

From Cranio-sacral to Sacro-cranial: The movement of the root of healing from the head back to the feet.

There are many modalities of healing which have originated in the last 100 years and, like it or not, these ideologies all have a common ancestry and root which is millennia-old and connects back to an instinctual basis of healing. However this is often forgotten by the more recent therapies which are often more focused on promotion of an individual's style of approach rather than the fundamental universal principles at the root. This is often also the case in some modes of ancient medicine still practised today, as cliques develop around a "master". Due to the individualistic mindset of our times this shows how advanced the dis-ease of the human being has become, that it actually corrupts its medicine. The point is that there are very few places where there is a focus on the underlying principles of something rather than on the individual's ideas. In Classical Chinese medicine, for example, after a worldwide arduous search there is currently only one person I have come across whose process is about unification of Classical medicine. Ikeda Masakazu is little known outside of Japan but for decades has been expressing that Classical medicine is one at the root, every person practising it will of course have a different expression of it but the principles remain unified. This is the key. Understanding principles is far more important than the stylism of an individual practitioner. This can be given lip service to by many people who see the truth in this, but they then go on to form their own little clique upon which their judgement is based. This is all of limited vision.

If this is the situation within the Classical root of medicine, it is much more problematic in the new-age therapies and the approaches that essentially are severed from their original connection to the source through older generations. It can be said that they don't carry the "old-baggage" of the "tradition" and therefore can engage more directly and in some ways this is true. But very often this is a throwing the baby out with the bath water approach, because the ancient maps are sometimes a shortcut re-connection with instinctual sense. It is not so much the age of something that makes it useful but the fact that it is as relevant in this moment as it ever was. The ancient expressions are simply accurate maps to the instinctual, maps that today would be impossible to create because as a culture we have mainly lost the common thread of instinctual senses which, while obvious, remain elusive and are seen as "primitive" when compared to the believed-in power of technology.

Fundamentally the new-age therapies all have a similar problem when viewed from the point of view of the underpinning energetic-medicine of the ancient principles. Fundamentally they see the head as primary and the body as secondary and this issue becomes apparent as the modern therapist really and truly gets to the heart of medicine. As Jung himself learned from the Native Americans, and as Westerners are constantly reminded when interacting with indigenous peoples all over the world, there is a realization that in fact the body is the primary and the head the secondary, or that the body is the foundations and the head the roof!

This is simply the energetic foundation. However as therapists practise within the new-age therapeutics such as cranio-sacral therapy for a long enough time, there is gradually a realisation of this, that healing is not so much about a mode of the treatment but is in response to what is going on instinctively through a natural-healer. Within this natural response it is clear that "everyone is different", **but** as a general

rule humans all have the same dis-ease of “self” and this creates an energetic imbalance of high concentration of energy in the upper body and low energy in the lower body. It is therefore a totally natural and instinctive response to go to the place of weakness and connect there and 99% of the time this will be the lower body, legs and feet. If a person is not naturally a healer they should not be involved in doing this, for if it isn't a natural function then the process is akin to pushing and forcing a square-peg into a round hole. However, many still do so ...for years. This is a spontaneous and totally natural and simple process, requiring no “training”. It is not dependent upon a practitioner being “confident about their skills” or “being” this or that, but rather about a natural-interest and response such as that of a child, it comes from an instinct to touch.

Numerous natural-healers, i.e. those people who are by-nature healers not those who “want” to be such, very often find that heavy focus on the head and upper regions of the body, the brain and the thought processes, becomes something of a superficial connection. There is a recognition of the need for direct contact with the lower regions of the body, especially the feet and the legs, as in almost 99% of cases these places are where the energy of the human being is deficient, because in the modern era there is a perpetual charging-up of the upper body and an overload of the senses in the upper body. Focusing on this region is to essentially go to the primary place of dis-ease. This can of course calm the region down and allow the body to relax, but the focus of touch is concentrating on an entry-point in the upper-body which is then always drawing attention to this region, no matter what the practitioner's so-called “intention”. “Intention” or “fiddling” with what's going on at the point of contact is disruptive to the natural healing process. Healing doesn't need direction, it is natural. So while connecting with the head does allow for relaxation, it is more important to go to the place *from whence the dis-ease is drawing its energy*, or should I say the “self” is drawing its energy, i.e. the feet and legs, which is fundamentally the opposite area from where the “self” most strongly lodges, the head.

Of all of the modes of modern therapeutic treatments, reflexology which was originally part of the ancient healing modes of China and India, is one of the key therapeutic modalities. However over the years this has also become very mechanistic and the instinctive sense of appropriate touch has drained away from this. However, of the fragmented therapeutic disciplines, reflexology as expressed in the modern West is at least a treatment modality which focuses attention on the lower part of the body, which is usually ignored, rather than the constant modern attention to the upper body and the head which is associated with the yang and draws the energy up. The nature of healing itself is yin, not yang. “Self” or the sense of a separate “me” is really the root of dis-ease and is by nature a warped expression of yang, so yang is not the mode of healing. Healing is associated with the yin and the matrifocal principle.

In the modern era medicine and therapy are almost exclusively male-dominated and apart from those few individuals who are true healers who are unable to explain what they really do, everything is head-downwards. This is the patriarchal ideology being expressed throughout. Most psychotherapists in themselves are head-downwards which is why this can often be seen as very acute-medicine but deep medicine essentially occurs at the foot level. People often find issues with the head the neck the shoulders and upper-body-associated illness, but the root of the problem can never be found in the upper body, those are just acute symptoms of what is going on below in

the organs, feet and foundations of the body, and as time goes on this is increasingly understood by the healer. This is not to say we should ignore the upper body but simply to point out that working with the upper body focuses on the symptoms. The upper is akin to the surfaces of mind and of the energy as one unit, the lower body is akin to the depth of the body, the core of the energy (and brain!) and the organ functions. If the organ functions are good then whatever may happen in the upper body is fine. Fundamentally the head doesn't rule, it just believes it does. Slowly this is becoming clear, but even in reflexology there is a scientific front trying to grapple with "why it works", and claiming that working with the feet directly affects the brain, which of course it does as the brain is connected to the feet, but more importantly the feet are the foundation of the brain, *not the other way around*.

We say yinyang, not yangyin, because yin or the source is first, the mother, the origin, then second to this is yang which is born from yin. so to speak. This is the original expression of the universe within everything, first there was no-thing then there *seems* to be something-made-of-no-thing.... the point is that the no-thingness is the origin of all manifestations and it is this that cannot be known. It is very clear to see the nature of the "something", the seeming objects and fragments of the world, but it is impossible to grasp the nature of the no-thingness it's actually made out of, this is the difference between the myriad expressions of the yang and the fundamental underpinning nature of the yin. It is also the difference between the seeming "known" and the absolute Unknown. Outside the metaphysics of this which are impossible really to explain, we can simply see that in order for there to be male there first has to be female. This is clear and yet completely forgotten and has been colonized and patronized over the years.

The nature of medicine is beginning to shift back towards the origin. As healers use the sense of what they feel, rather than what they have been taught or categorized within, they slowly move towards an unifying energetic-medicine which has nothing to know but is simply what there is happening and respond to this appropriately. In fact medicine becomes easier and easier, not harder and harder, because one is thereby able to see the wood for the trees. The difficulty is that this movement is quite anarchic by nature, it doesn't hold to societies, councils or groups which restrict and bureaucratize everything. People become unsure of what to call what they are doing because it no longer applies or connects to that which they were taught and ends up simply being a form of direct connection that is hard to explain or put into words. When this occurs, a healer is clearly onto something interesting because it means they are not leading, but are being led to do what they do which is coming from something that has a source. This kind of expression leads their interest away from the head and instead to focus on the lower body and a movement towards protecting and strengthening the weakness rather than focusing on the body's symptoms of stuck/high charge energy. This can occur through any therapeutic tool including verbal communication, although this medium is more difficult as it engages generally through the "self". While there is absolutism and adherence to a lineage or tradition, modern or ancient, which do not realize that principles of nature are always in this moment and therefore cannot be lost, then there is simply rigidity.

The process of "learning" medicine is really simply a process of unlearning and allowing, or better an "unravelling", and this reveals the true nature of a person and whether or not they are by nature a healer. It is harder to let go of something once it's

been claimed as “mine” and healing often does this, because it holds within ideologies of power and the want-to-be-wanted and to get the “best value” from the “investment” of the course. One often adheres to a label, but the authenticity here is the recognition of what *is*, not what could, should or might be and simply a response to this. Therefore the natural-healer always was this, it’s just a process of revealing it so it comes to fruition. This is all there is to it.

When there is a reason for “doing” healing then it is coming from the “me”, but when the natural-healer touches it is almost always a movement to the root of dis-ease which is always the re-connection of the feet and the heart to the earth. It is not so much head-and-heart but feet-and-heart, therefore it is not so much cranio-sacral as sacro-cranial. We are not negating the head, nor the masculine-yang principle, nor the realizations and expressions of these energetics, but simply placing them in the context: the star is invisible without the night-sky.

(For a clear picture of how medicine can re-unite and form a Oneness please read my book “Medical Oneness” available here for those interested:

http://www.healthinstinct.org/index.php?main_page=page&id=3)

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