

Mind Body and Sole

Regain Health, Remember Happiness, Recognize Your Gifts

Safety Energy Lock 2 - Wisdom

Location: In the lower back, at the top of the hipbone

Depth: 1

Function/Harmonizes: General well-being; leg discomforts; digestion; back distress; breathing

Finger: Ring

Quickies: L left 2 & R right 2; L right 3 & R right 2; R left 3 & L left 2; SEL 2 & same side 1; SEL 2 & opposite 9

SEL 2 is associated with the life force for all creatures and with wisdom. Opening SEL 2 helps us to discard entrenched opinions and reconnect with the original wisdom and meaning of life.

SEL 2 is the symbol of discrimination and free will. Instead of wishing to change the other, holding SEL 2 helps us to change our own viewpoint.

Ascending the back, SEL 2 relieves tension and pain in the legs. It helps all those who have to stand and walk a lot. It supports inhaling and the ability to receive.

Physical Application

Structural support of the body; back pain (also during pregnancy); herniated discs; lumbago; painful, weak, swollen legs; fosters upright posture; osteoporosis; diarrhea; constipation; difficulty breathing

Mental/Emotional Application

States of exhaustion (relieves mental tension); conflict; doubt, desperation; uncertainty; grief; sadness; competitiveness

Fosters self-knowledge and clear perception

