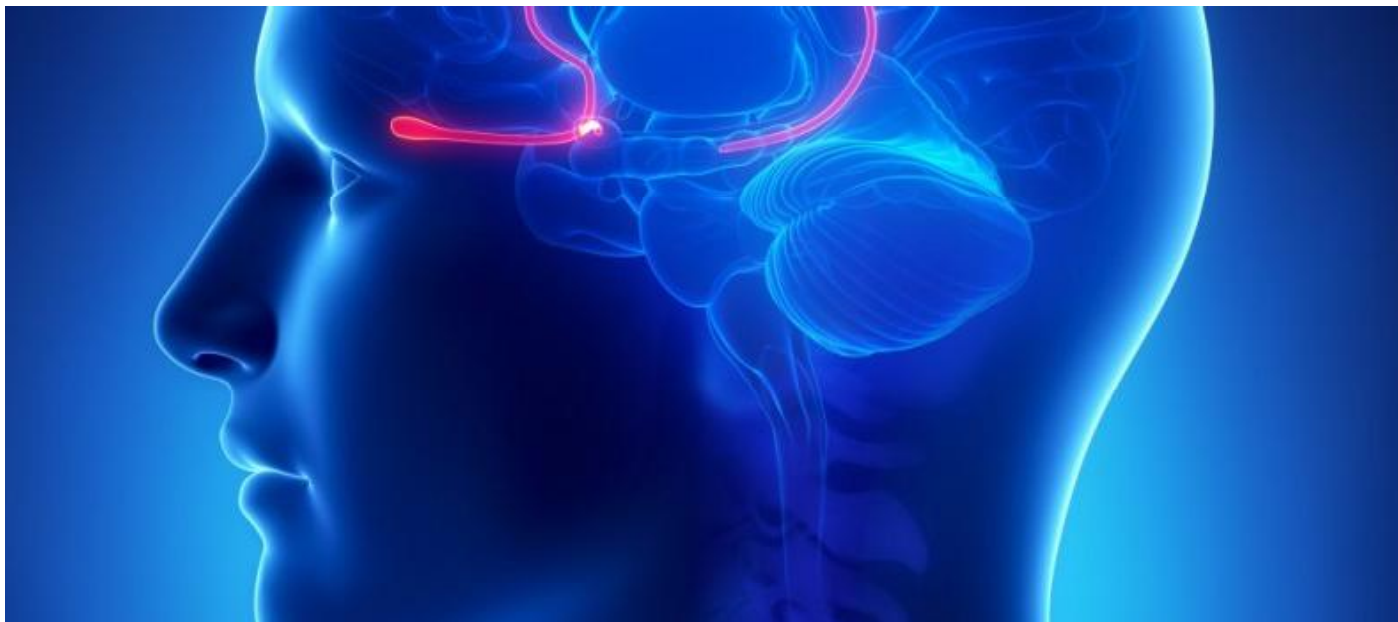


Find Your Own Rhythm



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Craniosacral therapy is a “hands-on touch therapy” that helps relieve pain, discomfort, and stress. To many, craniosacral therapy is misunderstood—you may have never even heard term. Personal experience with the technique is often needed to unravel the mystery, and understand the benefits of this amazing healing therapy. Until I first experienced a session myself, and later studied the technique to receive my certification, I was equally in the dark.



We are literally a living, moving fluid environment. We rely on our fluids, including blood, lymph, and cerebrospinal fluid, to transport critical components throughout our bodies to conduct millions of functions necessary for life. Craniosacral therapy, as the name suggests, focuses on cerebrospinal fluid, a serum-like, watery fluid that is continuously produced and reabsorbed in the brain. It flows in the ventricles within the brain, and around the surface of the brain and spinal cord. The therapeutic focus of craniosacral therapy is the rhythm created by the production and reabsorption of cerebrospinal fluid, the movement of fascia, and micro movements of the cranial bones, spine, and sacrum.

The body houses several “rhythms,” such as the heartbeat, or breathing. The craniosacral system’s rhythm creates movement that is reflected in the tissue of the body. Kahlil Gibran wrote in his book *Sand and Foam*, “When God threw me, a pebble, into this wondrous lake I disturbed its surface with countless circles. But when I reached the depths I became very still.” Just as Gibran explains how one pebble can disturb an entire lake, so too can a disturbance in one place in the system affect the entire system. In fact, the location of the disturbance may be very far from its original source. The “stillness” comes when we balance the craniosacral system and create a pain-free environment.

Your craniosacral rhythm can be disrupted and brought out of balance by such things as traumatic events (emotional or physical) or surgery. When this rhythm is in disharmony, it can cause things such as migraines, nausea, headaches, and a general sense of disharmony. Craniosacral therapists detect this disruption by utilizing the rhythm as a guide, and employ light pressure to release restrictions in the central nervous system to allow for every system

in the body to relax and self-correct, therefore aiding the body in achieving equilibrium.

The good news is that you can learn to feel this rhythm and recognize signs of being out of balance too! By tapping into your own beautiful fluid rhythm, you can learn how to recognize your own level of stress and learn how to modulate your “state of being” to develop a healthy sense of your “inner universe.”

1. **Feel your breath.** Sit in a comfortable chair with your feet flat on the floor. Place one hand on each thigh. Make sure you are seated with good posture. Close your eyes. Assess how you feel right here and now. Take a deep breath, breathing fully into your belly, not just in your chest. Just follow your breathing, be in the moment, and see if you can feel your breath in your thighs. This is subtle; it is an exploration into your inner universe. Take your time, and just notice.
2. **Feel your pulse.** Now see if you can feel your pulse/heartbeat in your thighs. Try to feel with the set intention that you are putting your breath rhythm aside for a moment. Be patient—this is an exercise in learning to feel subtleties.
3. **Feel your rhythm.** Now, hold your breath for a few moments, while setting the intention that you will notice what is under your breath and heartbeat. Stay relaxed. Can you feel that subtle, slower rhythm? That is your craniosacral rhythm. Begin breathing again, and notice how you feel. Are you calmer, lighter, more awake, less stressed, etc.? This exercise can be repeated several times in a row, or throughout the day to help you center, and explore your inner universe and “flow of life,” so you can be still and know.

This information is not intended to replace the advice of a doctor. Yoffie Life disclaims any liability for the decisions you make based on this information.