

Craniosacral Therapy: An Introduction

Cranial work is about listening to the subtle movements of the cranial bones. It was first discovered and put into words by Dr. Sutherland, an osteopath from the 20th century. He looked at the anatomy of the cranial bone joints and was able to understand how each moved by analyzing their design. Over time he discovered that the whole body has breath-like movements that he timed and measured. In his research --which he first did on himself-- he restricted motion in the cranium by inventing contraptions that went around his skull and put pressure on specific bones. He found that doing this produced symptoms that affected his vision, balance, digestion, hearing, taste, and smell. From this he postulated that the cranial bones could restrict specific nerves of the special senses that exit the skull. His work evolved from specific anatomy to treating the whole person.

Craniosacral therapy is a subtle energy therapy that works on the interface between the body's electromagnetic energy and how it moves through tissue. It is a grounded form of energy work that is based in anatomy. The more a practitioner knows about anatomy the deeper the understanding the practitioner has of the function of the body. The more freely energy flows through the tissue, the healthier the body. In fact, the basis of Chiropractic and Osteopathy is that all life is motion. The saying "if you don't move it, you'll lose it" is true on both a cellular level and body level. Craniosacral therapy works through the central nervous system to affect the whole body.

My treatments include the many layers of craniosacral motion. My training reflects one of the deepest forms of this work, which has profound effects. Cranial work is not for everybody. It requires you to be willing to shelf the distractions of day-to-day living. Cranial work is akin to walking through the woods in the summer and finally hearing the wind, the birds, and the stream. You have to quiet down, and slow your pace to hear them. So... take a break and hear all the beauty that is within you and every being on this planet.