

What is Biodynamic Craniosacral Therapy?

Biodynamic Craniosacral Therapy is a gentle and subtle whole body approach to the human experience. Biodynamic Craniosacral Therapy (BCST) works with our Core, the Core of Our Being.

Physically- BCST influences the central nervous system; brain and spinal column, as well as the fluid that bathes it. This fluid is called the cerebral spinal fluid (CSF). From our skeletal system and the bones of the cranium to the ebbing and flowing of our endocrine system, this cranial modality is effective, yet gentle.

Emotionally- Biodynamic Craniosacral Therapy can affect very deep and primary patterns, while providing the client with resource and space to explore their emotional landscape. Biodynamic Craniosacral Therapy provides a deep sense of resourcing within the client. This resourcing provides a safe container for emotional issues to resolve.

Spiritually- Biodynamic Craniosacral Therapy can open doors to both our hearts and soul, profoundly changing our lives.

A Little Background

Craniosacral biodynamics is on the cutting edge of energy medicine. The study of this form of Craniosacral therapy, as taught by Franklyn Sills, focuses on the formation of a relationship between the practitioner and the Inherent Ordering Principle, the Breath of Life of the client.

The work of Franklyn Sills was deeply influenced by his Buddhist beliefs and practice. He was also influenced by the work of Dr. W.G. Sutherland, who believed that the human system was more than bones, fluid, tissues and biochemicals. Dr. Sutherland experienced a "Creative Intelligence" which orders and organizes the various layers of the human system. A manifestation of this Intelligence is expressed as tidal movement. Three different tides can be palpated or sensed in the human system; these are Long Tide, mid-tide and cranial rhythmic impulse. The work of Dr. Rollin Becker, D.O. and Dr. David Bohm profoundly influenced the development of Biodynamic Craniosacral Therapy by introducing the holographic concept and tidal rhythms of the body. The Breath of Life holographically unfolds a blue print principle, or Original matrix, at the moment of conception. It is around this matrix that we are able to maintain the integrity of our human form.

The potency of the Breath of Life is palpable as it unfolds throughout the many layers of the body. This biodynamic ordering process expresses an inherent treatment plan to resolve the inertial resistance in the body. The inertia is created from unresolved trauma of life experiences becoming encapsulated within the human system.

The practitioner is trained to sense different levels of stillness and thus palpate the expression of the system as the treatment unfolds according to its own Ordering Principle.

It is a gentle and subtle whole body approach to the human experience. This hands on therapy is non-manipulative and non-invasive.

