

Practice - Newsletter - March 2024

Power center of the month

The lumbar region (lower back/ loin) and the inner strength



The next round of the annual seminar "Life success through applied spirituality" starts in June 2024. Part of the annual program is my course "The Twelve Steps to Self-Knowledge", which takes place once a month as an online evening course. In this course, I introduce twelve physical power centers, each of which is linked to a spiritual power or cognitive ability such as faith, love, steadfastness, discern-ment, etc. I will use the next twelve newsletters to briefly introduce one power center each, the detailed information as well as a guided imagination journey to beautiful music will then be available in the evening courses. Elke and I will pro-vide more information on prices and dates in good time. Today I will briefly introduce the lumbar region and the inner strength and steadfastness associated with it.

The lumbar region in humans is not clearly defined in the literature. Roughly speaking, it is located between the thighs and the lowest ribcage. In the concept I am presenting here, I see the spiritual power center in the area of the lumbar spine (see illustration above), which also includes the kidneys. Anyone who has ever had problems in this area of the body, be it problems with the kidneys or with the lumbar vertebrae and the muscles surrounding them, immediately understands that this area of our body has to do with strength. Damage to the lumbar vertebrae - even a "simple lumbago" is enough - literally throws us to the ground and robs us of our ability to walk upright. Of all parts of the spine, the lumbar spine is exposed to the highest loads and has no support from the rest of the skeletal system. While the thoracic spine is attached to the ribs and the sacrum to the pelvic bones, the lumbar spine is free in the skeleton, has to bear the most weight, has to be the second most flexible after the cervical spine, has to hold us upright and allow us to bend backwards and forwards as much as possible. A physically strong person therefore certainly needs a strong lumbar spine

that is well supported by muscles - think of weightlifters and similar athletes, for example. The lumbar vertebrae and the intervertebral discs and joints between them are larger than those in the rest of the spine.

The consequences of renal insufficiency or even kidney failure are well known. Nothing works without the kidneys: they filter and purify the blood in the body and form urine, through which harmful substances are excreted. They also produce a hormone that regulates the formation of new red blood cells, which are responsible for absorbing oxygen into the blood and transporting it to the body's tissues. In the kidneys, vitamin D is converted into a more active form that promotes the incorporation of calcium into the bones and thus increases bone stability (strength!). The kidneys also produce an enzyme that helps regulate blood pressure and fluid balance. Adrenaline, noradrenaline and the important dopamine are produced in the adrenal glands.

In the psychosomatic treatment of lower back problems, the physical issues of the lumbar spine play a direct role, transferred to their mental symbolism: the lumbar spine carries the burden of our physical existence. On a mental level, back patients often show a negative entanglement in worrying thought patterns about their material, professional and financial existence. The burden on their shoulders becomes too heavy, the lumbar spine breaks under the weight of their worries. Such patients often do not feel sufficiently supported by their environment, no longer feel able to cope with their life situation, in short, they no longer really find the inner strength and steadfastness to face life, even though they may still demonstrate strength and steadfastness on the outside.

A psychological and spiritual development task is then often to become more aware of the female side of life again and to give the life force (libido) located below the lumbar spine in the sexual center the opportunity to flow freely and unencumbered again, through immersion in the joy of life, creativity, experiencing nature, movement, laughter, spending time with loved ones, etc. A break from "mental weightlifting" is therefore called for in order to straighten and stabilize the lumbar spine.

The upper lumbar vertebrae L1 and L2 are also marginally related to the issues of self-confidence, identity and will/achievement of goals, as they lie in the area of influence of the solar center/solar plexus. Insecurity, feelings of guilt and dejection can extinguish the inner fire of the solar center and bend the person, "break their backbone". Inner strength means "having spine", being true to yourself, not bending too much but still being flexible, believing in yourself and not letting material conditions weigh you down. The power center of faith discussed in the last newsletter is closely linked to the power center of inner strength. When we believe that something is possible and ignite the inner fire within us, we also find the strength to achieve it. We will hear more about this when we talk about the power centers that are linked to willpower and enthusiasm, for example.

Interestingly enough, Traditional Chinese Medicine (TCM) calls the kidneys the "roots of life energy" and sees them as a kind of storage vessel for the life energy we need to grow and reproduce, whether physically or mentally. According to TCM, the kidneys strengthen the will, give support to bones and teeth and fullness to the hair. Accordingly, the kidneys warm, support, moisturize and nourish the entire organ system and body tissue with their energy, ensuring that we feel strong and well. The TCM view fits perfectly with the tasks of the kidneys, which I have already briefly outlined on the previous page, and are therefore also well placed in the power center of strength.

There is also the important aspect of detoxification, which is performed by the kidneys and without which our body would be completely poisoned in a very short time and would perish as a result. This shows us how important regular physical, emotional and mental detoxification is and how inadequate detoxification can rob us of our strength. The impositions, demands, requirements and expectations of the material world must be regularly rejected and eliminated so that we can maintain our strength and vigor. This in turn is also the subject of the lumbar spine, as described above, and so the circle is complete.

The task of this power center is "mind over matter". The material man is overcome by the spiritual man. A symbol of this is the well-known story of David, the small, subtle shepherd boy, who defeated the giant warrior Goliath, who was armed to the teeth, with a simple slingshot. In my course, we will also explore the symbolism of this story in more detail and look at how we can free ourselves from identification with material things and situations and identify with the spiritual, i.e. how we can refine and transform physical strength and energy into spiritual strength.

With this in mind, I wish you a Herculean March! Take care of yourselves and return the gifts you don't need.

Dates, important and current events:

➤ **Elke's date preview:**

MAR 01, 2024: Online meditation

MAR 22, 2024: Annual circle festival "Ostera"

For more information, please contact Elke: naturheilpraxis.tegel@gmail.com

- **At irregular intervals on Sundays from 15:00 - 18:00** we organize a spiritual devotion, i.e. common prayer and singing, Bible text with metaphysical interpretation, joint meditation. **Next dates: 24 MAR 2024, 21 JUL 2024, 20 OCT 2024.**

Your Jörg Schuber



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