

CranioSacral Therapy: *The Healing Touch*

Most of you must read the word “CranioSacral Therapy” and think what on earth does this therapy mean, never mind the fact that you can’t pronounce it? My belief is that regardless of the name, “it’s the healing touch that you gain”!

So, what is this “healing touch”?

The “healing touch” is a light pressure applied to appropriate areas of your body to achieve your sense of balance on mental, physical and emotional levels.

What can CranioSacral Therapy do for you?

Are you in a situation where you feel stressed, tired or unable to sleep properly? Do you suffer from pain that simply won’t go away? If so, then your system may be out of balance. Your body has an inherent knowledge of how to heal itself. CranioSacral Therapy facilitates this healing process by the application of this “healing touch”. This allows for the releasing and unwinding of your tissues, thereby removing any restrictions in your body that may be responsible for your symptoms.

Where is this craniosacral system found in your body?

The craniosacral system is essentially a fluid system that makes up the core of your body. It consists of your skull, spinal and pelvic bones; the brain and nervous system, the membranes surrounding the central core and last but not least, the cerebrospinal fluid, which nourishes and supports this system. The motion of this craniosacral system can be felt anywhere in your body.

What does CranioSacral Therapy feel like?

Since everybody is unique and our bodies differ, this usually differs from person to person. You may experience one or more of the following:

- Deep sense of relaxation.
- You may just drift off to sleep during the treatment.
- You may feel your body releasing, warmth, pulsing etc.
- You may experience “old pains” that re-occur temporarily and then pass away.
- You may feel teary or emotional during treatment. This is perfectly normal and is probably just what your body needs.
- Anything else may be perfectly normal.

How do the treatment sessions work?

The number and duration of treatment sessions is entirely individually based. The session usually lasts for one hour and the number of sessions will vary depending on your problem. The nice thing is that you don’t have to undress for the treatment.

How did CranioSacral Therapy come about?

CranioSacral Therapy has its beginnings rooted in Osteopathy. Investigations since the 1920s, focused on the cranial (skull) bones and their movement(s).

In the early 1970’s, Dr John Upledger and his team of researchers from the University of Michigan discovered the craniosacral system. They discovered that the membranes that were found within this system played a key role in the movement of the cranial bones.

Techniques for evaluating and treating this membrane system were largely developed by Dr John Upledger.

Who can help you and your body to heal?

My name is Tracy James and I am a Chartered Physiotherapist. I have practised CranioSacral Therapy for nearly two years.

My interest in CranioSacral Therapy has stemmed from my own personal experience of this approach to treat my chronic pain. I am truly amazed at the dramatic changes it has made and continues to make in my life.

What 7 tips can CranioSacral Therapy teach you?

1. Healing is more about your journey than your destination.
2. You have the capacity to heal yourself.
3. By tapping into your body’s inner knowing, you can find health and experience your sense of wellbeing.
4. Listen to your body for it has the answers to your unanswered questions.
5. Your entire body is connected on many levels, including mentally, physically, emotionally and spiritually.
6. CranioSacral Therapy taps into all of these levels to achieve your sense of balance, to find your inner stillness and to experience your oneness.
7. Lastly, don’t forget to laugh. This is your healing gift

To experience this holistic therapy or to find out more information see Tracy’s ad, or come to her talk at the Wokingham Group on July 30th (see page 3 for details).

The Well Life Practice is situated in Woodley.

The Upledger Institute U.K. can be contacted on 01738444404 or www.upledger.co.uk