

CranioSacral Therapy by Brad L. Surette, BA, RMT

Throughout your lifetime you may have heard about or have had experiences with different systems in your body. These systems include the circulatory, digestive, endocrine, immune, lymphatic, muscular, respiratory, nervous, reproductive, skeletal, and urinary system. But what you may not know is that the body also has what is called a craniosacral system.

massage therapists, osteopaths, chiropractors, and naturopaths.

This form of alternative therapy involves the trained craniosacral therapist placing his or her hands on the client and then "listening" to the client's body. What the therapist is "listening" for is the subtle rhythms, micromovements and fluctuations of the body while noting any areas of restriction.

restored, and connective tissue restrictions are released.

An example of a craniosacral therapist "hold" is to place one hand underneath the pelvis, cradling the sacrum, and the other hand directly above on the lower abdomen of the client.

Personally, I like to perform holds at the cranium or skull region.



The craniosacral system consists of the brain, the spinal cord, protective membranes (meninges), cerebral spinal fluid, and all the bones that encase and protect these organs and nerves.

The craniosacral system protects and nourishes the brain and the spinal cord by bathing it with cerebral spinal fluid. Restriction of this cerebral spinal fluid can occur through the course of an injury or even stored tension, both of which can be detrimental to a person's health. Facilitated flow of cerebral spinal fluid can ensure that nearly every aspect of the central nervous system performance is functioning with ease.

Craniosacral therapy is another non-invasive and gentle method of healing most often used by

A properly trained craniosacral therapist can locate the craniosacral rhythm anywhere in the body. However, it is usually easiest to detect this rhythm by means of the skull, the sacrum as well as the bones of the spine and pelvis.

By using specific hand positions or "holds" the therapist is able to provide the client with an opportunity for gentle yet profound movements of the universal life force energy that is within all tissues and fluids of the body. This universal life force energy is sometimes referred by different cultures as prana, chi, ki. When universal life force energy is flowing properly the body is able to self-correct; muscle tension is alleviated, skeletal balance is

While doing so, I usually will incorporate Reiki. Many clients have described this as a very intense yet relaxing experience.

Regardless of the hand position or hold the motility within the muscles, organs, bones, or the connective tissue is sensed. When the body indicates that a healing change is ready to take place, the craniosacral therapist helps to facilitate this process. Obstructions or blockages are alleviated and the central nervous system becomes revitalized. This results in a profound healing experience, often evoking deep relaxation. It is not uncommon to experience a great sense of calmness, clarity and well-being after a craniosacral therapy session. Have you had this opportunity? - Brad L. Surette, BA, RMT