

Dr. Bryan Hawley



*What Exactly Is*  
**CRANIAL SACRAL THERAPY?**

2 Part Series 3 CEs NCBTMB approved

# Housekeeping

- 2 Part series on CST
- [info@drbryanhawley.com](mailto:info@drbryanhawley.com)
- Breaks/Overall time
  
- Session 1 agenda Energy
- Session 2 agenda CST Intro.
  
- 3 CEs NCBTMB approved provider #485



# Introduction: Dr. Bryan Hawley DC



Before we begin... Let's chat a moment



## **What is CranioSacral Therapy?**

Gentle, effective and patient-centered, CranioSacral Therapy (CST) is a well-established treatment method designed to enhance the functioning of the craniosacral system. This vital system is made up of the membranes and fluid that surround, protect and nourish the brain and spinal cord. It extends from the bones of the head, face and mouth to the sacrum or tailbone area.



CranioSacral Therapy was pioneered and developed by osteopathic physician John E. Upledger, following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.



His work drew on the discoveries of Dr. William Sutherland, who first identified the wave-like movements of the craniosacral system. These subtle rhythms can be felt throughout the body, and are inextricably linked with physical and emotional health



CranioSacral Therapy essentially empowers the patient to recognize or release blockages or tension, especially in the central nervous system. Without pain or discomfort, the therapist facilitates the letting go of patterns which restrict vitality, enhancing the body's natural capacity for self-repair.

CranioSacral Therapy is performed on a fully-clothed person. Using a soft touch -generally no greater than the **weight of a nickel** – the therapist monitors the rhythm of the craniosacral system to detect potential restrictions and imbalances. In order to release these blockages, the therapist gently manipulates the membranes that surround the brain and spinal cord. Of course, these membranes cannot be directly reached from outside the body. However, since they have attachments to the bones of the head (cranium) and the inside of the tailbone (sacrum), the therapist can use these bones to affect the membranes themselves .





## How Much Does A Nickel Weigh?

0.176 ounces

All U.S. nickels (5-cent pieces) minted since 1965 weigh 5.000 grams (**0.176 ounces**). U.S. nickels have a diameter of 21.21 mm, a thickness of 1.95 mm, and are composed of copper (75%) and nickel (25%).



## How much does the human head weigh?

10 to 11 pounds

The human head contains the brain which weighs **about 3 pounds**. Then there is the skull, the eyes, the teeth, the facial muscles and skin. In all, an adult head weighs around **10 to 11 pounds (4.5 to 5 kg)**. So go grab two 5 pound bags of sugar or flour and hold them with one hand.



Pressure on head while lying down or daily chores.

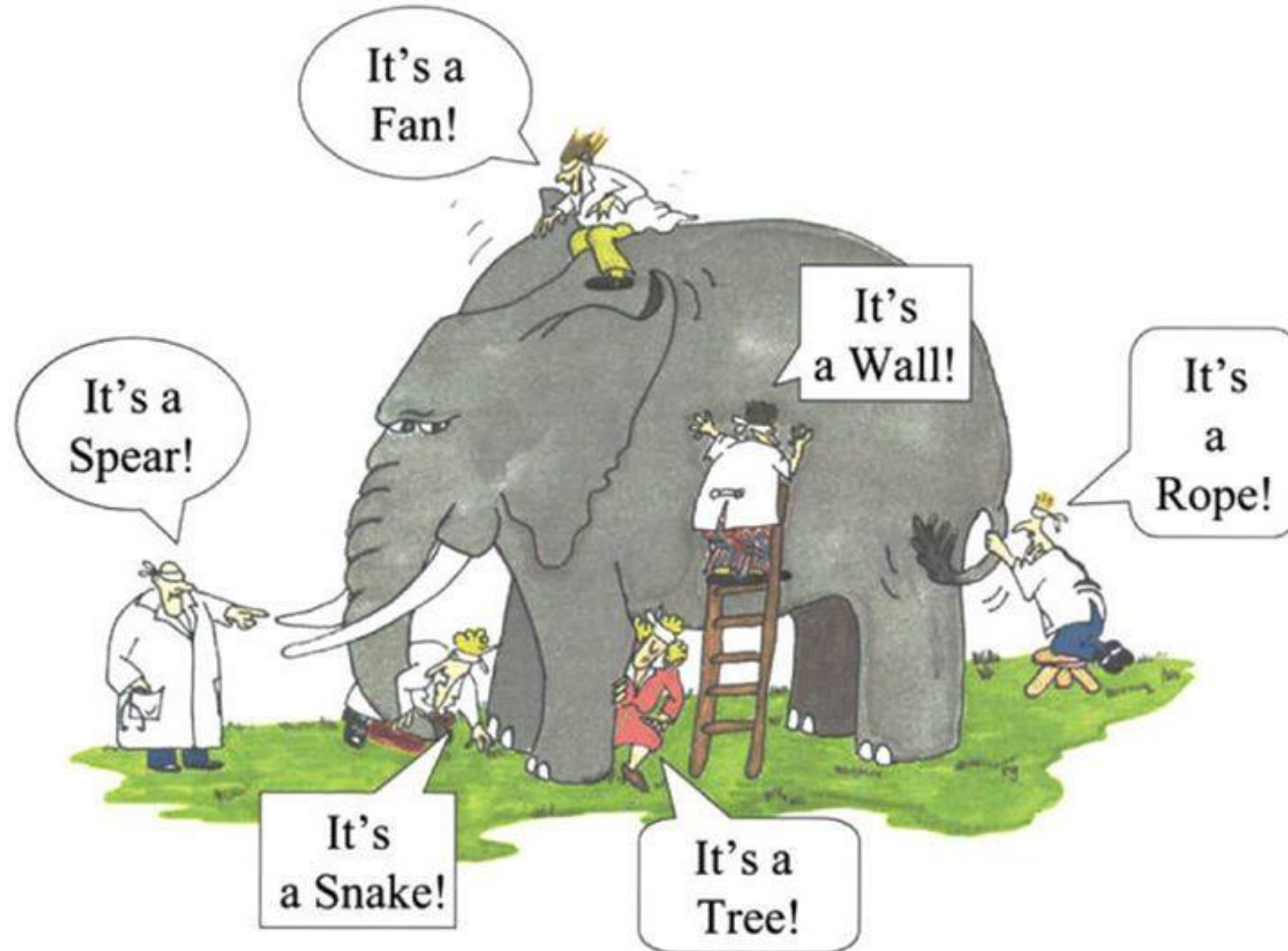


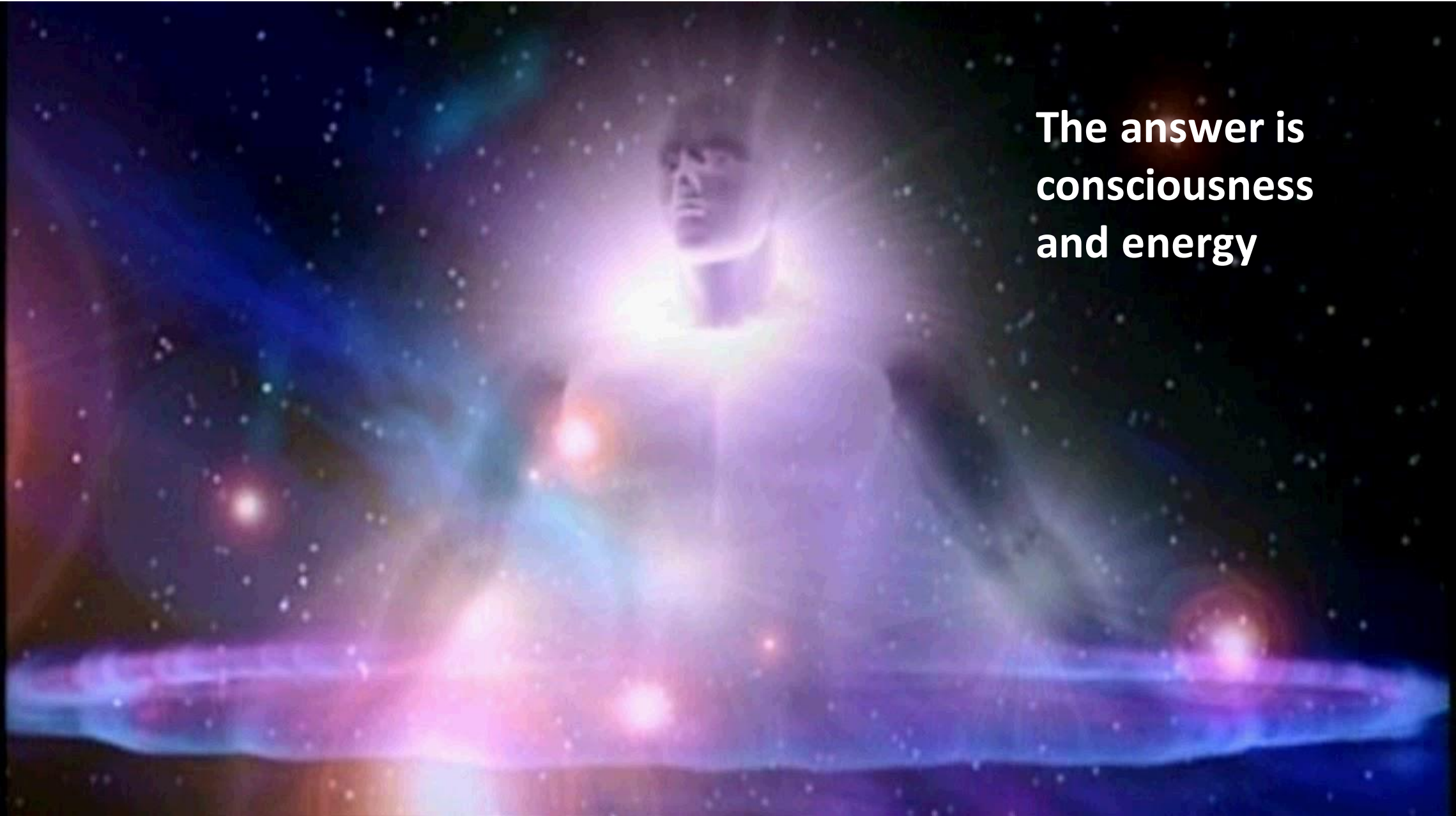
**Question:** If it takes less than an ounce of pressure to manipulate the meninges via cranial bones then based on a purely mechanical viewpoint anything greater than a gentle breeze can offset them as well.

So if it's not just mechanical than what else could it be?



# Blind men describing an elephant



A glowing human figure in a meditative pose, surrounded by vibrant, colorful nebulae and a starry space background. The figure is centered, with arms outstretched, and is surrounded by a bright, multi-colored aura. The background is a deep black space filled with numerous small white stars and larger, colorful nebulae in shades of blue, purple, and pink. The overall scene is ethereal and spiritual.

**The answer is  
consciousness  
and energy**

The insight that the human body is composed of layers of energy is not at all new. Many traditions speak about it and healing methods have been practiced for thousands of years throughout the world. Some examples:

*: Ancient Indian spiritual tradition, over 5,000 years old, speaks of a universal energy called Prana*

*: The Chinese, in the 3rd millennium B.C., posited the existence of a vital energy called Ch'i.*

*: Reiki was rediscovered in the mid 1800's by a Japanese born Buddhist monk, Dr. Mikao Usui.*

**Physical field:** Lowest in frequency. Regulates the human body.

**Etheric field:** Blueprint for the physical structure that it surrounds. There is also an etheric human energy field for the soul.

**Emotional field:** Regulates the emotional state of the organism.

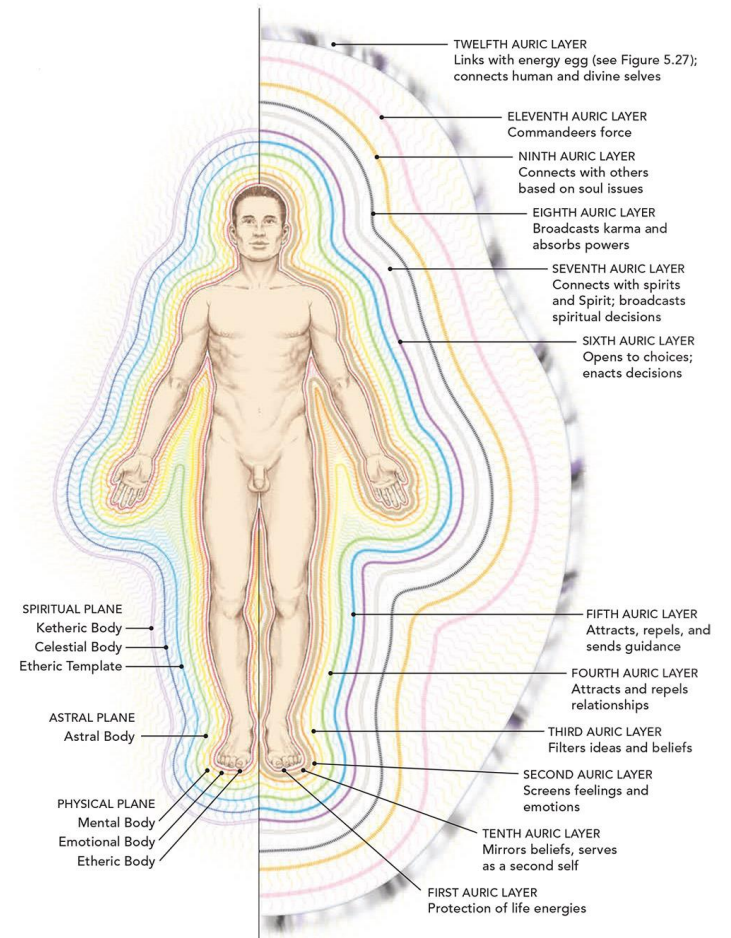
**Mental field:** Processes ideas, thoughts, and beliefs

**Astral field:** A nexus between the physical and spiritual realms. Free of time and space.

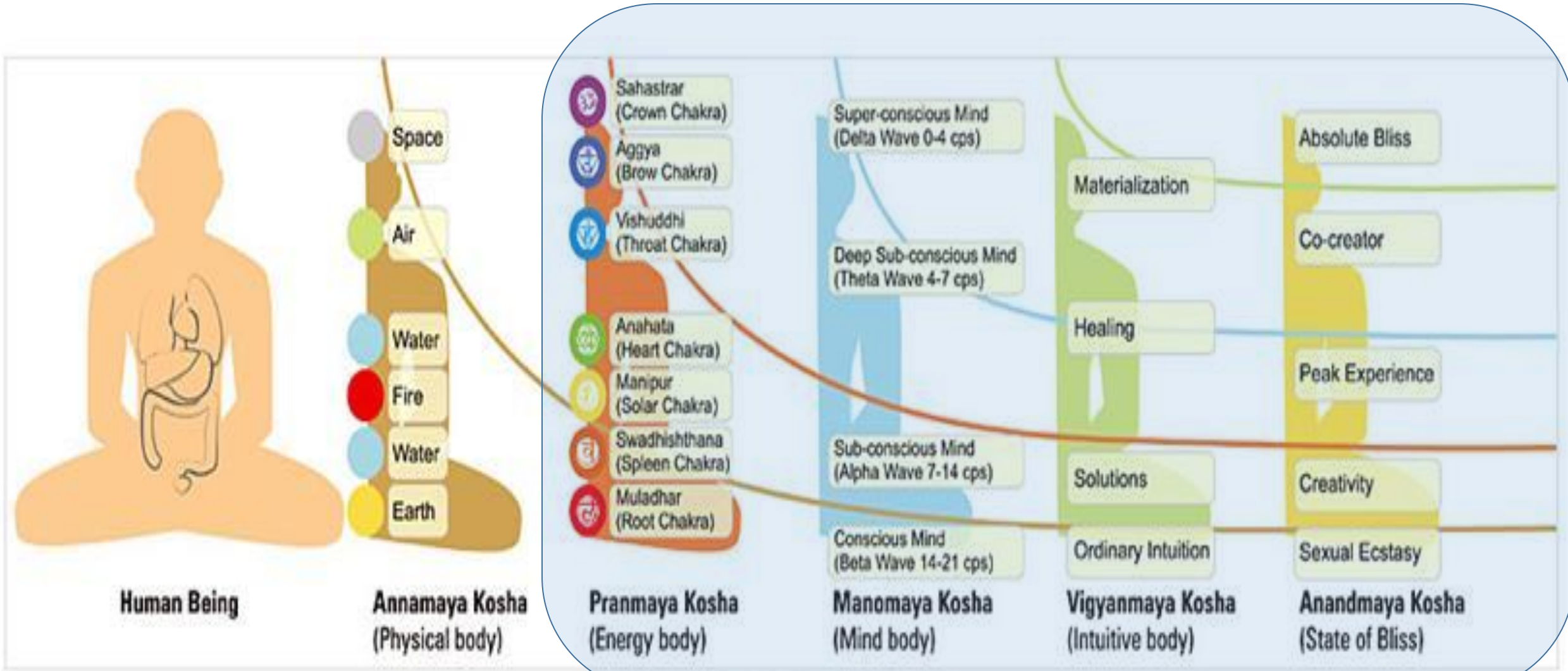
**Etheric template:** Exists only on the spiritual plane and holds the highest ideals for existence.

**Celestial field:** Accesses universal energies and serves as a template for the etheric fields.

**Causal field:** Directs lower levels of existence.



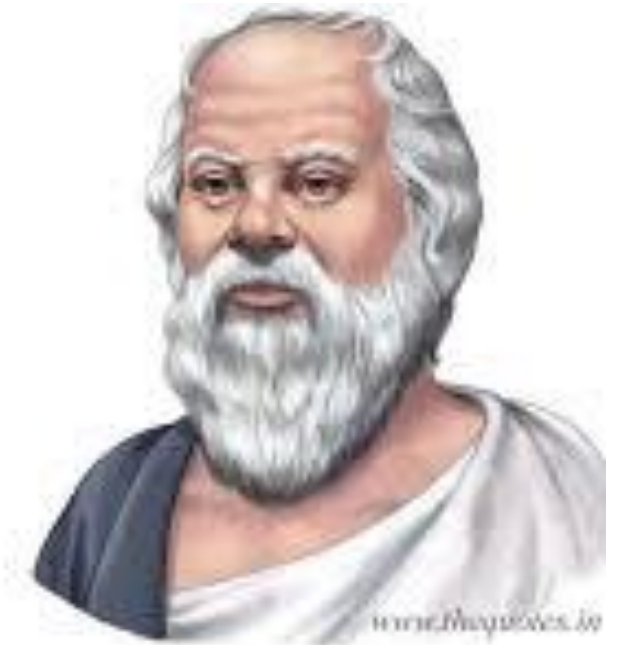
# In YOGA the 5 Koshas



Socrates said that energy, or soul, is separate from matter, and that the universe is made of energy.

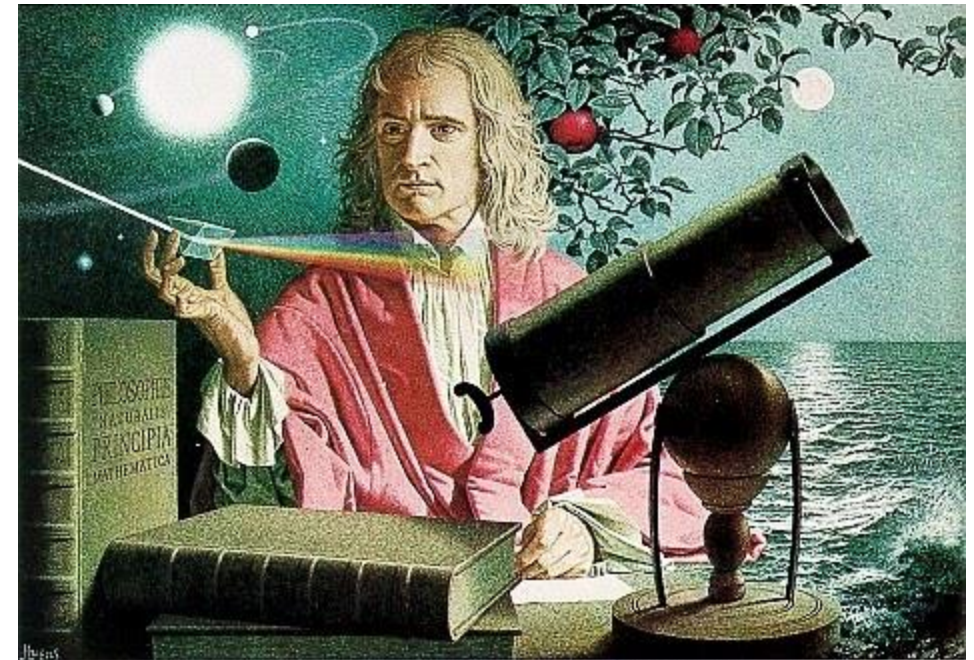
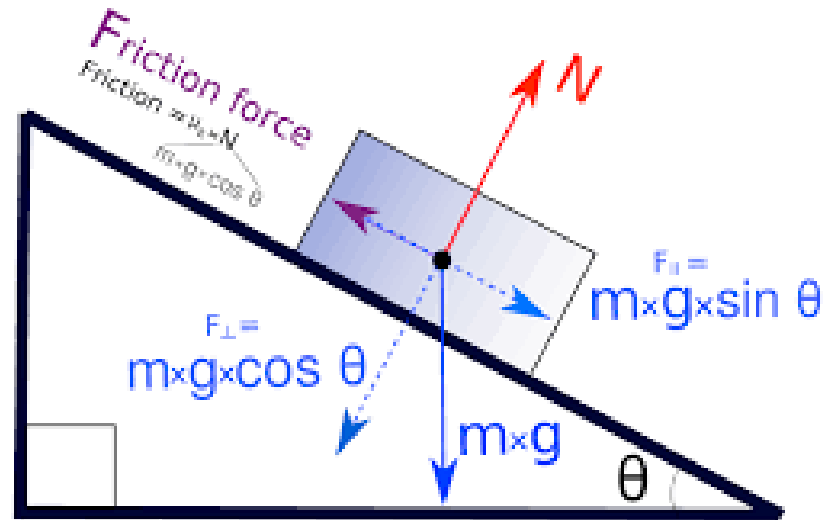
I cannot teach anybody anything, I can only make them think.

*Socrates*





However at the end of the seventeenth century Newtonian physics became the corner-stone of science, and it was based on the theory that there is only matter and nothing else – the whole universe is a machine, made of matter, and so are we. Most western medical science is still stuck in the Newtonian concept, even though the rest of science has now leaning toward quantum physics.



Quantum physics says that as you go deeper and deeper into the workings of the atom, you see that there is nothing there – just energy waves. It says an atom is actually an invisible force field, a kind of miniature tornado, which emits waves of electrical energy.



"Time and space are modes by which we think and not conditions in which we live."

— Albert Einstein.

We are of course made up of atoms. And atoms are continuously giving off, and absorbing, light and energy, all the time.

Every cell in the body has its atoms lined up in such a way that it has a negative and a positive voltage, inside and outside. So every cell in our body is a miniature battery in one sense. This can be calculated by observing the  $Na^+$   $K^-$  pump.

Those energy waves can be measured and their effects seen, but they are not a material reality, they have no substance because they are... well, just electricity. So science now embraces the idea that the universe is made of energy.

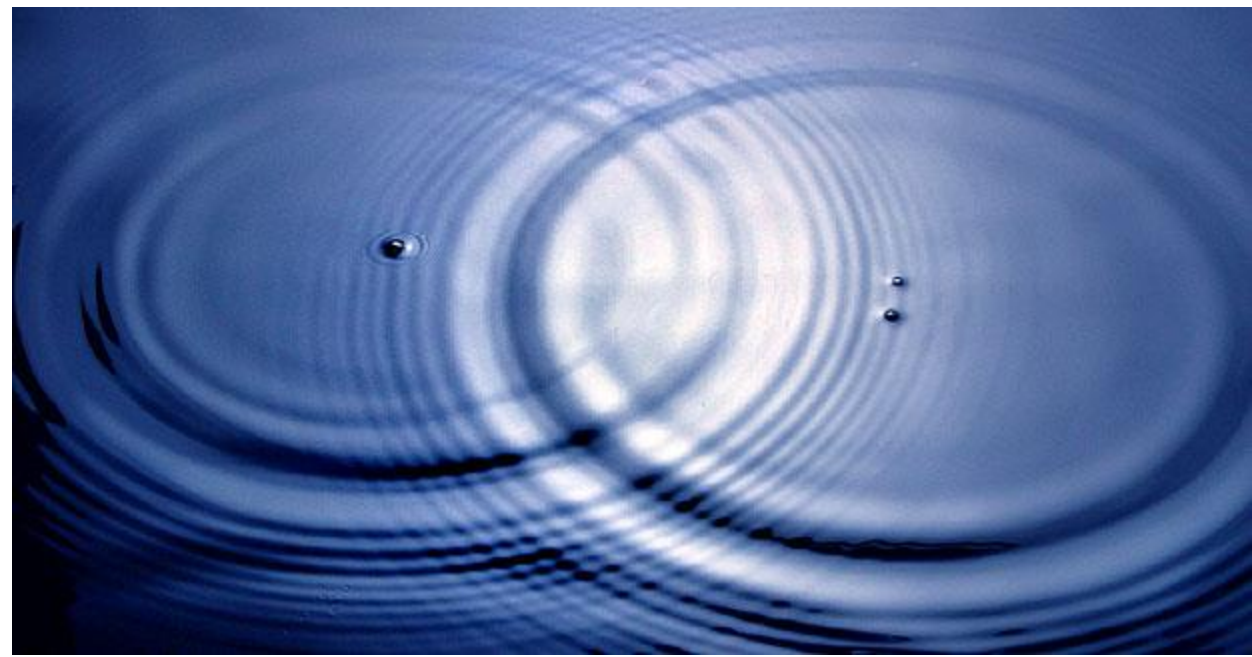
So is it waves or matter?



Everything we see is vibrating at a select frequency. Certain frequencies attract and others repel or cancel other frequencies out.

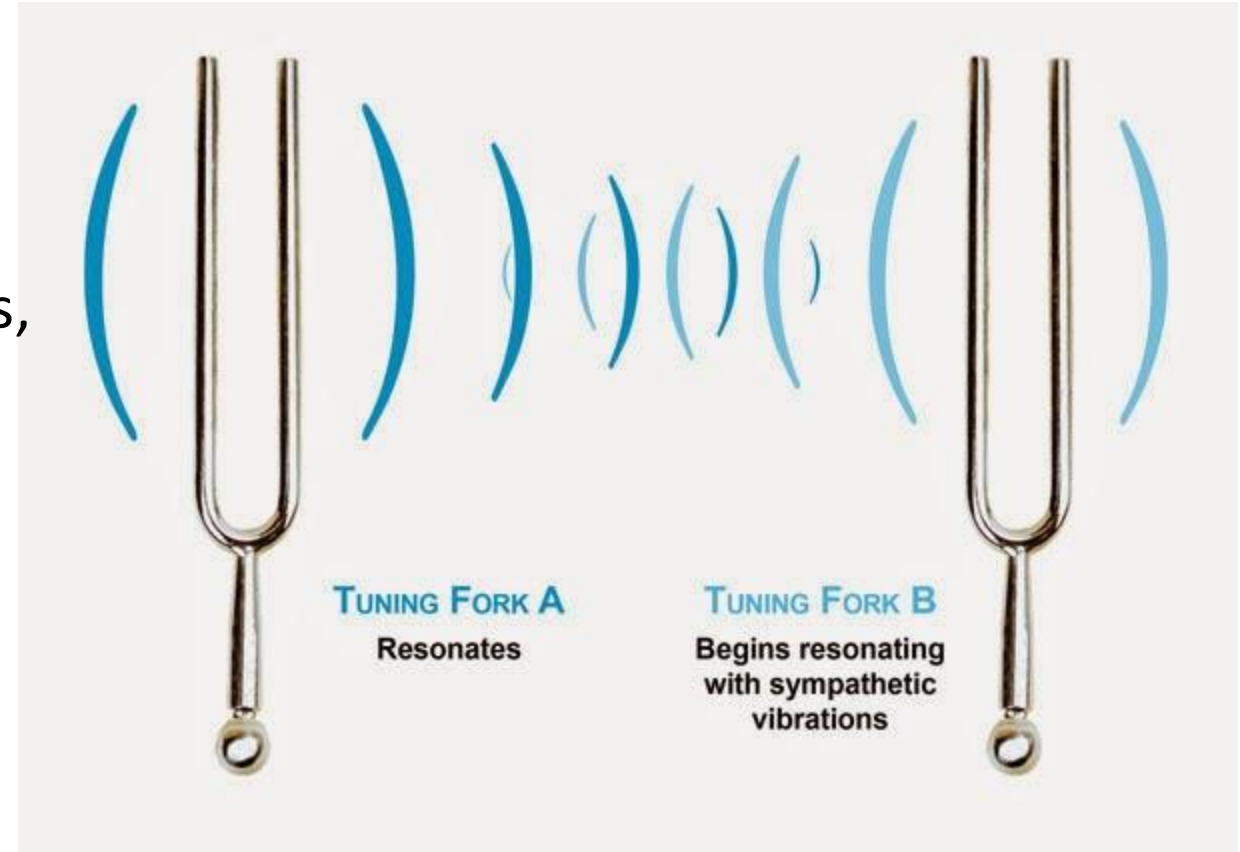
How does this relate to practice and clients?

Dr. Bruce Lipton, explains that if you drop two equal pebbles at exactly the same time into water, from the same height, they will both produce the same wave ripples. ie, their waves will be in harmony with each other, and when their ripples meet the combined effect will be an amplification of the wavelength – in other words the merged waves become more powerful. But if you drop the pebbles from different heights or a millisecond apart, then when the resultant waves meet they will not be in harmony and will cancel each other out – the waves become weaker.

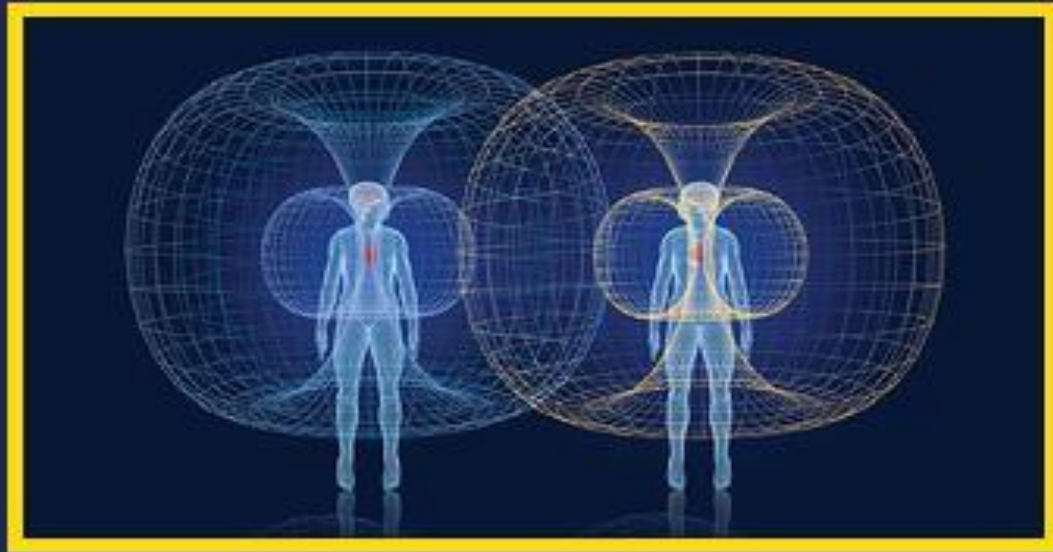


Like vibrations will attract like vibrations.  
Your mood and energy changes throughout  
the day  
and so does your vibrations.

This relates directly to your outcomes, clients,  
and things that show up in your life.



# Did you know?



**Your heart emits an electromagnetic field that changes according to your emotions.**

**Others can pick up the quality of your emotions through the electromagnetic energy radiating from your heart.**

## Heart-Brain Factoids

- **The heart has a system of neurons that have both short- and long-term memory, and the signals they send to the brain can affect our emotional experiences.**
- **The heart sends more information to the brain than the brain sends to the heart.**
- **Coherent heart rhythms help the brain in creativity and innovative problem-solving.**

## So what does this have to do with CST? Massage? Healing?

Everything!

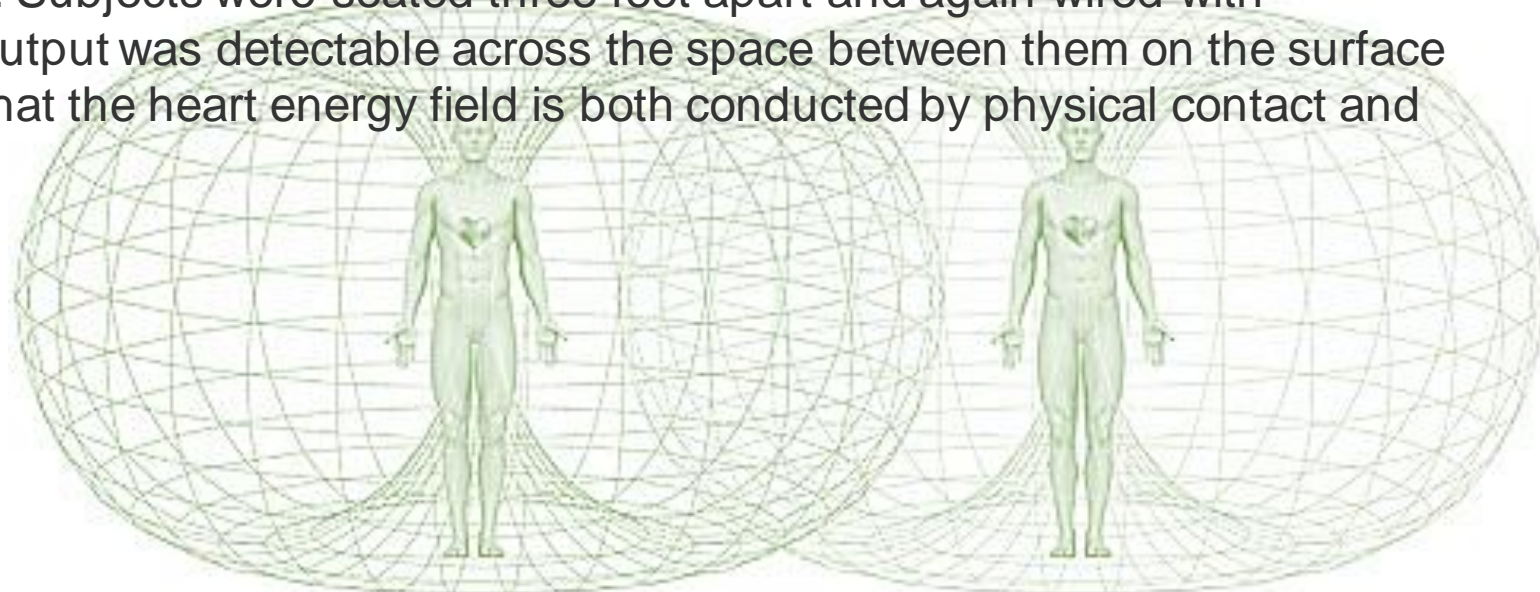
When we touch or are in close physical proximity with another, there is a real transfer of energy between the two.

William Collinge, PhD, tells of some fascinating breakthroughs discovered at the Institute of HeartMath.

One study involved wiring pairs of subjects up to electrodes and having them sit five feet apart. The researchers found that one person's heart energy waves (electrocardiogram output) were not detectable by the electrodes on the surface of the other person's body at that distance. However, when they were holding hands, each person's heart energy waves were detectable on the surface of the other's body, and even in the other's brain waves.

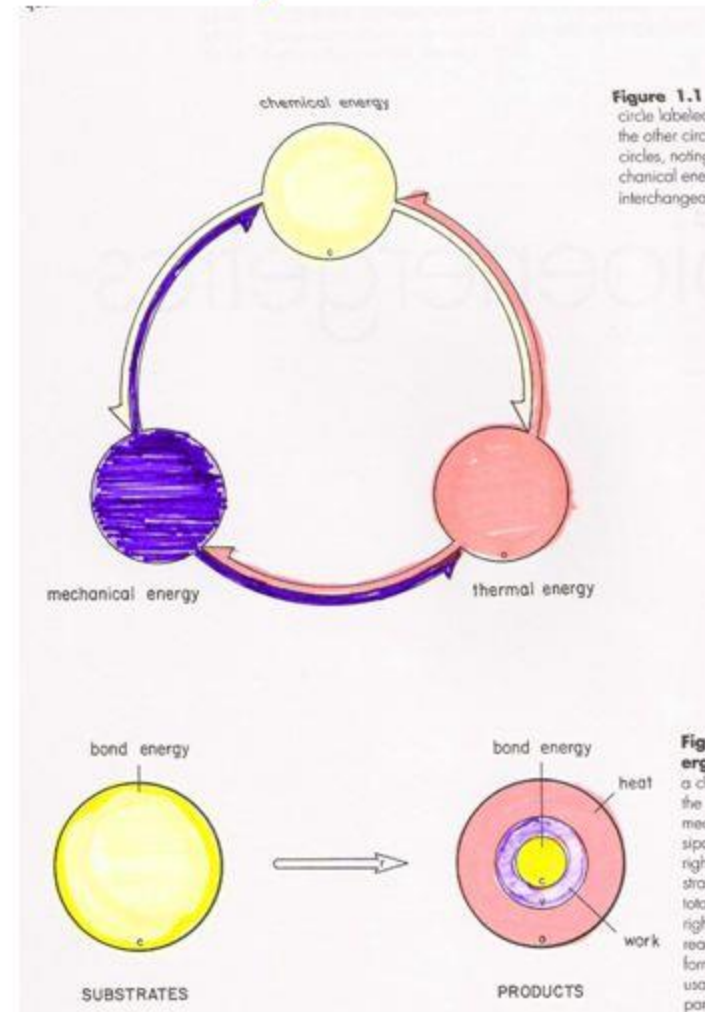
They then did another experiment to determine whether heart energy was transferred when the subjects were sitting closely together but not touching at all. Subjects were seated three feet apart and again wired with electrodes. Indeed, their electrocardiogram output was detectable across the space between them on the surface of each other's bodies. Thus, we now know that the heart energy field is both conducted by physical contact and radiated across space between people.

<https://www.heartmath.org/>



# First Law of Thermodynamics

- Conservation of energy
- Dictates that the body does not produce, consume, or use up energy; rather, energy **transforms** from one form into another as physiologic systems undergo continual change.





So can we direct this energy?  
Where does it come from?



## **"Yogastha Kuru Karmani".**

The Bhagavad-Gita emphasizes CH. 2 Verse 48  
"Back to yourself and perform action"

This means, "Wherever you may be, and whatever you may be doing you must be in a state of Yoga (Being/Union). You must be closely linked up with the Universal Source (Mindfulness) and thus linked up, you must perform your activities (exhibit action)."



We need to be aware of our intentions and state of being before we begin treatment.

So when we place our hands on someone what do we expect or want to happen?



Now in order to consciously “tap” onto this energy we need to take a look at ourselves.

Why I say “consciously” is that we are always connected to this energy or field. The trouble is many are un-consciously using and creating from it. They are creating things they don’t want or things that are irrelevant to them at the given moment. When using this to help others some things to practice are

Grounding

Present mindset

Present physical appearance (meaning are you coming in from an all night bender, or major emotional disturbance)

Physical toxicity

Are you open and willing to receive

Is the client open and willing to receive

How is the room, the atmosphere energy

**What can you do to help yourself become the best version of YOU?**



We have 70 to 80 thousand thoughts per day!  
Trouble is most people keep having the same thoughts!  
That's why they keep repeating the same scenarios every day  
(think Groundhog day with Bill Murray)

When you awaken in the morning, get out of bed on the same side, turn off your alarm clock the same way, use the toilet as always, look in the mirror to remember who you are, wash yourself in the shower the same way as the day before, groom yourself and dress yourself to look like everyone expects to see you, eat the same food for breakfast, drive to work as usual, see the same people at work that push the same emotional buttons and do the same memorized things that you know how to do so well, we could say that your mind and your brain would remain virtually unchanged.

A common principle in neuroscience says that "nerve cells that wire together, fire together." Therefore, if you repeatedly think and act in identical ways on a daily basis, your brain will become molded into a specific hardwired pattern that will support the same level of mind. It's ironic. Most people routinely think the same thoughts, perform the same actions, and secretly expect something different to show up in their lives.



So by looking at this another way your thought patterns that you had in the past have created your present today.

The quantum physics model of reality tells us that mind and matter are not separate elements. In fact, subjective mind has a true effect on the external objective world. Your mindful observation of reality matters. There comes a moment when your brain does not know the difference between what is real in the external world and what you imagine in your mind. An intentional mind literally conditions and organizes matter into the blue prints of personal destiny. In fact, the thoughts you are embracing will become just like a real life experience in your mind. The moment this occurs, your brain up-scales its hardware to reflect what you're imaging and intentionally thinking about. Consequently when you change your mind, you change your brain. By changing thoughts, creating new thinking patterns you create new habits this creates neurogenesis. Creating new firing patterns and connections.

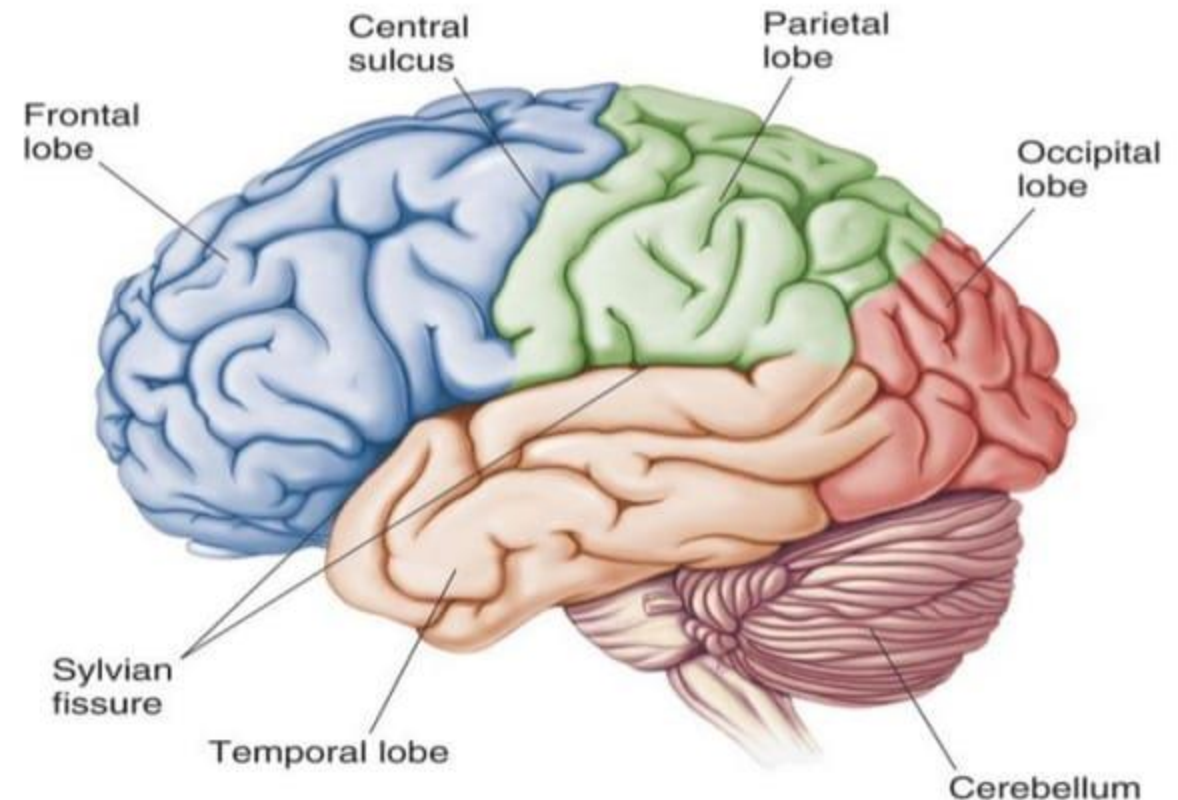


However change does not come easy. The job of the subconscious mind is to keep you where you are now. How does it do this? With self-sabotage – negative self-talk. That little person or voice in your head. The mind-body is wired to produce the chemicals needed to self-sabotage – the mind-body wants those negative feelings. If over several decades of programming this they are hard wired into you and it will take effort and time.

Frontal lobe sets us apart from other species.  
It is the conductor of the brains orchestra.

It has 3 major roles in the change process.

1. It has to become self-aware
2. It has to create a “new mind”. (neurogenesis)
3. To make the new thoughts seem real.



# Attention vs Intention

Where your attention goes your energy flows. Being present, focused, and grounded.

Your Intention directs with polarity of the energy that is flowing so you can obtain the desired outcome.

Attention takes place in the present

Intention takes place in the future

Example:

I intend to help heal my clients ailment.

My attention is focused on being clear and grounded so energy can flow freely without interruption.

Many times people get these reversed.

Many spend too much time wishing how things or circumstances would change (future) first instead of being in

The present moment (attention) and realizing what we do in the present will become our future.



**Here is an example of a great intention(s) it is the 5 tenants of Reiki.**

*Just for today I will not worry*

*Just for today I will not anger*

*Just for today I will honor my parents, teachers, and elders*

*Just for today I will earn my living honestly*

*Just for today I will show gratitude (universal love) to every living thing*



Setting the grounds for CST

Discussion

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# NAMASTE

The Divine in me honors  
the Divine in you.

Bryan

