

## Integrating Cranial Movement Work with Kinesiology

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Did you ever want to get answers directly from a child or an injured person that you were unable to muscle test? Did you ever want to find out how make sure you got all the positions in a postural release that were significant? Did you ever want to confirm that a person was not yet complete using ESR without interrupting the process to muscle test? Cranial work offers a simple effective way to do this and much more.

When we were children and went to a doctor for the first time, he listened to our heart beat. For many of us this was an amazing new discovery that we could observe this part of our body function.. Similarly, we are usually unaware of our breathing until it is called to our attention by a cold, shortness of breath or an exercise teacher. Muscle testing brings for most of us a new recognition that we respond to stressful situations and thoughts with muscle weakness. Our body has done all these things all along yet we needed some sort of impetus to bring our attention to them.

The Cranial Rhythmic Impulse (CRI) is another cycle that, until we turn our consciousness to it, we are unaware that it has been a primary force in our daily functioning all our lives. The CRI feels like the rise and fall of an ocean. It has a strong energetic quality and follows the flow of the filling and emptying of cerebrospinal fluid. It can be felt anywhere on the body and is especially easy to feel in the cranial area. It is also called the "primary respiration". This puts what we normally think of as respiration in a secondary position.

When we learn to work with the cranial rhythm, there are specific tools that integrate well with kinesiology. The cranial rhythm has a self-corrective or therapeutic function called a stillpoint. It is as if the CRI is turned in on itself and is building up the energy to move through an energetic block. The stillpoint can be induced by slowly working with it, or it may happen abruptly with a thought or internal process.

The stillpoint has been used by Dr. John Upledger as a "significance detector". When dialoguing with a person, the CRI will stillpoint itself as significant issues are broached. This significance detector function of the stillpoint can be used much like a muscle test feedback system to obtain Yes/No answers. In this way we can quickly and non-obtrusively identify emotional charge on something we are clearing, determine whether a process is complete or even use finger modes to identify the next step of the process. All of this is done without moving the hands from where they are currently resting, for the cranial rhythm can be felt anywhere on the body.

Also the stillpoint can be used as a monitor of therapeutic processing and completion. When the body integrates or uses any needed therapeutic process, it stillpoints until it has completed the use of that process. Sometimes I have had a client doing Cook's posture or ESR and it has seemed a very long time, yet my inner feeling is that they are still processing. At times like this it is a powerful confirmation to be able to feel the stillpoint that persists. You can even feel the stillpoint deepen as the person goes more and more into the levels of processing and you can feel it lighten as they come out. When the CRI resumes with fullness and symmetry of motion, the process is clearly complete.

Another aspect of working with the CRI is the use of somato-emotional release or unwinding. The body initiates its own self-corrective motion within the stillpoint. This can be observed within a kinesiological balance when we do such corrections as ESR or frontal/occipital holding in a specific way. When we use a very light open touch, space is created for the body to begin its own gentle slow motion movement of the head and neck as it restructures the pattern of both thought and body.

As the therapeutic correction is happening, stillpoint is maintained while posture and

connective tissue move to align and release. The process is somewhat like a slow motion picture that stops on specific frames. It is complete when the sense of self initiated movement stops and the CRI renews with a strong vibrancy and symmetry.

Dr. Randolph Stone spoke of the cerebrospinal fluid carrying the mental blueprint or message of the body. How we think is reflected in the nuances of the cranial movement. As we balance and release the old stress, the new pattern must emerge that reflects the new balance. This pattern will be observed in posture and cranial flow.

The light open cranial touch which encourages "self-correction" brings another level of depth and completeness to all kinesiological balances. The essence of kinesiology which is communication with with the total individual is further enhanced and accessed.

Kinesiology also can be used to bring its own strengths to cranial work. By integrating emotional defusion, prioritization and pre and post check confirmations, craniosacral

balances are more efficiently and clearly completed.

When the practitioner learns to integrate these two systems it brings a dance like flow and clarity to the balance that comes from the inner core of the client, for that is what the craniosacral system is- the inner core.

## References

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