

1822 Oak Bay Avenue, Victoria, BC 250 519-1030 www.greenspiritresources.com

Why Cranio-Sacral Treatment?



Did Mother Nature make a mistake when designing the bones of your head? Some anatomists might have you think so, such as when they state that the bones of your head are not meant to move! That's what I was taught in my anatomy class back in the early 1970s (along with such defunct ideas such as that brain tissues cannot regenerate, and that consciousness is strictly located in the brain).

I too accepted the belief of the immobility of the cranial bones in the early days of practice until experience taught me otherwise. I first heard about an innovative therapy focusing on the cranial bones being done by osteopathic doctors in the United States in the early 1980s. I became intrigued, and so I bought a newly minted book called Cranio-Sacral Therapy by John Upledger. This book was certainly interesting to read, but it seemed nearly impossible for me to comprehend and apply without practical instruction.

As fate would have it, I was in Chengdu, China a short time later doing some advanced acupuncture studies when I heard about an interesting Osteopath from Seattle who had recently given a short course on Cranio-Sacral manipulation to my Chinese teachers at the college. And that's how I was introduced to my Cranio-Sacral teacher, Dan Bensky DO, in 1985.

I found that osteopathic anatomy embraced the notion that the skull is mobile – that nature makes all things for a reason – even though we just might have to dig deeper sometimes to understand it's reason.

In simple language inherent mobility of the skull means that the bones are designed to move, and that's why we have cranial sutures. If there were no need for movement we would surely have only one skull bone not 22. Sutures are spaces between bones, the human equivalent to the earth's fault lines that

At a Glance: Schedule of ATM Classes

Weekly One-Hour Classes:

Sept. 17 to Dec. 10

Wednesday 7 pm - Arnie Lade

Friday 11 am - Diane Lade

Sunday Workshops

10am to 2pm

Oct 24 - Quietening Your Self
- Arnie Lade

For Details & Registration:

www.greenspiritresources.com
[/schedule](http://www.greenspiritresources.com/schedule)

separate larger plates of the earth. And sutures are *not* empty spaces, they are richly filled with connective tissue, blood and nerves. They move in relation to the internal forces within in the skull. The cranial bones also allow for absorption of outside forces that you may encounter whether it be a bump, a fall or blow to the head or the tremendous compressive forces of birth.

Indeed nature loves movement in all forms. In our bodies there are many subtle rhythms constantly working to keep the entire organism going. Breathing and heartbeat come easily to mind. Then of course there is digestion, muscular activity, nerve firings, urinary production, lymphatic movement and so forth.

Another even lesser-known movement is also occurring inside your nervous system! The brain itself has it's own perceptible inherent motion, and so does the surrounding cerebrospinal fluid. These two movements emanating from the brain and it's surrounding fluids create a reciprocal wave like motion throughout the bones of your head and spinal cord all the way to your tailbone. This movement is called the cranial rhythmic impulse: a quiet, profound rhythm which I learned to feel more than 25 years ago in my first Cranio-Sacral training.

We all know that we are each unique and that our health fluctuates over time, and that the effects of illness and injury can stay with us far longer than we would wish. This past and present state of our wellbeing is very much reflected in how our body moves and functions. This too can be assessed via the cranial rhythmic impulse.

As a therapist I learned to appreciate both normal and abnormal functioning within the Cranio-Sacral system. I learned to sense the effects of trauma and tension, and how these can distort healthy functioning. How trauma changes our structure over time, and how we accommodate to illness and patterns of strain

and dysfunction. How the brain and nervous system can also distort itself, and function below it's capacity. Problems may arise after injury or trauma that only show up with time. I'm think of both infant and adult where birth trauma leads to learning impairment or the seemingly slight head injuries of an adult in time give way to sleepiness or headaches.

For example, I had a mother come with her infant son a few years ago, referred by their midwife. He was just a couple of days old, and he could only nurse when lying on his left side. Lying on the right side, he had no ability to suck! On examining his little skull bones it was obvious that the right occipital and temporal bones were still overlapping after the normal compression during birth. For some reason his bones had failed to decompress and spread. Also the occipital bone was not aligned properly. With gentle coaxing I was able to free the bones and reposition them then and there, and immediately he was able to suck normally on both sides to the great relief of his mother!

Of course, injuries do not always lead to such dramatic dysfunction. We as human beings have a marvelous self-healing and self-corrective capacity, but not in every case. And those are the ones that I see at my office.

This leads to the primary purpose of Cranio-Sacral Manipulation, which is to restore normal functioning to this system. Through touch and gentle manual manipulation of the bones and tissues the system is gently guided towards an optimal state of functioning, so that the brain and nervous system can flourish. This leads to a renewal of vitality and functioning in the entire self. People often tell me of greater ease of movement, feeling more rested and alive, of better thinking and feeling.

For further explanation of Cranio-Sacral Manipulation see my article at:

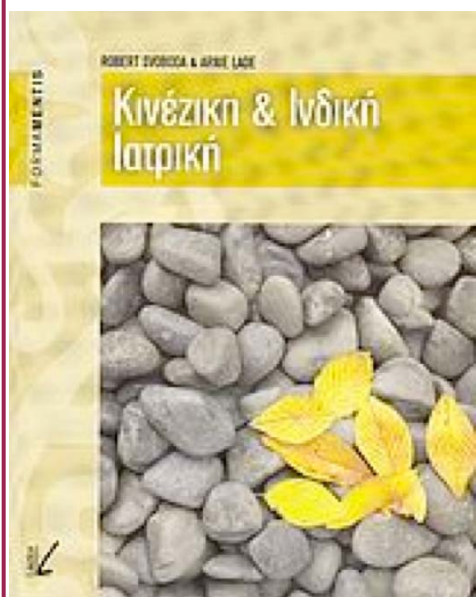
www.greenspirit...craniosacral

Audio Sample Lesson: Shoulder and Neck Relief

You are invited to take a few minutes (16, to be exact) to unwind some of that shoulder and neck tension that accrues as you surf, chat and type. This lesson can be done right in your chair, right now, and offers some simple ways to remove the fixations that keep us feeling stiff and uncomfortable. By the end you will see how important is the engagement of your entire self in every simple act: learning to use your whole self leads to much more satisfying, efficiently powerful and even pleasurable movement. This can be a real mood-booster!

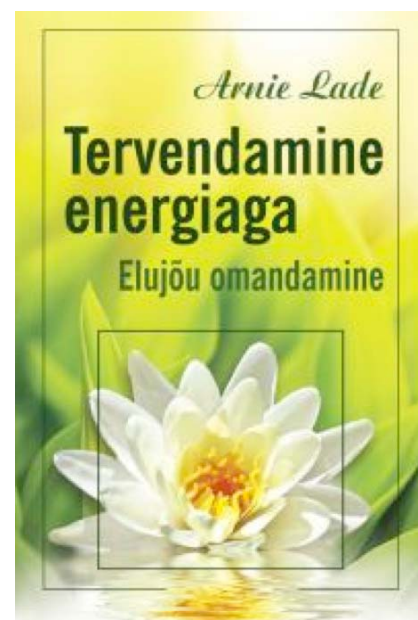
Join us for a weekly class and see if your daily life doesn't get easier.

<http://greenspirit...Shoulder and Neck Relief - 16min.mp3>



Arnie's Books in Foreign Language!

Over the past year Arnie's books have been released in two foreign languages. Tao & Dharma: Chinese Medicine and Ayurveda (left) has been published in Greece, while Energetic Healing (right) is now in Estonian.



Energetic Healing in Kindle!

If you have a Kindle device, Arnie's book Energetic Healing is now available in digital format. To purchase it online go to www.amazon.com/...energetichealing