

BIODYNAMIC CRANIOSACRAL THERAPY (BCT)

“To find health should be the object of the doctor. Anyone can find disease”.
Andrew T. Still, D.O.

“Although the world is full of suffering, it is full also of the overcoming of it.”

Helen Keller

WHAT IS BIODYNAMIC CRANIOSACRAL THERAPY (BCT)?

Biodynamic Craniosacral Therapy (BCT) is a sophisticated, subtle form of bodywork that enlivens your deepest healing resources. Unlike other physical or energy therapies, healing in BCT comes not from the practitioner, but from within the client. Healing of your body/mind is generated by your Life Force. Within the body, the life force expresses itself as subtle rhythmic motion oriented around a core of stillness. Using her hands, the Biodynamic Craniosacral Therapist is able to sense this motion. Rather than focusing on disease or symptoms, the practitioner stays centered in stillness and synchronizes with the deep, slow rhythm of the regenerative health in the life force. This consistent referencing of the life force, as it organizes around stillness, allows the client to resonate with it in their own brain and body. The client can then re-establish their relationship to, and expression of, their own healing forces.

HOW IT WORKS

The same Life Force that transformed you from a fertilized egg into an embryo, and finally into the person you are today, is the power that heals. The “generative” forces of the developing embryo are identical to the “regenerative” forces used for healing.

Life expresses itself as motion oriented around a core of stillness, like the eye of a hurricane. Within the human body life is expressed as all of our cells gently moving together in rhythmic waves, organized around a midline of stillness. The study of these rhythmic movements of the life force began over 100 years ago with biologists, embryologists, and an Osteopathic Physician, William Sutherland. Dr. Sutherland recognized that when this rhythmic movement of life gets out of balance we become diseased and die. Using his hands, he was able to sense this subtle movement of the life force in the body. He discovered that by helping his patients re-establish their own balanced rhythm and full expression of their life force, the regenerative powers of the patient’s life force were better able to heal the patient and keep them healthy. The intention of Biodynamic Craniosacral Therapy is to allow the person to develop self-regulation and autonomy.

IS BIODYNAMIC CRANIOSACRAL THERAPY A TYPE OF ENERGY WORK?

Biodynamic Craniosacral Therapy is not a form of energy work, nor is it the more common, mechanical approach to craniosacral therapy. Those types of therapy rely on the practitioner to make a change to the client. In BCT, healing comes not from the practitioner but from within the client. BCT allows the client to orient to their midline of stillness and resonate with the slowest and most stable rhythm of their life force. The client's own healing forces can then create the resolution most appropriate for that individual. BCT awakens a person's own capacity for healing.

HOW IS BIODYNAMIC CRANIOSACRAL THERAPY DIFFERENT FROM OTHER TYPES OF CRANIOSACRAL THERAPY?

Other types of Craniosacral therapy are commonly referred to as simply "CranioSacral Therapy." It is a more mechanical approach, with the practitioner using their hands to assess and correct imbalances or restrictions between the bones of the head, the sacrum (lower end of the spine) and the fluid around the brain and spinal cord. In the Biodynamic approach to Craniosacral Therapy, the practitioner facilitates the client's own internal healing process instead of fixing the client. The practitioner focuses on the whole, rather than portions of the system, and on the health within, rather than disease. Clients report feeling change initiated from inside themselves rather than from the practitioner's interventions.

WHAT ARE THE BENEFITS?

Most people feel deeply relaxed and centered after a session of Biodynamic Craniosacral Therapy. You may stand straighter or breathe more easily and deeply. Pains may decrease and emotional boundaries may be easier to maintain. You may notice more ease in relationships or ability to focus. Long time health issues may resolve. The changes you experience can range from subtle to profound. Results from BCT are usually long lasting, many times permanent, because they are made by your own system. Sessions are very gentle, both in the physical and emotional realms. A new, healthier pattern can emerge without reliving old traumas.

Biodynamic Craniosacral Therapy can address physical and emotional difficulties as varied as your ability to heal. BCT can help in addressing situations like anxiety,

immune imbalances, chronic pain, trauma including physical, sexual or emotional abuse, insomnia, high blood pressure, PTSD, headaches, anesthesia residues, birth trauma, old injuries or surgeries, just to name a few. Biodynamic Craniosacral Therapy offers the remarkable journey of rediscovering your own health and original wholeness!

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