

ANATOMY OF THE NECK

This is the space of communication. We are constantly communicating with the vibration of our throat or a shake of our heads, our smile or our frown. Here lies the bone structure and muscles of communication or miscommunication.

The throat is a vibrational chamber built to vibrate the heart's truth.

The anatomy of the bones and joints of the neck

Bend your head forward, dropping your chin to your chest. Bring your fingers to the big bump on your spine at even with the top of your shoulders. This is **cervical vertebra 7**. Walk your fingers up one more vertebra to **cervical vertebra 6**. As you get to **cervical vertebra 5** you will lose the ability to feel the vertebra because they are covered by the **nuchal ligament**. Slide up the vertebra visualizing **cervical vertebra 5 - 3**.

Cervical vertebra 1 and 2 are deep in the skull. They are the **axis (C2)** and the **atlas (C1)**. They are very different from all the other vertebral. C1 is ring shaped and the **occiput** sits right on C1. There are no weight bearing disks at C1 or C2. C1 and C2 are pivoting joints that make it possible to rotate the head to almost 90 degrees. Allowing the "no" movements. C1-C7 allow the "yes" movements.