

# Biodynamic Craniosacral

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## Biodynamic Craniosacral Explanation:

There are many physiological rhythms within the human body. The cardiac or circulatory rhythm is the beat of the human heart. It is 60-80 per minute/adult (86,000 times/day!). It circulates the vital blood supply throughout the body through the blood vessels. The heart rhythm is protected by the strong connective tissue sac named the pericardium.

The respiratory rhythm or breath is the inhalation and exhalation of the human lungs. This rhythm is approximately 12-20 per minute/adult (28,800 times/day!). It is for the exchange of oxygen and carbon dioxide. The lung rhythm is protected by strong connective tissue named pleura.

There is another rhythm named the craniosacral rhythm (CSR). This is the rhythm of the central nervous system that gently expands/narrows and lengthens/shortens at specific motilities. The most significant motility is every six seconds (14,400 times/day!). This rhythm allows the production, flushing and reabsorption of cerebrospinal fluid within the meningeal membranes and the brain and spinal cord. Cerebrospinal fluid is important for hormonal and neurotransmitter transport, supply of oxygen and nutrition and filtering of wastes of the nervous system. It is also a hydraulic



## A Restoration of Health from Within For All Ages

**Biodynamic Craniosacral: The subtle rhythms or motilities produced by the body are regarded as fundamental expressions of our health and vitality. The ordering matrix carried into the body within these rhythms acts as a blueprint for health which is present from the time of our early embryological development. This blueprint is the fundamental factor that maintains balance in our form and function throughout our lives. When these rhythms are expressed in fullness and balance, our blueprint for health is able to manifest and a sense of wholeness and well-being automatically follows.**

buffer of force from movement and trauma to the brain and spinal cord. The nervous system rhythm is protected by the strong connective tissue named fascia of the entire body's form. Fascia envelopes each cell, tissue, organ and system of the body. You are a living form for protection and function of your governing system!

Significant impacts and traumas can cause injury to the pericardium affecting the heartbeat. Significant impacts and traumas can cause injury to the pleura affecting the lung's breath. Likewise, significant core traumas to the human body can also cause injury to the fascial matrix affecting the cerebrospinal motilities. This can cause important changes to the nervous system and the vital adaptive process necessary for optimal function and healing in a lifetime.

There is an experience that can allow the human body to adapt the traumas that have occurred to the core rhythm of the nervous system.

The Biodynamic Craniosacral session is a gentle hands-on experience that allows the innate adaptation of the body to restore normal compliance to the human fascia and normal motilities of the central nervous system. A Biodynamic Craniosacral practitioner facilitates the process. There is a wait and watch as the body gently releases, recovers and restores to the healing process that is already present. The specific Biodynamic Craniosacral session is a going forward progression and an invitation of optimal balance to the rhythm of life. It is for each person. Experience it today!



Live a Healthy Lifestyle  
Choose  
Biodynamic Craniosacral

**"When we use the word biodynamic, it refers to a natural order and rhythm in the tissues of the body. We put two words together to create "Biodynamic Craniosacral" or "Craniosacral Biodynamics." It becomes the name for a gentle, effective, long lasting and personally tailored method of healing that is generated by the natural organizing forces within the body."** Mary Louise Mueller, M.Ed., RCST® Lifeshapes Biodynamic Craniosacral Educator

**Newsletter Source Credited to:**  
Joanne M. Gallagher, RCST®  
Life Expression Wellness Center, PA

**Additional:**  
[www.BCTA/NA](http://www.BCTA/NA)  
[www.Lifeshapes](http://www.Lifeshapes)  
*The Fasciae* by Dr. Serge Paoletti. 2006.  
*Lessons from the Sessions* by Don Ash, P.T., CST 2005

**"I am amazed and grateful how our body speaks a language that can be understood by the hands of another and translated back to us- helping us remember our past trauma and injury that we can carry throughout our lives. And most of all, I am excited for the future, for healing, for actual growth and return to an earlier state of wellness as God planned it for each of us..."** G.D.T. from Chicago

# Biodynamic Craniosacral Frequently Asked Questions

For some of you, a Biodynamic Craniosacral session may be a new experience...

Following are some Craniosacral questions and answers frequently asked.

## What is Biodynamic Craniosacral?

Biodynamic Craniosacral is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the Craniosacral system. It is comprised of the skull, spine, sacrum, membranes and motilities of the cerebrospinal fluid that surround and protect the brain and spinal cord. With gentle body contact, craniosacral practitioners work to allow the innate ease of restrictions in the Craniosacral system. It is a very gentle full body experience. A person experiences dimensional maneuvers specific to the area and design of the fascia in that area of the body. This allows the innate adaptive process within the body to manifest at its optimum for best function.

## What is the Craniosacral Rhythm Impulse (CRI) or Motility?

The Craniosacral rhythm impulse is the rhythm of the motion of the cerebrospinal fluid and fluid motilities of the central nervous system. Cerebrospinal fluid is a fluid produced and absorbed in the brain and spinal cord and is important to neurological function. There is a change in fluid motility as this fluid is produced and absorbed, forming a palpable rhythm. This rhythm is independent of the cardiac and respiratory rhythms.

## How often should I schedule a Biodynamic Craniosacral session?

The answer is specific to each person. A new client experiences an average of five to eight Biodynamic Craniosacral sessions the first year and less each year according to the dynamics and progression of each session. It is a specific experience for each person. It is an invitation to each person to a process of adaptation throughout their lifetime.

## What is the difference between a Chiropractic adjustment and a Biodynamic Craniosacral session?

The objective of chiropractic care is to allow correction of vertebral subluxations of the spine causing interference to the nerve system. The contact is the spine and pelvis. The objective of Biodynamic Craniosacral is to allow ease to restrictions within the fascia affecting the cerebrospinal motilities. The contact is the dimensional connective tissue of the entire body. Chiropractic Care and Biodynamic Craniosacral Sessions are distinct, life supporting, healing experiences.

## What can one expect to feel during a Biodynamic Craniosacral session?

An initial Biodynamic Craniosacral session can last approximately thirty to sixty minutes, specific to each person. A person rests, fully clothed, on a bodywork table. Belt and shoes are removed for comfort. The session begins with a calm orientation to the dynamics of function and being. There is a quiet "listening" with hands of the Biodynamic Craniosacral practitioner to the motilities of the cerebrospinal fluid dynamics of the client. One experiences gentle dimensional maneuvers at areas of their body where injuries have left restriction to that process. It is a gentle, progressive experience. One may feel warmth, gentle shifting, relaxation or ease during the session. Some have described the experience as "light, eased, straight, taller, centered, so peaceful, just right". It is important to be in rhythm for the function of design.

## Is Biodynamic Craniosacral for those who have health problems or special needs?

Biodynamic Craniosacral is for anyone and everyone who has cerebrospinal motilities. This is everyone! A Biodynamic Craniosacral session could have great value for those facing health problems or children or adults with special challenges. Craniosacral does not replace medical care nor treat conditions or disease states. It allows ease of restrictions so that the cerebrospinal motilities, the fluid rhythms of the brain and spinal cord, could adapt at its best for optimal growth and function necessary for optimal healing. Biodynamic Craniosacral can be a fine adjunct with other healthcare modalities and therapies for those with special needs or developmental delays.



## Is Biodynamic Craniosacral for Children?

The answer is yes! Balance to cerebrospinal fluid motilities of the nervous system is vitally important during growth and development. The creative genius of healing is strong and vital within children. Children respond well to the gentle and non-invasive experience. Craniosacral compliance during the formative years will last throughout a lifetime.

## The Biodynamic Craniosacral motility of life has also been named the "Breath of Life"

### Explanation.

The following are conceptual explanations of the Breath of Life discussed and taught by the foundational Biodynamic Craniosacral teachers. Enjoy!

**Dr. William Sutherland**-Breath of Life was named and taken from Genesis 2:7 "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living form." "Within the cerebrospinal fluid there is an invisible element that I refer to as the "Breath of Life." It is a vitality within this fluid, something that has a potency as the thing that makes it move. This potency is an intelligent potency that is more intelligent than your own human mentality."

**Dr. Rollin Becker**-"It is a rhythmic feeling in interchange between the patient's body and his biosphere in which there is a total interchange without any areas of restriction, impaction, trauma or stress. It is a feeling of total internal and external environmental capacity to express wellness."

**Dr. James Jealous**-"It is the permeation of the breath of life into disorientated tissue that re-establishes the original matrix. The original matrix is a form that is carried through the potency of the breath of life around which the molecular and cellular world will organize itself into the original pattern set forth by the Master Mechanic."

**Dr. Franklyn Sills**-discusses Breath of Life in his current teaching as "A sacred principle that is difficult to talk about or describe. It is a spiritual essence that mediates the creative impulse and connects all things to the ground of creation. It generates organizing forces that orchestrate and maintain all form."

### Lifeshapes-Christopher and Mary Louise

**Mueller RCSTs®**-teach "When we look at the word craniosacral, it refers to the core of the body from the cranium to the sacrum.

However, "Craniosacral work" encompasses the whole of the person. The core dynamics and natural breathing motions of Primary Respiration infuse the field of the entire body. The body intelligence combined with the natural breathing impulse throughout the tissues allows us to re-form, re-orient and to ultimately heal."

**Joanne M. Gallagher, RCST®**-writes "It is the power within life that is the driving force with a creative wisdom beyond our knowledge or explanation. It strives for organization, expression, repair, adaptation and healing within each person. It is the power within and beyond the Biodynamic Craniosacral session that allows the process to occur. We settle to its subtle but potent power. I cannot understand it. I honor and respect its awesome wonder as a gift from God. We are all part of His creation."

The information of this newsletter is not to be interpreted as medical advice. Biodynamic Craniosacral sessions are not for the treatment of disease nor pathology.