

balanced



CRANIOSACRAL BALANCING

Using the Craniosacral rhythm as a diagnostic and therapeutic tool

by Najma Ahern

We are all familiar with the rhythms of our heart beat and our breath. However, there is another rhythm, a measure of our life force, called the craniosacral rhythm. It has a subtle nature and it has been overlooked until early this century.

The craniosacral system is the environment in which our brain and spinal cord function. It reflects our health, our well-being, old trauma and dis-ease.

This slow and subtle pulse of the craniosacral rhythm is created by the production and re-absorption of cerebrospinal fluid (CSF). It takes place in the ventricles within the brain and pulses at a rate of 6 - 12 cycles/minute. Everyone's rhythm is unique and it is this rhythm and its quality which produces a clear diagnosis.

The practitioner uses specific techniques to free up the membrane system which is attached to the bones of the head and travels down the spinal cord to be anchored at the sacrum. This promotes alignment of the whole body.

Craniosacral Balancing directly accesses cellular activity and memory. Without force, effort or drama and "out of nowhere", pictures and memories arise of experiences which have been held in the fascia tissue, and in the releasing well-being is restored.

Using gentle, non-intrusive techniques the practitioner affects deep and powerful change, induces fundamental healing and a profound sense of relaxation and connectedness.

Craniosacral Balancing is effective in the treatment of:

- Headaches
- Migraine
- Scoliosis
- Acute and Chronic back and neck pain
- TMJ - jaw dysfunction
- Dental work imbalances
- Emotional trauma
- Depression
- Anxiety
- Rheumatoid Arthritis
- Hearing problems
- Tinnitus
- Vision problems
- Recurrent ear infections
- Sleeping disorders
- Accumulated stress and other central nervous system dysfunction
- After effects of Meningitis and head injuries
- Whiplash and other impact trauma
- RSI
- Chronic pain

Children:

- Dyslexia
- Hyperactivity
- Infant Colic
- Feeding and Sleeping difficulties in babies
- Learning difficulties
- Autism
- Compression of the skull at birth and related problems
- Birth trauma

This work is also beneficial both before and after pregnancy, in boosting the immune system, and can reduce fever by up to 4°. By working directly with the membrane system we affect the central nervous system.

In the early 1900's an Osteopath, William Sutherland, noted the bones of the skull were designed to provide movement of one in relation to the other, and by experiment on himself, he documented the effects of compression of the cranial bones on the body and their associated psychological effect. This inspired man was the father of Cranial Osteopathy.

In the 1970's, Dr John Upledger, an Osteopath, observed first hand the pulsating of the dural membrane during a surgical procedure. His scientific inquiry into this previously unexplained phenomenon led him to Sutherland's work, which he was able to scientifically validate. From his extensive clinical research he developed Craniosacral Therapy and has been teaching his non-intrusive techniques to thousands of healthcare professionals.

Craniosacral Balancing is built on this work and continues to evolve through the therapists and the people they treat.

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