

## What is Biodynamic Craniosacral Therapy?

Biodynamic Craniosacral Therapy or BCST is a subtle and gentle entire body approach to the human experience. BCST actually works with the core of our being, our inner core.

**Physically:** Biodynamic Craniosacral Therapy influences the spinal column, brain and central nervous system, along with the fluid that bathes it, the cerebral spinal fluid or CSF. From the bones of our skeletal system to the bones of the cranium and throughout the ebbing and flowing of our endocrine system, this cranial modality is gentle yet effective.

**Emotionally:** It is common for Biodynamic Craniosacral Therapy to affect primary and very deep patterns while enabling the client with the space and resources needed to explore their emotional landscape. BCST gives the client a deep sense of resourcing within. This resourcing provides a safe place for emotional issues to be able to be resolved and healing to take place.

**Spiritually:** Biodynamic Craniosacral Therapy can profoundly change individual's lives by opening doors to both our hearts and soul.

### A Little Background

Craniosacral Biodynamics is on the cutting edge as far as energy medicine is concerned. The study of this particular kind of Craniosacral Therapy, as taught and directed by Franklyn Sills, focuses on forming a relationship between the inherent ordering principal, the breath of life of the client and the practitioner.

Franklyn Sills' work was deeply influenced by his Buddhist practice and beliefs. As well, he was additionally influenced by the work of Dr. W.G. Sutherland, who believed that the human system was comprised of more than simply biochemicals, bones, tissues and fluids.

For example, Dr. Sutherland experienced and described a "Creative Intelligence" which organizes and orders various layers of the human system. Tidal movement is a manifestation of this intelligence being expressed. Within the human system, 3 different tides can be sensed or palpated, these are: The Cranial Rhythmic Impulse, the Mid-Tide and the Long-Tide.

The work of Dr. David Bohm and Dr. Rollin Becker, D.O. greatly influenced the development of Biodynamic Craniosacral Therapy. They introduced the tidal rhythms of the body, along with the holographic concept.

The breath of life unfolds holographically a blueprint principal, otherwise known as the original matrix from the moment of conception. It is around this matrix that we are able to maintain the integrity of our human form.

It is recommended that you seek a qualified practitioner if you wish to have any kind of Craniosacral Therapy.

As the breath of life unfolds throughout numerous layers within the body, its potency is palpable. This biodynamic ordering process expresses a deep treatment plan in order to resolve the inertial resistance found within the body. The inertia stems from unresolved trauma created by life experiences becoming encapsulated within the human system.

The Biodynamic Craniosacral Therapy practitioner is trained to sense different levels of stillness and is able to palpate the expression of the system as the treatment evolves according to its own ordering principal. It is a subtle and gentle experience to the human experience. This hands-on therapy is non-invasive and non-manipulative.