

Your Genius Brain: The Blueprint for Your Health, Vitality and Performance

Mini-Series: Part 4 of 4

CranioSacral- Is It Important?

The last three months have been extraordinary. We've been able to look at the detail of cerebrospinal fluid, fascia, and the lymphatic system. Your brain and all the parts that protect its function is truly genius. In the last of this series, **Part 4 of Your Genius Brain: The Blueprint for Your Health, Vitality and Performance**, we're going to explore the therapy that specializes in optimizing your brain and its function. We're going to look at CranioSacral Therapy. The history of craniosacral is fascinating, and as the years go on, craniosacral evolves. Science, teachers and teaching teams from around the world build upon craniosacral, making different types of this therapy available for those who find value in it. So what is CranioSacral Therapy? What is the Breath of Life? What is the difference between a Chiropractic adjustment and a CranioSacral session? These are all fantastic questions. Allow me, together with the work of my Integrative CranioSacral Coach (*who grants me permission to use her work because of her great passion to educate people*), to finish this mini-series by exploring the invaluable answers to questions. Let's go.

Biodynamic CranioSacral Quote from Biodynamic Educators:

“The subtle rhythms or motilities produced by the body are regarded as fundamental expressions of our health and vitality. The ordering matrix carried into the body within these rhythms acts as a blueprint for health which is present from the time of our early embryological development. This blueprint is the fundamental factor that maintains balance in our form and function throughout our lives. When these rhythms are expressed in fullness and balance, our blueprint for health is able to manifest and a sense of wholeness and wellbeing automatically follows.”

CranioSacral Explanation:

There are many physiologic rhythms within the human body. There is the cardiac or circulatory rhythm. The adult human heart beats 60-80 times/minute, **(86,400 times/day!)** circulating the vital blood supply throughout the body to each cell. The heart rhythm is protected by a strong connective tissue sac named the pericardium.

The respiratory rhythm or breath is the inhalation and exhalation in the human lungs. This rhythm is approximately 12-20 times/minute **(28,800 times/day!)** for the exchange of oxygen and carbon dioxide within the body. The lung rhythm is protected by strong connective tissue named the pleura.

There is another rhythm named the craniosacral rhythm (CSR) of the central nerve system. The human body gently expands/narrows and lengthens/shortens at specific motilities. The most significant motility is every six seconds **(14,400 times/day!)**. This rhythm allows the production, flushing and reabsorption of cerebrospinal fluid within the meningeal membranes and the brain and spinal cord.

Cerebrospinal fluid is important for hormonal and neurotransmitter transport, supply of oxygen and nutrients, filtering wastes and acts as a hydraulic buffer of force to the brain and spinal cord. The nerve system rhythm is protected by the strong fascia of the meningeal membranes and the entire body's form. You are a living form for protection and function of life!

Significant impacts and traumas can cause injury to the pericardium affecting the heartbeat. Significant impacts and traumas can cause injury to the pleura affecting the lungs breath. Likewise, significant core traumas to the human body can also cause injury to the fascial matrix affecting the cerebrospinal motilities. This can cause important changes to the nerve system and the vital adaptive process necessary for optimal function and healing throughout a lifetime.

A CranioSacral session is a hands-on experience that allows the innate adaptation of the body to restore normal compliance to the human fascia and normal motilities of the central nervous system. A CranioSacral practitioner facilitates the process. There is a wait and watch as the body gently releases, recovers and restores to the healing that is already present. The CranioSacral session is an adaptive progression and an invitation to optimal balance to the rhythm of life. It is for each person. Experience it today!

“When we use the word biodynamic, it refers to a natural order and rhythm in the tissues of the body. We put two words together to create “Biodynamic Craniosacral” or “Craniosacral Biodynamics.” It becomes the name for a gentle, effective long lasting and personally tailored method of healing that is generated by the natural organizing forces within the body.” (Mary Louise Miller, M.Ed., RCST® Lifeshapes Biodynamic Craniosacral Educator)

“Life expresses itself as motion. At a deep level of our physiological functioning, all healthy, living tissues subtly “breathe” with the motion of life- a phenomenon that produces rhythmic impulses which can be palpated and allowed to self-adapt.” (Michael Kern, DO, RCST, MICrA, ND)

For some of you, CranioSacral Therapy may be a new experience... Following are some CranioSacral Therapy questions and answers.

What is CranioSacral Therapy?

CranioSacral Therapy is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the CranioSacral system. It is comprised of the skull, spine, sacrum, membranes and motilities of the cerebrospinal fluid that surround and protect the brain and spinal cord. With gentle body contact, craniosacral practitioners work to allow the innate ease of restrictions in the CranioSacral system. According to Joanne M. Gallagher, RCST®, it is a very gentle full body experience. A person experiences dimensional maneuvers specific to the area and design of the fascia in that area of the body. This allows the innate adaptive process within the body to manifest at its optimum for best function.

What is the CranioSacral Rhythm Impulse (CRI) or Motility?

The CranioSacral rhythm impulse is the rhythm of the motion of the cerebrospinal fluid and fluid motilities of the central nerve system. Cerebrospinal fluid is a fluid produced and absorbed in the brain and spinal cord and is important to neurological function. There is a change in fluid motility as this fluid is produced and absorbed, forming a palpable rhythm. This rhythm is independent of the cardiac and respiratory rhythms.

How often should I schedule a CranioSacral session?

This answer is specific to each person. A new client experiences an average of five to eight **Advanced (Integrative) CranioSacral** sessions the first year and less each year according to the dynamics and progression of each session. It is a specific experience for each person. It is an invitation to each person to a process of adaptation throughout their lifetime.

What is the difference between a Chiropractic adjustment and a CranioSacral session?

The objective of chiropractic care is to allow correction of vertebral subluxations of the spine causing interference to the nerve system. The contact is the spine and pelvis. The objective of CranioSacral is to allow ease to the restrictions within the fascia affecting the cerebrospinal motilities. The contact is the dimensional connective tissue of the entire body. It is a full body experience. Chiropractic Care and CranioSacral Sessions are distinct, life supporting, healing experiences.

What can one expect to feel during a CranioSacral session?

An initial CranioSacral session can last approximately thirty to sixty minutes, specific to each person. A person rests, fully clothed, on a bodywork table. Belt and shoes are removed for comfort. The session begins with a calm orientation to the dynamics of function and being. There is a quiet “listening” with hands of the CranioSacral practitioner to the motilities of the cerebrospinal fluid dynamics of the client. One experiences gentle dimensional maneuvers at areas of their body where injuries have left restriction to that process. It is a gentle, progressive experience. One may feel warmth, gentle shifting, relaxation or ease during the session. Some have described the experience as “light, eased, straight, taller, centered, so peaceful, just right”. It is important to be in rhythm for the function of design.

Is CranioSacral for those who have health problems or special needs?

CranioSacral is for anyone and everyone who has cerebrospinal motilities. This is everyone! A CranioSacral session could have great value for those facing health problems or children or adults with special challenges. CranioSacral does not replace medical care nor treat conditions or disease states. It allows ease of restrictions so that the cerebrospinal motilities, the fluid rhythms of the brain and spinal cord, could adapt at its best for optimal growth and function necessary for optimal healing. CranioSacral can be a fine adjunct with other healthcare modalities and therapies for those with special needs or developmental delays.

Is all CranioSacral Therapy the same?

No. CranioSacral has evolved throughout the years and is continuously being built upon by science, teachers and teaching teams throughout the world. Probably the most commonly known types of CranioSacral Therapy are Upledger CranioSacral and Biodynamic CranioSacral. There are other forms that are less known, but extremely valuable and effective.

What is Advanced (Integrative) CranioSacral?

Advanced (Integrative) CranioSacral is not the same as other common types of craniosacral. It is unique to Essence Vitality in Canada and one other wellness center in the USA. Our craniosacral is based on a particularly specific technique, that continues to be developed, to take you beyond your *permanent patterns* of restrictions. It is a healing art of precision and a process that can benefit anyone, at any age, and at any level of wellness.

Can Advanced (Integrative) CranioSacral be scientifically measured?

Yes. Both Essence Vitality and the one other wellness center in the USA are privileged to use a Space Certified Technology that can scientifically measure, validate and prove you are moving toward health and wellness with Advanced (Integrative) CranioSacral! There is no more guessing in craniosacral with science like this!

The CranioSacral motility of life has also been named the “Breath of Life”

Following are conceptual explanations of the “Breath of Life” discussed and taught by the foundational CranioSacral teachers. Enjoy!

Dr. William Sutherland- Breath of Life was named and taken from Genesis 2:7 “And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living form.” “Within the cerebrospinal fluid there is an invisible element that I refer to as the “Breath of Life”. It is a vitality within this fluid, something that has potency as the thing that makes it move. This potency is an intelligent potency that is more intelligent than your own human mentality.”

Dr. Rollin Becker- “It is a rhythmic feeling in interchange between the patient’s body and his biosphere in which there is a total interchange without any areas of restriction, impaction, trauma or stress. It is a feeling of total internal and external environmental capacity to express wellness.”

Dr. James Jealous- “It is the permeation of the breath of life into disorientated tissue that re-establishes the Original matrix. The Original matrix is a form that is carried through the potency of the breath of life around which the molecular and cellular world will organize itself into the Original pattern set forth by the Master Mechanic.”

Dr. Franklyn Sills discusses Breath of Life in his current teaching as “A sacred principle that is difficult to talk about or describe. It is a spiritual essence that mediates the creative impulse and connects all things to the ground of creation. It generates organizing forces that orchestrate and maintain all form.”

Lifeshapes- Christopher and Mary Louise Mueller RCSTs® teach “When we look at the word craniosacral, it refers to the core of the body from the cranium to the sacrum. However, “craniosacral work” encompasses the whole of the person. The core dynamics and natural breathing motions of Primary Respiration infuse the field of the entire body. The body intelligence combined with the natural breathing impulse throughout the tissues allows us to re-form, re-orient and to ultimately heal.”

Joanne M. Gallagher, RCST® writes “It is the power within life that is the driving force with a creative wisdom beyond our knowledge or explanation. It strives for organization, expression, repair, adaptation and healing within each person. It is the power within and beyond the CranioSacral session that allows the process to occur. We settle to its subtle but potent power. I cannot understand it. I honor and respect its awesome wonder as a gift from God. We are all part of His creation.”

Sources:

JMG, RCST®

www.BCTA/NA

www.Lifeshapes

[The Fasciae](#) by Dr. Serge Paoletti, 2006.

[Lessons from the Sessions](#) by Don Ash, P.T., CST 2005

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