

Why Is Self Care Important?

By Tanya Drayton, LMT, CST

I would like to share part of my story...

As growing and learning practitioners, we have all heard in our various workshops, the encouragement from instructors and TA's to get regular Craniosacral Therapy sessions. But, how many practitioners actually do? How many actually make the time for themselves to receive the self care they too need?

When I first started my CST journey, I went 4 times for CST sessions before the first workshop. I am grateful the suggestion was made in the CST 1 curriculum and I am grateful I did as suggested. Immediately after class, I was back on the table getting balanced back out.

I have been doing bodywork for about 25 years, 6 of those I have added CST to my toolbox, the last 4 1/2, I have been Techniques Certified. Through it all, I have received CST but not as regularly as I could have. Finally, about 1 1/2 years ago, I fully committed to myself and the results have been astonishing. For the last 1 1/2 years, I have been diligent about getting monthly work in CST, massage, Functional Neurology and Acupuncture. The interplay of the modalities has allowed my body to restore and reorganize itself in many ways but in February, I started a profound journey that is still playing itself out.

A little back story. I am 50. When I was about 8 years old, a horse kicked me in the left upper quadrant of the abdomen. It damaged my spleen and broke almost all of my ribs on the left side. I never went to the hospital. Instead, according to a friend that was privy to it all, my mom borrowed a rib brace from her mom and the two of them trussed me up. Although I remember being kicked, crawling to the house and passing out at the back door, I cannot remember anything after that. Anytime I try, I just see the door.

In January of this year, I had a profound Functional Neurology session that affected the dural tube, brachial plexus and vagus nerve. Just after that, my CST therapist felt strongly pulled to my ribs and spleen. Although she knew about the old injury, she had never been called by the tissue in that area. That day it called loud and hard and beneath her hands, the ball of scar tissue in my spleen lengthened and my spleen flattened out. Then the huge ridge in my ribs that ran from my diaphragm up to my armpit, locking all my ribs on the left into place, began to unwind. Doctors had told me, in my 20's, my ribs were fused together via x-rays and the only way to achieve any form of expansion would be to re-break them. Hmmm, yeah, no. Here we are in April, 3 months in, and the ridge is there but hardly discernable. My ability to expand my left rib cage is almost equal to that of the right and my left lung has taken advantage of the extra real estate to expand and take on more of its breathing responsibilities. This new functionality has changed everything in how my body is working and responding to its environment.

It has been and continues to be a profound journey for me, but the best part is what it has done for my clients. Think about it. A 42-year-old injury is changing and realigning for the betterment of my body as a whole. I can honestly tell my clients that the age of an injury doesn't matter. The body can still improve upon where it is and make changes towards where it would like to be. I can tell my clients, with the utmost certainty, that there is no such thing as "too broken to fix." I can tell my clients that I am capable of walking beside them on their journey because I have been and continue walking through my journey. My client's Inner Wisdom will know the truth of what I speak because the IW is the ultimate lie detector.

Self care is important, and not only for your own well being. Its importance reaches out into your practice and improves your ability to facilitate your clients and patients to a better state of wholeness. It makes you the best practitioner you can possibly be, each and every day.

Thank you for allowing me to share my story. Please, feel free to share yours...