



# **The Cranio-Sacral System**

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The Cranio-Sacral System can be identified through its inherent rhythmic motion. Just as the cardiovascular system is manifested in the rhythmic pulsation of the arteries, and the respiratory system is evident through the rhythmic rise and fall of respiration, so the Cranio-Sacral System has an inherent rhythmic motion which can be felt as a subtle tide-like motion gently ebbing and flowing and manifesting in all the body tissues.

## **Anatomical components**

The anatomical structures which make up the Cranio-Sacral System have been clearly recognised for many years. However the integrated function of these structures as a primary physiological mechanism is only recently becoming recognized.

The Cranio-Sacral System consists primarily of the Membranes (or Meninges) which surround the Central Nervous System; the Bones of the Cranium to the Sacrum which attach to these Membranes; the Fascia, which radiates out from the Membranes to all parts of the body; and the Cerebro-Spinal Fluid, a pure and vital fluid produced within the Central Nervous System and contained primarily within the Membranes surrounding and enveloping the brain and spinal cord. In a broader sense the Cranio-Sacral System can be said to encompass every part of our being since it influences and is influenced by every structure and every part of our being.

## **Fluency of Cranio-Sacral Motion is a reflection of healthy function**

The fluency of Cranio-Sacral motion in each part of the body is a reflection of the healthy function of that part of the body. Restricted mobility is an indication of reduced health and vitality in that region - leading to (or caused by) disease and dysfunction. A free and unrestricted rhythmic motion is an indication of a healthy, unimpeded vitality in that region.

The Cranio-Sacral Therapist's role therefore is to identify areas of restricted mobility and to enable the body to release any such restrictions in order to encourage free and fluent Cranio-Sacral motion. This restoration of unhindered tissue mobility and free flow of body fluids and vitality will in turn enable the elimination of disease, the restoration of health and the maintenance of optimum function.



Restrictions to Cranio-Sacral motion may arise from a number of different causes - from physical injury, infection, inflammation, structural imbalance, muscular strain, emotional tension or disease and dysfunction of any kind. These restrictions may arise in any of the body tissues - the bones, the soft tissues, the nervous system, the organs, the fluids or in the subtle energy systems.

### **Reciprocal Interaction**

Injuries or restrictions to the peripheral structures of the body will inevitably reflect into the core of the system leading to imbalances and asymmetries within the Cranio-Sacral System. Restrictions at the core of the system will similarly reflect out to cause peripheral symptoms.

Peripheral manifestations of imbalance may be alleviated by more superficial forms of therapy. But it is because Cranio-Sacral Therapy penetrates to the very core and alters patterns at the deepest level of our being that it brings about more profound, significant and lasting changes - as well as eliminating the more superficial symptoms.

The Cranio-Sacral System reflects the accumulation of all our life experience, recent or long past, physical or psycho-emotional. Interaction with the Cranio-Sacral System stimulates a natural reorganisation of the system enabling the release of these accumulated patterns of injury and tension and bringing our whole being into a more balanced and orderly state in which it can function at it's optimum level.

*Dr. Fadel Behman's current research, teaching and holistic energy therapies address the new frontier of integral health, raising consciousness and offering a practical approach of wellness of body, mind and soul. Dr. Behman is the founder and director of the Holistic Health Energy Institute in Montreal, Canada.*