

Hard-Headed Facts about Healing With Craniosacral Therapy



CranioSacral Therapy is a hands-on therapy where the therapist feels the quality of the craniosacral pulse along different parts of the body as well as areas that are stuck or blocked because of congestion and inflammation. The therapist can both evaluate and correct disturbances that cause undue pressure and restrictions to healthy flow by locating the areas of unprocessed energy and following it to its desired direction of release.

Restrictions and pressures can be freed up from head to toe through a variety of specific holds that also address the articulations (meeting places) of joints and vertebrae, especially the temporomandibular joint, the head and neck, or the lower back and sacrum.

Most illness have unhealed trauma as the root cause. Craniosacral Therapy always goes to the root cause and allows the body to express and release the remaining trauma that was too overwhelming originally. A trauma may be mechanical, emotional, chemical, or microbiological.

When your head feels like a “bowling ball” to a craniosacral therapist, it means that your stress pattern is affecting your muscles, ligaments, bones, related organs, and the dural membrane which encases your brain, spinal cord and nerve roots.

When your spinal fluid cannot move properly through its path, your Life Force and Primary Source of Energy is diminished. Your craniosacral system with its spinal fluid creates a rhythm and pulse that is your “river of life.”

Your cranial bones move like gills of a fish in accordance with the surrounding waves of energy in your field. They maintain health in the brain and nervous system by releasing excess pressure so that the brain can interact correctly with all its corresponding parts through the nerves and spinal cord.

Your spinal fluid acts as a cushion to all the nerves, a cleansing system for the wastes and toxins, and a releasing system for unresolved feelings. When restrictions such as compressions and twists occur along the spine, the beneficial action of the fluid is diminished.

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