

# Cranial Sacral Therapy

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Cranial Sacral Therapy is a gentle, noninvasive manual therapy that addresses the health and function of the central nervous system, the autonomic nervous system and the tissues that nourish and protect them. These tissues include the meninges of the central nervous system (CNS), the bones of the cranium, spine and sacrum, and the fluids that circulate within them. Because the nervous and endocrine systems help to regulate, repair and coordinate all the other systems and functions of the body/mind, this therapy affects a person on physical, emotional, mental and spiritual levels.

Osteopath William Sutherland originally discovered and described this system of “primary respiration” in which cerebrospinal fluid carries a subtle healing energy and distributes it throughout the body via pulsations of the fluid, bone, membrane and neural *components*. Cranial Sacral *techniques* can be grouped into two general categories. In the first, a therapist may apply gentle pressure to release restrictions, which frees motion through the sutures and permits the system to resume proper function.

Secondly, the therapist directs his/her attention into the system and becomes aware of the subtle energies and movements within it. No attempt is made to correct a problem. The body is approached in a manner that allows self-correction in the most exact and efficient way possible. The practitioner does not “do” anything, only maintains a *state* of awareness, which somehow allows the energy (“potency”) of the system to make the necessary corrections.

Regardless of which *techniques* are applied, when the cranial sacral system functions more efficiently a wide range of remarkable effects occur. Almost always, pain is diminished and becomes less disturbing. The mind relaxes and becomes clear; emotional blocks may be released. Immune function is enhanced and there is improvement in the body’s response to stress. Many people experience what they describe as greater spiritual clarity or a deep sense of being nourished from within. Some people report that old, unwanted life patterns dissolve away, leaving them better able to build more effective ones.

Cranial Sacral Therapy complements and synergistically increases the effectiveness of other *BodyWork modalities*. It needs no special tools or equipment, only a calm quiet space, and can be applied without removing clothes. Because it requires little or no physical force in application, individuals who do not possess the strength or physical endowment required for many other *modalities* can perform it effectively.

**Cranial Sacral Therapy**

**TouchAbilities®**

Technique	Component	Skill
Occipital “Cradle” Hold	Cognitive Energetic Kinetic	Visualizing, Focusing, Transmitting, Inquiring, Intending Sensing, Intuiting, Balancing Holding/Supporting, Stabilizing
Diaphragm Release	Cognitive Energetic Compression Expansion Kinetic	Visualizing, Focusing, Transmitting, Inquiring, Intending Sensing, Intuiting, Balancing Pressing/Pushing, Twisting Lifting, Pulling Holding/Supporting
CV4- Stillpoint Induction	Cognitive Energetic Compression Kinetic	Visualizing, Focusing, Transmitting, Inquiring, Intending Sensing, Intuiting, Balancing Pressing/Pushing Holding/Supporting
Atlas-Occiput Release	Energetic Compression Expansion Kinetic	Sensing, Intuiting, Balancing Pressing/Pushing Lifting, Pulling Holding/Supporting
Temporal “Ear Pull” Release	Cognitive Energetic Compression Expansion Kinetic	Visualizing, Focusing, Transmitting, Inquiring, Intending Sensing, Intuiting, Balancing Twisting Pulling Holding/Supporting

## Cranial Sacral Therapy (continued)

## TouchAbilities®

### Technique

Sacral “Cradle” Hold

### Component

Cognitive

Energetic

Compression

Expansion

Kinetic

### Skill

Visualizing, Focusing, Transmitting, Inquiring,  
Intending

Sensing, Intuiting, Balancing

Pressing/Pushing

Lifting, Pulling

Holding/Supporting