

The Baby Angel in Maleny

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The “Baby Angel”: Susanna Molinaro

Previous HT writer, Leigh Robshaw once told me of a lady called Susanna Molinaro, who many mothers call the Baby Angel. Using Craniosacral Therapy, Susanna helps babies realign and settle after the birthing experience – for free. Gay Liddington has managed to persuade a hesitant Susanna to share her story...

by Gay Liddington

After speaking with Maleny woman Susanna Molinaro about her vocation I wondered how I could write this story and do justice to the work of Craniosacral Therapy (CST). How do you put into words something tangible that seemingly defies description?

Susanna said, ‘I describe my work as listening to the body. The body has several movements. The breath and heart which are commonly known but it also has the cranial wave. This is a very subtle movement that comes from the pulsing of the cerebrospinal fluid.

‘My work is to feel and listen. And in that listening I go where the body takes me. I follow the body’s intelligence.’

I probed to gain understanding. Is it like acupuncture where the practitioner takes your pulses?

‘It can be related to pulses. You can feel certain movements in the bones of the cranium and down along the spine in the sacrum. If there are any restrictions in that cranial wave they can release.

The cranial wave is like the ebb and flow of the ocean in a sense. It goes to a still point and then releases.

‘This movement is very important because it is this fluid that moves the cerebrospinal fluid around which means it gets to every cell in the brain...it’s food and it’s cleansing. It nourishes the nervous system.

‘If there are any restrictions they can create all sorts of problems because there are certain parts of the brain and nervous system that are not being nourished and cleansed. However, it’s different for each individual.’

Delving into the history of Craniosacral Therapy I discovered that western medicine once believed that the plates in our head were fused. But, back then the research was done on lifeless bodies.

In the 1930s, American osteopathic physician William Garner Sutherland, D.O. (1873 – 1954) in his work with the living discovered that there was another movement besides the breath and the heart...a pulsing, the cranial wave. He named the practice Cranial Osteopathy.

Susanna adds, ‘I imagine back in time, ancient modes of healing were in touch with the cranial wave like Tibetan pulsing for example. There’s always been contact with the cranial wave. It may not have had a name back then...it just was.’

Susanna comes from a line of ‘salt of the earth’ women who raised their children on home remedies.

‘My mother was a big influence. She was one of eight children brought up in the outback with no access to medicine. She later became a nurse and midwife and saw the advent of strong drugs and their side effects.

‘And so, she brought us up with her mother’s home remedies. I also raised my children using these remedies,’ said Susanna.

Natural therapies, health and bodywork captured Susanna's interest at a young age. Twenty years later she began formal training in CST and studied for two years – government approved intensive training in Craniosacral Therapy.

Susanna has been practising for sixteen years and had many opportunities to work with babies and children. Her love of the work and compassion for her clients made evident.

'Restrictions can come from your birth. It's quite a journey to come through that birth canal and most times those restrictions are never cleared and so it compounds.

'It's like a tree that you plant...the wind has blown it over and it'll just keep growing in that direction. Any yet, some babies are not affected by the lumps and bumps of their birth.

'That's why I offer my services to babies. To release that which could have repercussions down the line, emotionally and physically in the way the body grows.

'And so, if you work on a brand new baby you can release that in one or two sessions. It depends on their personalities as well. What can traumatise one person would not affect another.

'I once had a six-week-old baby screaming like a two-year-old having a tantrum. She was as stiff as a board. After the sessions she became this soft baby, totally relaxed. You just never know what has happened in the birth passage or in utero.

'One young boy who came to me didn't speak very much and when he did he was gruff. As a result he had a bad reputation at school and it affected his home life.

'He had a very difficult forceps birth. He'd been suffering from headaches since birth. After two sessions he no longer had headaches and was being more communicative. That was an extreme situation but that's how it can affect people's lives.'

People usually find Susanna by word of mouth. She doesn't charge for her service with babies rather seeing it as her community service.

I also accepted Susanna's gift of a session so that I could experience Craniosacral Therapy. Our session began with Susanna taking a comprehensive life history.

Stretched out on a massage table I lapsed into a state where I felt like I was floating, vaguely aware of Susanna's presence and her hands gently moving around my clothed body. My inner journey went deeper taking me to a place of great peace.

Susanna said, 'It's very beautiful work and when I'm sitting with someone I always feel privileged to go into that space with them. You're going to their body's innate healing place and that's really wonderful.'

Susanna's practice also includes Bowen Therapy, Massage and Body Scrubs using natural home products. She can be contacted on 07 5494 2791.

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