

About Craniosacral Biodynamic

In a fast changing, globalizing world new approaches of relating to the world and the people around us are arising. More subtle ways of connecting, respecting, listening and making contact are emerging, and create new intensity and opportunities in all arenas of today's live. This new way of relating affects the relationship to ourselves, to the people around us and to our environment. It asks for a revised view on our spiritual connectedness and all relevant relationships. And, as a matter of course, it also reaches into professional (health care) relationships which can not build on old ideas of client-therapist hierarchies or client-centred therapy. New ways of healing interaction have to be found and consequently new ways of healing emerge.

Biodynamic Craniosacral Therapy is a newly emergent variation of Craniosacral Therapy. It is a body-centered approach that de-psychologizes the work on one's personal foundations. Biodynamic Craniosacral Therapy goes beyond the old idea of therapist and client and creates a particular form of relational field. This relational field is like a holding space for the client where he/she is not treated with techniques, checked out for difficulties and pathologies, or gets fixed, repaired and healed. One of the current evolutionist of Biodynamic Craniosacral Therapy, James Jealous, writes that "The core of this work is perceptual" and this requires a facilitator who is intimately connected with health and a depth of resources that (s)he makes accessible for the client. Jealous says that "when one meets a patient, one sees the Whole – a very rare event in our modern world". However, in a fragmenting world we have no sense of the whole any more and get overfocused on the problem, the solution or any other detail.

Biodynamic Craniosacral Therapy builds on the rich heritage of osteopathy in the cranial field and moves beyond the idea of intervening into the structure of the body, improving motion of joints, muscles, fascia or any other parts. It is based on the inherent health of the body that can be accessed and enhanced by a critically sensitive, non-invasive and extremely gentle relationship between facilitator and client. Biodynamic Craniosacral Therapy is not so much about what you do with your hands but what you do with your

attention. It has everything to do how you direct your attention and intention to foster health in yourself and your client. We know today that the critical agent in the healing process is the consciousness of the participating facilitator. Some people believe that “the individual consciousness is a small hologram of the universal consciousness shared by all living things” (John M. Mc Partland and Evelyn Skinner). This means that the way of co-creating a healing field with our consciousness sets free the forces of health in our client. The detailed, invasive focus on local healing in the client is a critical disturbance for this kind of reconnecting with more global healing forces.

Biodynamic Craniosacral Therapy draws intensively on the insight of modern embryology. The evolving embryo is an archetype of wholeness, health and perfect form. The embryonic forces are still accessible in us grown-ups today and provide a fundamental source for healing throughout life. We need to understand the wholeness of the embryo and use an inviting way to relate to these immanently present forces. In our complex modern world with its fragmenting qualities we need to go back to the inner origin of our being and re-create health from a deep connection with these innate embryonic, biodynamic healing forces.

Health can not be “done”. Health can be invited with patience, awareness, gentleness and sensitivity. The organism heals itself when we clear the way for its original, biodynamic forces to arise. The job of the facilitator is to get “out of the way” with her/his concepts, interventions, intentions or other intrusive healing ideas. The state of mind of the facilitator is crucial and he actually becomes a “defacilitator“ (Jealous). The question is if our intention of healing obstructs the biodynamic healing of the client or clears the way for its own original health ? The philosopher Abram writes in his book *The Spell of the Sensuous* that “In the act of perception, I enter into a sympathetic relation with the perceived, which is possible only because neither my body nor the sensible exists outside the flux of time, and so each has its own dynamism, its own pulsation and style. Perception, in this sense, is an attunement or synchronization between my own rhythms and the rhythms of the things themselves, their own tone and textures.” In our daily life we do not easily learn this quality of relationship which is fundamental of accessing health within us and co-creating a healing field with a client.

Biodynamic Craniosacral Therapy is aware that the healing does not come alone from within the body but has to do with the way we relate to the external reality, to spiritual forces and to the nature of the universe. At base, it is a comprehensive reconnection with Primary Respiration that enlivens the whole universe. Primary Respiration is the health all around us. It is the zero-point field, the essence, the vital force, the chi, the ki, or the spirit. Different terms have been coined in different cultures to name this intangible, ever-present, inspiring reality.

Biodynamic Craniosacral Therapy differs from Craniosacral Therapy in the attitude of the facilitator. It emphasizes the discernable reality of the client rather than conceptual ideas about health states. It gives priority to primary slow-motion healing processes (e. g. Primary Respiration and Long Tide) and views lesions in the body as an expression of the whole person. With the biodynamic approach you develop a readiness to follow the motion and wisdom of the client's body on its way to health. Your perception follows the client's somatic wisdom. As John M. Mc Partland and Evelyn Skinner write "It is here that 'holism' becomes more than a philosophical concept, it can be appreciated as an actual sensory perception".

Defacilitating facilitators need to cultivate their receptivity, patience and refined listening skills to engage in the intense, sublime and thrilling journey of "Not-Knowing". They need a readiness to connect to the subtleties of the unfolding emergent healing process - an intense, humbling and awe-some experience.