

## **Craniosacral Therapy for Body-Emotion-Soul Health**

Dear readers,

A few weeks ago my first article on Craniosacral therapy was published here, which presented a general introduction and some of this manual therapy's most common physiological applications. As promised, this second article will expand upon that - here I will attempt to explain how Craniosacral therapy works with our emotions and soul as well, and in doing so it allows for a deeply wholistic and comprehensive healing experience.

If you have read that previous article, or experienced Craniosacral therapy for yourself, you may have a glimpse into the potential this manual therapy has in releasing deeply held tension and returning health and harmony to the body. However, what people are often surprised by, is the degree to which involving the emotions and soul of the person may be crucial to the optimization of the overall healing process.

To better understand this, it may be helpful to consider that the modern western medical approach, which treats the physical body separately from the emotions and other elements that make up a human being, is a rather brief moment in history. All ancient and traditional ways of healing see the person as a dynamic, multidimensional being. According to these many diverse wisdom traditions, of which we are all descendants in one way or another, it is impossible to separate a person's physical problem, from their mental and emotional health, as well as the relative harmony within their soul. Our health depends on harmony within and between all these dimensions of our existence.

Modern Craniosacral therapy shares this philosophy, and not due to unfounded belief, but because that is what the founder of this therapy, Dr John E. Upledger, has been consistently shown, as he treated thousands of patients. I will present here a few scenarios where connecting to the deeper layers of emotion and soul may be crucial if one is to return the physical body to health.

One of the common problems Craniosacral therapists encounter and help correct are what we call 'energy cysts'. These are areas in the body where foreign energy has become entrapped. That energy has a very different vibration from the person's own tissues, and this can be felt by the therapist's trained hands. These energy cysts inevitably have a debilitating effect on all the surrounding tissues and organs, as well as compromising the overall vitality of the body. Things get worse if a person carries multiple energy cysts, as is often the case after auto accidents,

dangerous falls, and other complex injuries. The resulting symptoms can be quite diverse, commonly including pain, fatigue, depression, numbness, and compromised organ function. In those cases Craniosacral therapy can often be extremely helpful for resolution of symptoms, even when nothing else has seemed to work. But, the interesting thing is that often these energy cysts carry an emotional imprint as well (and, in fact, now we know they can even have a purely emotional origin). If, for example, a person was very angry right as they slipped off the stairs, an energy of the anger may be part of the entrapped cysts. Releasing the anger then may be crucial for resolution of symptoms. Or, if the feelings of guilt and regret are implicated in a car crash, the unconscious holding of these feelings may be the reason why the injuries may seem resistant to complete healing, even years later.

Another related, but separate scenario we commonly encounter is the presence of unexpressed and unacknowledged feelings in the body. Unfortunately it isn't surprising that this is so common. Many modern cultures, especially in highly industrialized countries, over time, have come to place a greater value on the development of the intellect, and people's connection to the wisdom of their emotions, as well as the ability to express them as soon as they come up, has suffered. Another factor that can cause the holding of unexpressed emotion is a history of emotional trauma, such as in war veterans, victims of child abuse, being subjected to unhealthy relationships, etc... When the difficult events experienced are too overwhelming to assimilate, or the person is too young to process and let go, it is possible to be left with a difficult imprint of the trauma on the system. This, too, can manifest with a variety of symptoms, such as depression, insomnia, Post Traumatic Stress Disorder, Anxiety, digestive problems, chronic pain, and more. Sometimes the traumatic event is fully within the 'normal' range of human experience, such as divorce, immigration, loss of loved one, and anything else that causes us to experience higher stress than usual for an extended period of time. Our system has a limit - it will absorb tension and emotional pain and still attempt to function well for as long as it can. But... eventually, it's just too much and the release and healing process must begin.

Perhaps I have successfully laid the ground for the argument that emotion and lack of harmony with the soul can manifest as physical problems. But, you may be wondering, how can a manual therapist help with such a tricky and multi-layered process? The remarkable thing is that for those therapists that are true healers, able to be with all the layers of the human being, the process unfolds organically. You see, our system is quite remarkable - it ALWAYS wants to move toward healing and optimal functioning. We are gifted with that kind of an inner wisdom,

even though we often forget about that. So, with the right therapist, and with an openness from the patient, emotions may start moving to the surface when the hands have been focusing on a certain area of the body. There are also more targeted dialoguing techniques we are trained in that can help facilitate deeper emotional healing, but that will only be done with a clear willingness from the patient.

The sentiment at the end of the last paragraph is foundational to the philosophy of Craniosacral therapy, and is also a core reason to this therapy's remarkable results: we always meet the person exactly where they are. With neutral, compassionate, and deeply attuned presence, we offer our skills to facilitate the healing of what is ready to heal. We never push people and we don't impose an agenda. The aim of the therapy is to connect to each person's deep inner wisdom, and to keep our work guided by THAT place. This, in itself, is remarkably healing. For some of us it is a foreign experience, to be met like that. This is also the reason this therapy is safe and effective for all ages - children to elderly.

Dear readers, thank you so much for your time and attention, and for your open mind and heart. I recognize that this article may seem controversial to some. I wrote it with complete honesty because I hope more and more people gain access to new ways of healing that are gentle, non-invasive, effective, and holistic. I hope that our medical system returns to a more comprehensive view of the human being, grounded in compassion. And I hope that all of us return to a true state of vitality and happiness.

I welcome your comments, questions, or inquiries for sessions. To reach me directly, please call (415) 672-4259, or email me: [inna@westsidehealingartscenter.com](mailto:inna@westsidehealingartscenter.com)

I offer my healing services at two locations: Santa Cruz, and San Jose. The San Jose location is Dao Wellness Center, where we also offer therapeutic massage, acupuncture and herbal medicine.

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