

THE GLOBES

There are three structures within the skeletal system which due to their spherical nature are referred to as the globes of the body.

The upper globe is the skull composed of 8 head bones and 14 face bones. It contains the brain and various sensory organs.

The middle globe is the ribcage created from 12 pairs of ribs which are attached to the 12 thoracic vertebrae at the back. Anteriorly, 10 pairs of ribs attach to the breastbone (sternum) while the two lower pairs do not and are referred to as floating ribs. This globe houses the heart and the lungs.

The lower globe is the pelvis formed of 3 bones linked together on either side of the sacrum to which it is attached. This structure contains the large and small intestines, the reproductive organs and the bladder.

The globes emphasize the dimensionality of the body which is not flat. They are rounded and weighted areas of the body.

The globes reflect the external spheres of the earth, moon and sun.

These structures intersect the axis/ midline/ plumb line of the body.

They are connected to the spine with a series of reversing curves.

The head curves posteriorly snaking into the anterior curve of the neck. The ribcage follows with a posterior curve to lead into the anterior curve of the lower back. From here the pelvis draws a posterior curve into the anterior curve of the tailbone (coccyx) thus forming 6 spinal divisions.

The spine echoes the planets evolutionary unfolding. It can move side to side in a fish-like movement which emerged 400 million years ago. Like the sea mammals the dolphin and whale, which started life 180 million years ago, it has a forwards and backwards motion. Our hominid ancestors of 5 million years ago gave rise to our present day vertical bipedal human form which through spinal rotations offer all-round directionality.

In the lower globe, the centre of gravity lies behind the navel at the front of the lumbar spine at the level of the 4th or 5th vertebrae.

At 3 fingers' width below the navel is the CV6 acupressure point. It is called 'Sea of Ki' and like its name tonifies the body's energy. It supports extreme mental and physical exhaustion.

In the middle globe on the breastbone (sternum) between the nipples is CV17 acupressure point. It is called 'Central Altar' regulating and tonifying chest energy supporting conditions like asthma and bronchitis.

In the upper globe on the midline between the eyebrows is the 'Yin Tang' acupressure point. Meaning yin and yang it aims to balance these opposing energies helping headaches, insomnia, pain and stress.