

Here is some introductory information to help you prepare for your first Biodynamic Craniosacral Session. Please read it through. Let me know if you have any questions. I look forward to working together! ~Llora

Welcome to Resonance Healing!

What is Biodynamic Craniosacral Therapy?

Biodynamic Craniosacral Therapy is a holistic touch therapy that focuses on settling the nervous system to cultivate greater health and well-being. It gently unwinds the nervous system from patterns of compression, hypervigilance and inertia to states of ease, resource and flow.

Biodynamic Craniosacral Therapy nourishes the autonomic nervous system of the body through direct and very subtle palpation of the cranium bones and increases movement of the craniosacral fluid which circulates along the inside of the skull and down through the spinal cord. It is particularly effective in nourishing the nervous system. It can reduce chronic stress in the muscular system and release toxins found in the hormonal system. This approach is very restful and restorative to the whole body and being.

Some Commonly Treated Conditions Include:

- Auto-immune diseases
- Cardiovascular disease (such as high blood pressure, anemia, cholesterol problems)
- Digestive disorders (such as colitis, ulcers, crohns' disease, indigestion, acid reflux and more.)
- Weight Management (looking at the cause of obesity from physical imbalance (from thyroid disease, stress, toxicity, inflammation) to emotional overeating.
- Women's Health (such as PMS, painful menstruation and others).

- Acute disease (such as the common cold, kidney stones, ear infections and others).
- Chronic disease (such as migraine headaches, cancer, sinusitis, asthma and others).
- Nervous system diseases (such as depression, anxiety and PTSD)

What is a Session Like?

Generally your session will begin by sitting and talking with your therapist about any of your health concerns. Together you will discuss a brief health history and what you would like to get out of the session.

During the session, you will be fully clothed, sitting in a chair to start and then lying on a massage table in a supported and comfortable way. It is important that you feel comfortable and safe at all times so you will want to ask for any adjustments you need to the lighting, temperature, etc. Your therapist may ask you from time to time what you are experiencing, and will help you to stay present with whatever your experience is.

Session work involves a very light, gentle touch. Your therapist may begin at your feet, at your head (cranium) or on your sacrum (the triangular bone at the bottom of the spine). During your session, depending on your areas of concern, your therapist can go to any area of the body that needs to be worked with, using the contact that feels best for you.

Sessions will last one hour to one hour and a half depending on what we have agreed upon. During that time, the therapist will quietly, gently hold parts of your body, listening to the subtle rhythms and tracking changes in your system. In this process the therapist will listen for your body's expression of the order of priorities for this particular session which will lead to your desired outcome. It is important to note that while a single session can have noticeable effects, it often takes multiple sessions to achieve the results you are seeking.

During the session, you may:

- Relax so deeply that you fall asleep
- Enter a quiet meditation-like state
- Feel as if you are dreaming while awake
- Experience memories or insights while on the table
- Enjoy a pleasant sense of warmth, softening, widening or floating

At times, you may experience other kinds of sensations as energy that has been held in the body is released. If this occurs, just stay present with your breath and bodily sensations and allow this energy to discharge. The session quite often involves a process of letting go of patterns that inhibit your health and vitality. Once these patterns begin to shift, the therapist may notice changes in your fluids, tissues, bones and potency. You may experience a sense of integration in your body, mind and spirit.

At the end of the session, you may:

- Feel relaxed, but also energized
- Find yourself breathing more fully and deeply
- Stand straighter and taller
- Feel more comfortable in your body
- You may be surprised to feel a new sense of peace and ease as you leave the office to return, renewed, to your life
- Notice an improvement in your sleep patterns
- You may drop very deeply during their session and jumping back into the day is best done slowly and with care. Something significant has happened. Take the time and space your body needs immediately following the session. If you are able, taking a walk in nature is ideal.

- **Drink plenty of water and eat a nutritious meal.** All of these things will help support your body to integrate the work that has occurred in your session.

No matter what your experience, your therapist will take some time with you after you are off the table to check in about how you are doing. This is a great opportunity to find words for your experience and reflect on how differently you feel after your session. The effects can also be felt even after you leave your session.

After your session:

Your session typically takes up to 3 days to be fully integrated. By paying attention to the lasting effects of this work you will be able to gauge what the ongoing use of this work might offer you.

- What is the quality of your sleep that night?
- How is your digestion?
- How is your overall experience of life?
- Pay attention to your dreams

Healing for the body does not always appear in the way the mind wants it to. This means that after a treatment, a person may feel more tired or energetic than usual, crave strange foods, or be sore in new places. These are all normal responses and should be honored as much as possible. Sometimes, we do not know what happened, or how to articulate what happened, yet change is occurring.