



### Nervous laughter, & "The Bottom Line"

I am a hands-on practitioner. I have been trained in various energy techniques and have had miraculous outcomes happen in sessions for my clients. (Most of the energy workers that I know have had similar things happen). I have understood for years that it is not the ME in my work, although I am a good technician in my field.

Many years ago, I was taught how to do a short, simple technique that has proven to be one of the most powerful moves anyone has ever seen or received. Many times, practitioners may have been taught how to do this, but have had their hands effectively tied by legal structures in the US. I have seen people that had been in long term, chronic pain (in one case 47 years) released from pain in less than one minute.

When I have spoken about this move, I can hear the nervous laughter ripple across the room. People are embarrassed, uncomfortable and shy about what is very common with mammals.

I am speaking about the coccyx. Everybody has one, and if it is not in the correct position, it will create major difficulties. When I learned about this, I was already doing hands-on work. I had no idea that this was possible. I had had a near fatal accident several years prior, and when my teacher looked at me and said I needed this work, I laughed -- nervously. It took me 4 days to decide that if something like this existed, I needed to know about it, or quit calling myself a practitioner. I had been dealing with the aftereffects of my accident for at least 7 years, and I still moved slowly -- on some days, reluctantly. I had such a profound shift in 35 seconds that it was like a veil had been drawn back from me. I could feel comfortable in my body and move easily for the first time in many, many years.

If you look at the hue-man body from an architectural view, the bottom line is the bottom line. If a foundation is crooked, what you will have is the Leaning Tower of Pisa, and the same is true of any physical frame. Many styles of complementary trainings have this information and contain instructions as how to do this. However with the current state of the medical system in the US, practitioners are afraid of losing the licenses that they have worked so hard for if they do this work.

I have trained animals. My family had a kennel when I was a child, and I worked on a horse ranch as a trainer. Common sense says that a dog with its tail tucked in fear may snap at you if you make the wrong move. It is quite easy as a practitioner to see that when people have their "tails" tucked, they are locked in fear and emotionally may snap, as they are holding fear, pain, or rage in their bodies. On the ranch we had a mare

that had been kicked as a filly and her tail was crooked. She couldn't give birth easily and needed human assistance. The birth canal follows the spine, and this one took a left at the end, rather than the normal straighter path. The foal would try to do that in a birth.

The spinal column ends at the coccyx and seems to manage the systems of the body as a grounding mechanism. When the coccyx is twisted out of place, the body is unable to handle pain, as the central nervous system is unable to flow correctly. (The very first time that anyone feels fear, they decide to fight or flee. The body responds by picking up its "roots" to act. The difficulty is that we don't have (as mammals do) the same ability to shift our tail back into its initial position.) So, this very critical part of our anatomy stays locked in "Fight, or Flight." This is like a garden hose that is twisted.

In the years that I have known about this work, and have both had it done and do it for others, the changes I have seen (and felt!) are nothing less than spectacular. I had been involved in another accident and broke my sternum and several ribs. (Horses are great teachers for me!) For 3 weeks I slept sitting up, in great pain, and almost unable to breathe at all. When I remembered this move and had it done, my range of motion increased 80% and my pain dropped to almost zero in less than one minute.

Unfortunately, this move is very rarely discussed as being available for clients at all. The outcome of this lack of knowledge is a population held in pain, surviving on chemical painkillers for relief, with the mind set that if the doctor doesn't know about it, or speak about it, it can't be real. To be aware that the medical community knows about this work and has made it virtually inaccessible for people in long term, chronic pain is quite beyond my understanding. As a practitioner, I follow the rule of "Do No Harm," and keeping a style of work out of the realm of possibility for anyone, falls into the category of harm, by default. To keep information to yourself when someone else may be greatly benefited by it, is, in my mind, nothing less than immoral and unethical.

The changes that happen with this one tiny shift are beyond astonishing, border on miraculous, and very few people speak about it, much less know about it. If you find one of these knowledgeable individuals, cherish them, and share the information with people that you love who might be in pain.

If you would like further information on this valuable work, please email me, and I will make sure you have the information you require.

Blessings,  
Aimee

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