

Attributes of Biodynamic Craniosacral Therapy

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Return to Wholeness

Slowing Down

There is therapeutic value to slowing down and becoming still in your body and mind.

If you're dealing with specific symptoms in your body, imagine devoting an hour of undivided attention to help make sense of what your body is trying to tell you and how it relates to you as a whole. Imagine feeling healthy right in the center of your symptoms.

Biodynamic Craniosacral Therapy offers a starting point for us to witness the healing process that is already taking place in our bodies. It is a type of bodywork that emphasizes slowing down and being present.

Fluid Body

Our bodies are made up of 75% living water. Every drop of water is connected to another. Biodynamic practitioners work with this living water as one body of fluid, like an ocean, and its tides and currents in the shape of a human body.

Nervous System

Unattended, the strains and stresses of daily life on the central nervous system can lead to pain, illness, injury or diminished health. The gentle touch of Biodynamic Craniosacral Therapy releases these strains on the nervous system and reorganizes the health in the body.

Often when we are in pain we isolate parts of our body – my bad knee, my sore neck. When the part is re-oriented to the whole fluid body, healing occurs.

Dynamics of Attention

By cultivating the skill of attention and noticing subtleties such as different shapes and temperature variations in the whole fluid body, we find that there is inherent health in all of us. The quality of our subtle attention brings forward this health. When we slow down

and allow our natural inner rhythms to do what they do instinctually, amazing progress can happen.

Healing

Craniosacral therapy takes a “whole person” approach to healing. The interconnection of mind, body and spirit are acknowledged as well as how the body reflects experiences and retains the memory of trauma. It is an effective form of treatment for a wide range of conditions, helping to create optimal wellness.

“What Is the Practitioner Doing?”

As the practitioner, I initially focus on a slower rhythm in my nervous system so that your nervous system can learn to slow down through mine. It’s a subtle but very profound therapeutic approach. I will coach you on how to find your fluid body so you can learn to do this on your own.

In a session, you will lie down fully clothed on a treatment table and after I settle my own nervous system, I will make hand contact with your permission on your head or feet for example. These areas of contact and the quality of my attention are designed to assist your fluid body to return to a state of balance.

Biodynamic Craniosacral Therapy is a joint endeavor between client and therapist so that the whole of your situation, be it physical symptoms, emotional concerns or others are listened to and understood. We will decide together what will most meet your needs and if I can help you find your fluid body.

Return to Wholeness

Wholeness is something we all know; we started whole as an embryo. In the first four weeks of life the growing embryo is all fluid and clear like glass before a nervous system is present. Researchers tell us that these forces of growth in our embryo are available throughout life as therapeutic forces in our adult.

Whether we look at growth in an embryo or healing in an adult we see the same physiologic forces repairing and organizing the structures and functions throughout the body.

To summarize, Biodynamic Craniosacral Therapy is a deep and gentle approach that:

- quiets the mind
- settles the nervous system
- unburdens the heart