific stressor and/or toxins, you'll have a good shot at keeping your head up more comfortably.

Generally, the "pain in the neck" comes from old judgements that we're trying to let go of. We go towards new discernment, new ways of looking at things, but the old ones just circle around and give us a pain in the neck. Because you are fairly successful, your judgements could have to do with experimentation, and facing the possibility of failure. Are there any risks in your business that you wanted to take a couple of years ago? Do you still think of changing anything there or in the physical living environment at home? You CAN balance out an risks with the security of tried and true ways of doing things.

Take the index and middle finger of each hand and put them on the back of your neck - just below the bump on the back of your skull. Press firmly. Take a deep breath, and ask yourself "Who's in my space? Who's judgements am I accepting?" When you get a picture or thought of who it is, mentally scream for that person to get out of your space, let go of the breath, and pull that energy out with your fingers, shaking that energy off. What is the major negative judgement the person you thought of may have about you? Please be aware, it is not really THAT person affecting you. It is that person who reflects or symbolizes the judgements you have about yourself. Explore that judgement. Get to a Higher Thought! Relax with that thought as you massage your neck, sending the thought and your body healing energies.

Positive Thought To Manifest: I am safely learning to live my life and express my creativity with more joy and fulfillment. I accept the perfect support for that.

If you weren't going toward positive change, the resistance to that change wouldn't be coming up,

Steve