



Biodynamic Craniosacral Therapy: Healing Touch

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We can learn to know our bodies with a much greater awareness than is commonly experienced. In that awareness, tremendous detail of the anatomy comes to us as we learn to discriminate among the different structures and processes going on within. This leads to an exquisite sensitivity that revolutionizes the body chemistry, the muscles and joints, the heart and blood flow and the nervous system, resulting in a more balanced, stronger and energized state.

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Biodynamic craniosacral therapy can make this possible. A practitioner touches the client’s body with a highly developed sense of his or her own system and a honed ability to listen through touch that creates a space that is both stimulatory, reflective and therapeutic. There is a remarkable ability we all have that can only be tapped in relationship with another. It is the ability to creatively reorganize our structure. The body can change and adjust from within itself, through

its own body intelligence. All it needs is the right environment, which is supplied by the practitioner's touch and presence. It is a knowing presence that appreciates the body and can listen to the shape of things.

When touch is able to open up to health and deeply acknowledge the overwhelming strength and order in our bodies, there is a revolution that produces new forms. Tissues and structures automatically shift and adjust in a sequence and order that is emerging from within the body system, not from outside. The therapist is like an advocate of the client's physiology. This empowers the body to drop into its deeper mechanisms of renewal that have their basis in how the body was formed during its embryonic and fetal development. These forces often lie dormant in the background, only to be catalyzed into action through the right touch.

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When health is sought, traumatic patterns, pain and suffering can all be smoothly synthesized into a new order as the body dissolves into a deep, fluid state that underlies the physical. This is a medium for the nervous system to regulate, muscles to relax and organs to transpose to a new chemistry. In the shifts and adjustments, there is greater freedom of movement at many levels.

The body holds huge possibilities for recovery and regeneration. Joints that are painful and distorted can become at ease and mobile, tissues that are inflamed and sensitive can repair, organs that are constricted and overloaded can function smoothly and body systems that are disjointed and out of sync can communicate and work together again. This is health, the smooth interaction of all the elements of the body. The body will feel open, with a sense of glide and freedom as the biodynamic craniosacral practitioner facilitates the life forces within. Latent patterns of emotion and mental states emerge and resolve with the physiological changes to produce systemic reorganization. When change takes place across the whole body system, there is deep integration, and long-term resolution of suffering is possible.

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