

Restoration

One key experience in CST is feeling energy come into and course through an area of focus. The more the therapist and the person on the table feel the flow, the more powerful it seems. An often asked question is, does this flow come from the therapist? If either the therapist or the client think it does, they are in trouble. As each becomes more clear about what is happening, there is a greater certainty about a power bigger than either them to whom they are connected and from whom they can draw strength.

Decision Making and Intention

Another experience in CST is a deep stillness felt by the therapist or the patient. In CST, this is called a still point or a significance detector. It is associated with deeper meaning and importance. Feeling still points becomes a navigational tool for decision making. You can learn to grow into the stillness.

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Healing Power of Gentle Touch CRANIOSACRAL THERAPY

A form of manual therapy that works with rather than forcing the body is craniosacral therapy (CST). It enhances the body's natural healing processes. For almost 40 years it has frequently been shown to decrease pain, improve sleep, decrease fatigue, improve posture, improve sensory and motor function, decrease traumatic stress, physical and emotional trauma and improve ease of mental function and focus.

CST relaxes tight connective tissue and improves spinal fluid, blood and lymph flow. With CranioSacral Therapy, you learn to pay attention to and trust sensations and emotion, confront negative generators, release tension and find language and images that help you understand how to increase your inner peace and physical, mental and spiritual health.

CranioSacral Therapy and The Exploration of Consciousness

Spiritual disciplines and religious traditions have at their core, the search for meaning. What gives purpose to your life? What creates energy and vitality? What is most important to you? How do you want to live your life? What are your values? What do you want to see happen in your world? How can you best make these things happen?

_____CranioSacral Therapy can assist in this search for meaning through restoration, clearing, finding a basis for decision making and intention, developing trust and awareness and creating guidelines for the conversation.

Clearing

One of the most important events that can happen in CST, is making way for that which is most important. Old thoughts and feelings, habits, imprints, negative generators or traumatic memories can all stand in the way of what feels true and right. Therefore, allowing our bodies to go to these impediments, be with them to allow a strength for change to build, be with the body's wisdom about the best way to change and then being with the body as it makes its changes are all part of clearing.

Building Trust

Some of the most powerful work is done when either or both the therapist and the patient say, I have no idea what is going on or where we are going. In spite of that, the process feels right. If we are too quick to jump to conclusions about what we think might be happening, we might miss what is really happening. There is a place in the CST session for silence.

Awakening to Awareness

Sometimes the client and the therapist are feeling the same things during a session. Other times their experiences might be quite different. Sometimes the patient is in a deep state of rest, free from conscious awareness. At other times, there can be a sense of acute awareness. The therapist should always be carefully tracking energetic events within the patient and trying to make sense of what is happening.

Having The Conversation

In CST, conversation can play an important role or it can get in the way of the process. It might seem easiest to lead off with "I think..." statements. Beware of this, because this is not what CST is about. We are about accessing body awareness and body wisdom.

There is a place within the CST for statements like "My experience has been...", "The scientific data shows that...", "The accepted knowledge has been...", or "One

school of thought is...". These may be the easiest kinds of statements for the patient or therapist to make. They also can begin to lay a framework and a path toward trust. They are, however, only the beginning.

The most powerful statements for change are about what is being felt in the moment. This is where the present can be assessed separately from the past. It is where you allow the nonconscious to transition to the conscious. It is where you allow yourself to be challenged or surprised.

CranioSacral Therapy is a form of collaborative meditation. It shares many of the principles and characteristics of meditation. It augments and eases a solitary meditation practice.

